



# FLAG FOOTBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE



### **Banana Flag Tag**

Purpose: Agility, Juking, Flag pulling

Equipment: Cones, Flag Belts, Footballs

Set Up: Use cones to set-up a 30' x 30' grid. Give all players a flag belt.

Execution:

- Have all players stand inside the grid w/o their football
- When coach blows his/her whistle, all of the players run around the grid trying to pull the flag of the other players, while not getting their own flag pulled themselves
- If a player gets their flag pulled they take a knee
- While on their knee they watch the player who pulled their flag. Once that player gets their flag pulled, all of the players that had their flag pulled by that player are now back in the game.
- We will use names to make it easier to understand.
  - a.Let's say Billy tags Johnny, Susy, Anne, and Michael. Johnny, Susy, Anne and Michael would all take a knee. If Billy then gets tagged, Billy takes a knee and Johnny, Susy, Anne, and Michael are back in the game
- The game continues until time expires. Award team points for people on their feet when time expires.
- Have every player carry a football as a variation