



# FLAG FOOTBALL CAMP (AGES 4-11) ACTIVITY REFERENCE GUIDE



## Centipede Hand-Off Relay Races w/ Jump the River

Purpose: Running, Teamwork

Equipment: Cones/Flags, Large Spots, Footballs, Hula Hoops, Rivers

Set Up: Use colored spots to create 2-team lines (For this Example, Orange and Purple). At the far end of the play-area, put down two color matching Hula Hoops with a Cone/Disk Inside. Put two tarps between the standing spots and flags that the kids must hurdle over. Break kids into team and assign each kid to their team standing spot.



### Execution:

- Break players into two teams and assign each team to a Colored Spot
- The Ball starts on the Spot furthest from the Hula Hoop
- One coaches whistle, the person in the back hands the ball off to the person on the spot in front of them. That person then hands it off to the next person and so on all the way to the first spot in the line.
- When the person on the Front Spot gets the ball, they run as down to their teams' Hula Hoop, Hurdle over the River, Run go around the hula hoop, Hurdle over the River, and sprint back to their team line as fast as they can
- While the person is running, everyone waiting in line scoots up 1-spot so the back spot should now be open.
- When the runner gets back to the empty back spot, they hand the ball off to the person in front of them, and so on back to the front of the line.
- The first team to get back in their original order wins the race
- Review proper hand-off form, and play again as time permits
- Have all players give a high-five to the other team and tell them good game.