



FLAG FOOTBALL CAMP (AGES 6-14)

ACTIVITY REFERENCE GUIDE

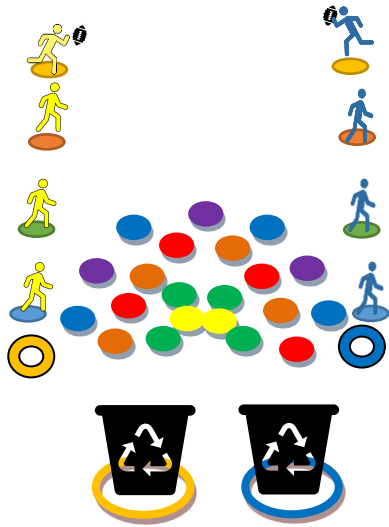


Frog Catcher (Bucket Edition)

Purpose: Throwing

Equipment: Large colored spots, small colored spots, hula hoops, Footballs, XL Buckets or Can Jams.

Set Up: Spread 4 small colored spots of each color around the football field (Yellow & Green = 5-10 yards, Red & Orange = 10-15 Yards, Blue & Purple = 15+ Yards). Put 1 large colored spot/player down the sideline to show the players where to stand. Put a Hula Hoop on the corner of the sideline/baseline for each team. Put another matching Hula Hoop in the endzone and put a XL Bucket or Can Jam in each Hula Hoop to serve as the targets.



Execution:

- Break players into teams and have them stand on sideline on their team spots.
- Give 1 football per team to the player closest to the Frog Net (Hula Hoop)
- Let the players know the frog scoring system:
 - a. Green Tree Frog = 1-point
 - b. Yellow Sun Frog = 1-point
 - c. Orange Sun Frog = 2-points
 - d. Red Lava Frog = 2-points
 - e. Blue River Toad = 3-points
 - f. Purple Horned Toad = 3-points
- Coach says "GO" and players pass/catch the ball down the sideline until it gets to the player furthest from the frog net hoop (blue to Green, Green to Orange, Orange to Yellow. Each player must catch and pass the ball (no skipping))
- When the player furthest from the hoop gets the ball (yellow), he/she runs with the ball up to one of the frogs. To catch the frog, they must stand on the spot and throw the ball so it hits the target (bucket/can):
- **If the ball hits the Bucket/Can in the air:** the QB gets to grab the frog from where they threw the ball (spot) and put it in the Hula Hoop (frog net).
- **If the ball lands inside the Bucket/Can:** the QB gets to grab the frog from where they threw the ball (spot), and grab another spot of equal or lesser value. The QB puts both frogs (spots) in their teams Hula Hoop.
- **If the receive does not hit the Bucket/Can in the Air:** They do not grab the frog. Each player only gets 1 attempt per turn.
- **Make or miss:** All QB's rotate down one spot so the Blue spot is now open. The QB who just threw the ball retrieves the ball and goes to the Blue Spot. Once he/she is on the Blue Spot, they can start passing the ball back down the line.
- Repeat until all the frogs are gone or time expires
- At the end of the game, the team with the most frog points in their Frog Net wins!