



FLAG FOOTBALL CAMP (AGES 6-14)

ACTIVITY REFERENCE GUIDE

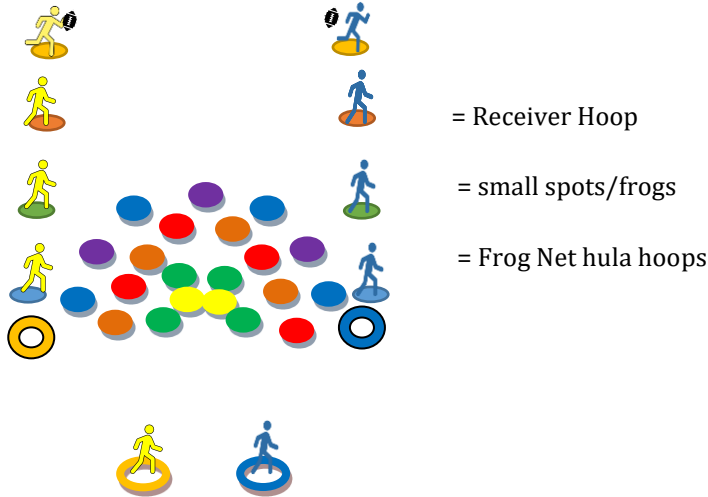


Frog Catcher (WR Edition)

Purpose: Throwing/Catching

Equipment: Large colored spots, small colored spots, hula hoops, Footballs

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 Hula Hoop of the Goal-line for the receivers to stand in.



Execution:

- Break players into teams and have them stand on sideline on their team spots. Have 1-player from each team start in their teams receive Hula hoop.
- Give 1 football per team to the player closest to the Frog Net.
- 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 (frog) and throw the ball to their teammate standing in the receiver hoop.
- **If the receiver catches the ball while standing in the hoop**, 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 receive doesn't catch the ball**, they do not grab the frog. Each player only gets 1 attempt per turn. If the ball hits the ground, or the receiver has to leave his/her hula hoop to catch the ball, it is an incomplete pass.
- **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.
- Switch WR's every 1-minutes.
- 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!

Variations:

- Advanced – WR's can only use 1-hand to catch the ball