



# TOT FOOTBALL (AGES 3-6) ACTIVITY REFERENCE GUIDE

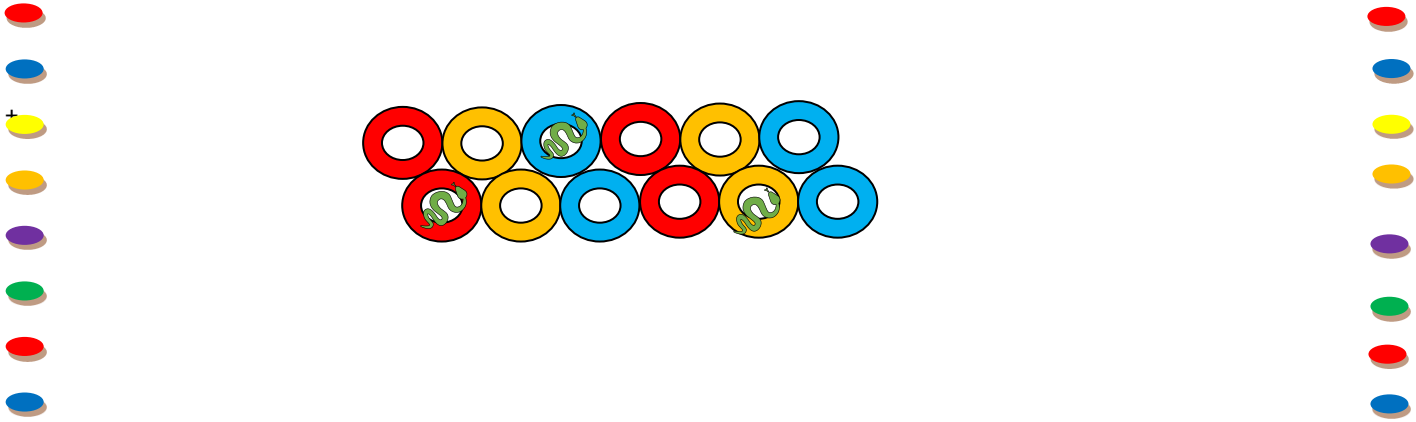


## Hand-Off Drill with Snake Pit Challenge

Purpose: Hand-Offs, Running, Jumping, Agility,

Equipment: Cones, Hula Hoops, Agility Ladder, Tarp, Cones, Large Colored Spots

Set Up: Put down matching standing spots for each player about 30' away from one another. Put down 12-agility Hoops as shown below:



### Execution:

- Have all kids' line-up on their colored spot.
- Coach starts with the Footballs between the player starting line and the obstacles
- Start with all of the Agility Hoops down without any snakes
- Call first person in line who takes the hand-off from the coach and goes down the Snake Pits, one foot in each hoop. Don't step on the color part. Quick Feet. Once done, they find their same color spot on the other side.
- Once every player has gone select one of the players to put a SNAKE down in one of the hoops
- Now the players have to step in each hoop, except the one with the snake.
- Reinforce proper rushing technique (3-point stance, take-off, hand positioning, 3-point protection, etc.)
- Don't eliminate players, but give a point to the player(s) who make it across without stepping on a hoop, skipping a hoop, or getting a SNAKE BITE!
- Reinforce proper rushing technique (3-point stance, take-off, hand positioning, 3-point protection, etc.)
- Continue until none of the players can make it across, or time elapses.

Variations: Teams – Separate players into two teams. Now players are awarded points for their team. Team with the most points at the end of the game is the winner.