



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

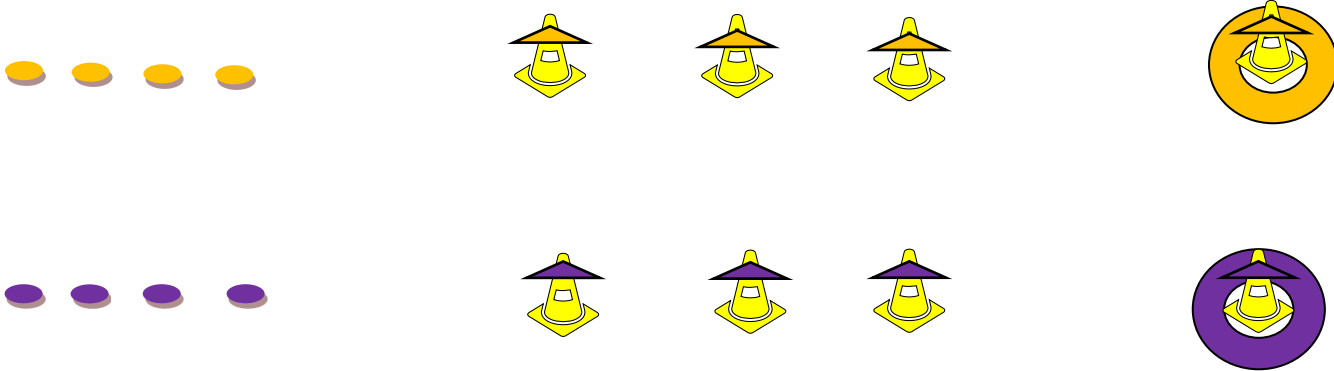


Hand-Off Relay Races (with Zig-Zig/Spin Moves)

Purpose: Running, Teamwork

Equipment: Cones, Colored Disks, Large Spots, Footballs, Hula Hoops

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 Hula Hoops (to match the team lines) with a Cone/Disk in the middle. Between the Team lines and the Hula Hoops, put more 3 cones/disk for the kids to Zig Zag through or Spin Around. Break kids into team and assign each kid to their team standing spot. The distance between the Team Standing Spots, and their Hula Hoop, should be age appropriate. Start close and scoot back each round.



Execution:

- Break players into two teams and assign each team to a Colored Spot
- The 1st person in each line starts with a Football
- **Start with Zig Zags:**
- One coaches whistle, the first person in each line races down to their team's Hula Hoop with the Football, Zig Zagging through the Cones, go around the Hula Hoop, and sprint back to their team line Zig Zagging through the Cones.
- While they are running, everyone on their team scoots up 1-spot.
- The Rusher hands the ball to the next person in line (doing proper form) and the new player in the ball runs down around their team's Hula Hoops, doing Zig Zags around the cones (down and back)
- The player who just handed off the ball goes to the back of his/her team's line.
- If the ball is fumbled or hits the ground for any reason, it is a penalty and everyone on the team (including the rusher) must do 10 jumping jacks before continuing.
- First team to complete the relay race (have everyone go once) wins that round.
- **Next round switch from Zig Zags to Spin Moves:**
- Same rules but now players must spin around each cone (similar to the Rushing Tree)
- 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.