



FLAG FOOTBALL (AGES 4-11)

ACTIVITY REFERENCE GUIDE

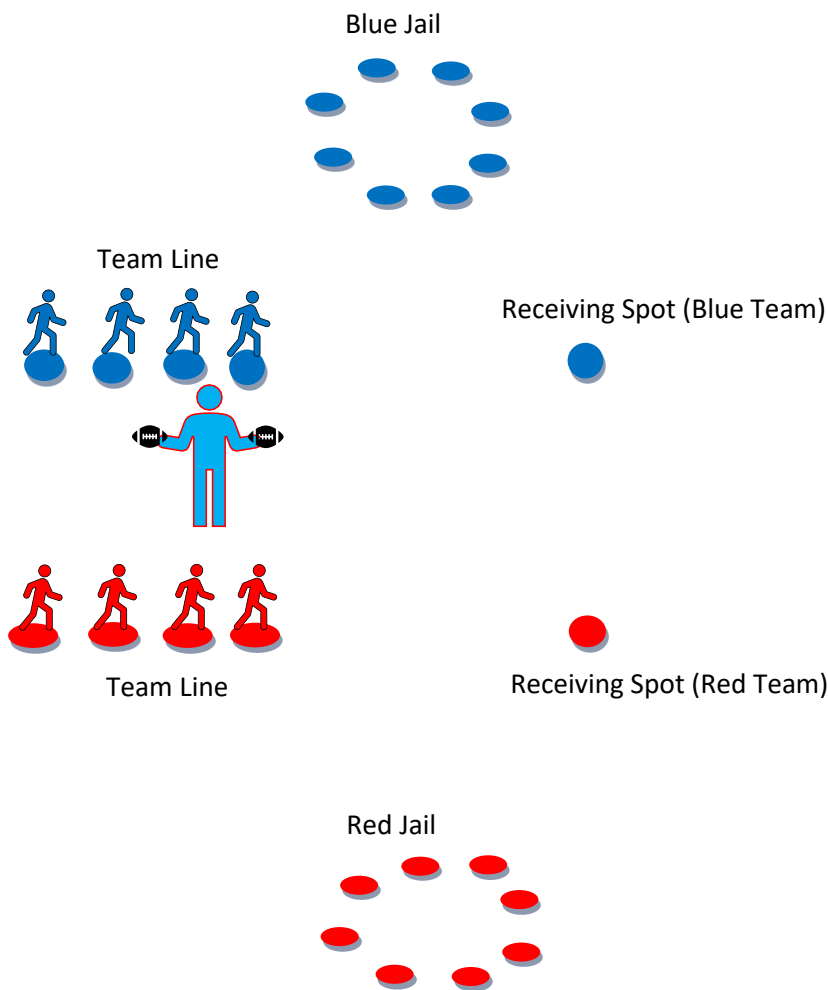


Jail Break

Purpose: Catching

Equipment: Colored spots, Foam Footballs

Set Up: Set up two lines of spots (one for each team). Set up team a jail for each team using spots, colored discs, or cones. Place one spot an age-appropriate distance from the team line. This is where the WR will run to and try to catch the ball on.



Execution:

- All players start in their Team Line.
- Coach calls up first player on one team. The player runs to the receiving spot and the coach throws them the Football
- **IF THEY CATCH IT:** They are still in the game. They hand the ball back to the coach and go to the back of their team line.
- **IF THEY MISS IT:** They are out, they hand the ball back to the coach and go stand in their Team Jail.
- If a team makes two successful catches in a row, it is a Jail Break and everyone in their Team Jail is now back in the game
- Once a team has everyone in jail, the game is over, and the other team wins the round.
- Between rounds, the coach can move the receiving spots back for each team and continue as time permits.
- If the games are taking too long, change it so players have to make 3 successful catches in a row for a jail break.
- Move onto the Advanced Variation if you think the group is ready to throw the ball to their own teammates.

Advanced Variation:

- Assign a player from each team to be the QB. They now have to throw the ball to their own players. Switch QB's each round