



FLAG FOOTBALL CAMP (AGES 6-14)

ACTIVITY REFERENCE GUIDE

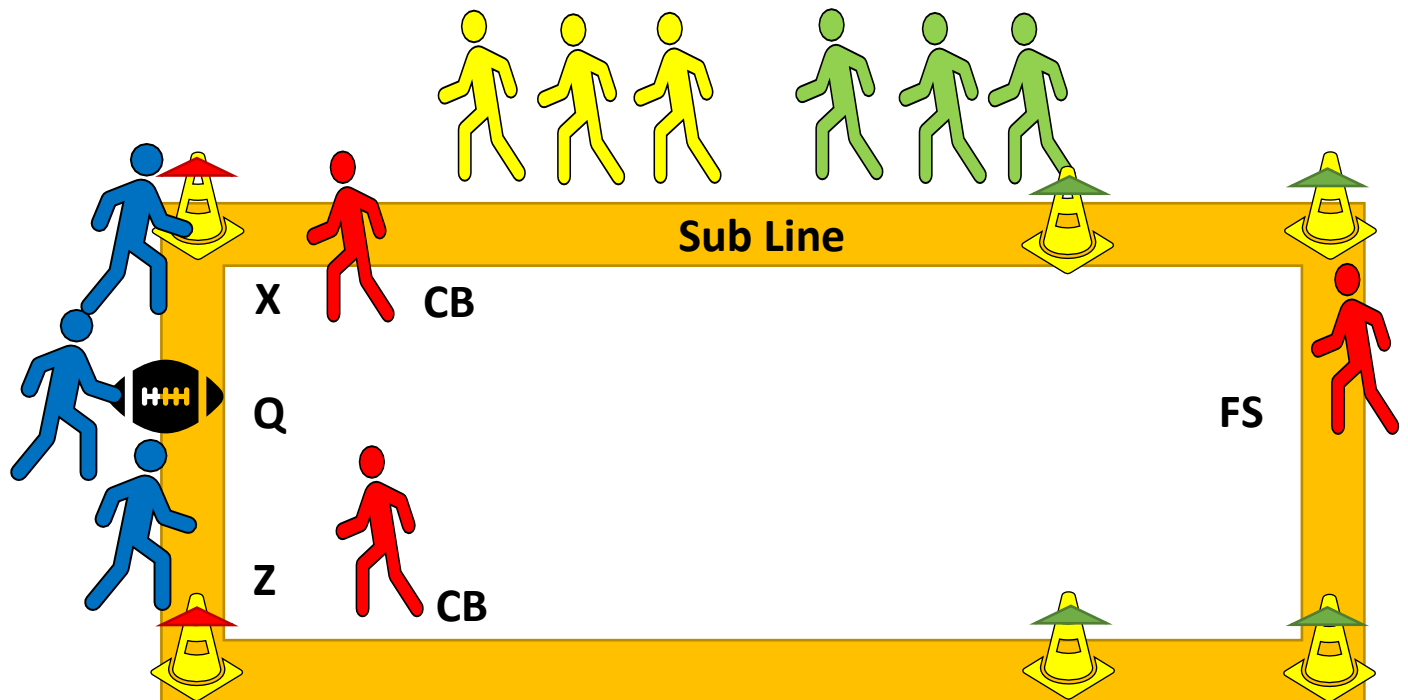


King of the Field

Purpose: QB, WR, CB, FS

Equipment: Colored spots, Colored Disks, flag belts, footballs, cones

Set Up: Use Cones/Colored disks to set-up a mini-football field (15-yards long by 10-yards wide). Put down 2 cones to mark the starting line of scrimmage, and 4 cones to make the front and back of the End Zone.



Execution:

- Coach splits the players into 4 Camp Teams
- Assign 1-team to be the Kings (or queens). Assign one team to be the challengers on defense. And have the other 2 Teams start on the sideline.
- For the offensive team, one player is QB and the other two are WR. For the defensive Team one players in FS and the other 2 players are CB. The FS must start at the back of the endzone.
- On hike, the play starts and the WR's can cross the line of scrimmage. The FS is allowed to leave the baseline to rush to QB.
- On Hike, the Coach is going to start counting out loud to 10. After 10 second the QB is allowed to pass the line of scrimmage for a QB sneak if they wish. Before 10 seconds, they must stay behind the line of scrimmage. If the QB still has the ball behind the line of scrimmage by the time the coach gets to 15, it is a SACK.
- The QB's goal is to complete a pass to one of their WR's. The CB's goal is to guard the WR so they can't complete a catch. Regular football rules apply for WR/CB matchups.
- The offense has 2-downs to try to score. If the offense gets sacked, or doesn't complete the pass, they lose a down. If they complete the pass and get their flag pulled, they are down where ever the flag was pulled and now start second down from the new line of scrimmage. The FS still starts on the baseline so they will now be closer to the QB on second down. If the defense intercepts the ball on first down, the offense doesn't get a second down.
- If the offense, scores a touchdown on their first or second down, they get a point and stay "KINGS". The Defensive team will go to the back of the Sub Line and the next Team in Line will become the challengers and go on defense.
- If the offense doesn't score a touchdown, or throws an interception, they do not get a point. The defensive team goes to offense, the offensive team goes to the back of the sub line, and the next team in line becomes the challengers and go on defense.



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- You only score a point by scoring on offense. Defensive challengers don't get points for stopping the offense, they only get the opportunity to now try and score points as the "KINGS"
- Have players rotate positions every time their team goes back in.
- Continue as time permits. Team with the most points at the end of the game is the winner.
- Reinforce communication, teamwork, flag pulling, juking, speed and agility.