



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

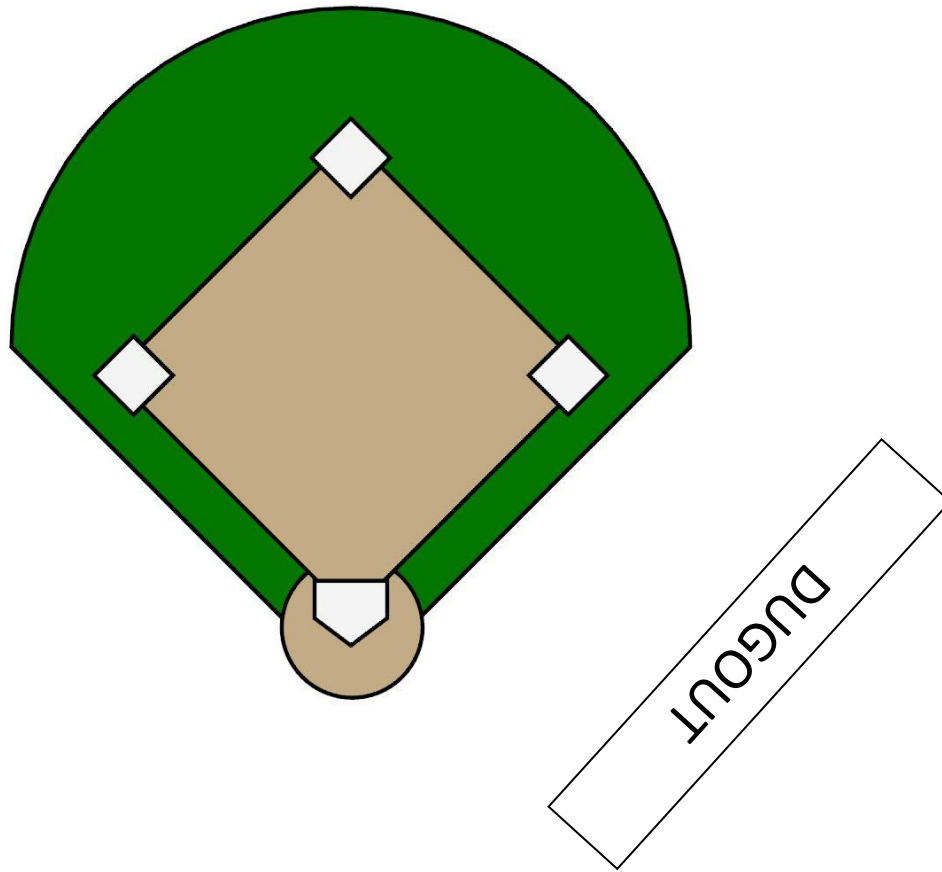


PuntBall

Purpose: Punting, Catching, Throwing, Teamwork

Equipment: Baseball diamond, Football

Set Up: Set-up a Baseball Diamond with a dugout between Home Plate and 1st Base



Execution:

- Break players into camp teams
- Same rules as kickball but players Punt the Ball
- Coach give the ball to the first kicker who punts it onto the field and runs the bases.
- When the pitcher has the ball players can no longer run
- If a player on defense catches the ball, tags a player, or forces someone out at a base, the player is out.
- No pegs – can't throw a ball at a player to get them out
- If the player gets all the way around to home plate, they score a point for their team
- Change innings after 3-outs or 10 runs
- Team with the most points after 6 innings, or when time expires, wins the game