



FLAG FOOTBALL CAMP (AGES 6-14)

ACTIVITY REFERENCE GUIDE

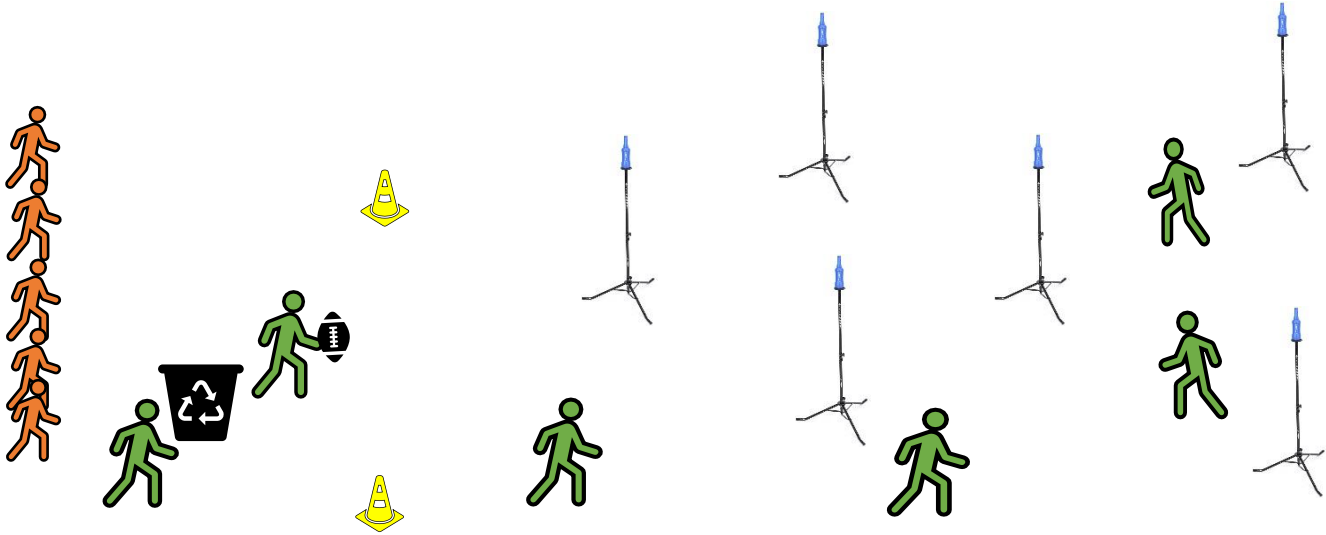


QB Bottle Bash Combine

Purpose: Throwing, Teamwork

Equipment: Footballs, Bottle Bash Stands, Wagon

Set Up: Set-up as shown below. Fill the XL Bucket/Wagon with 4 Footballs.



Execution:

- Assign one team to be on offense and another on defense.
- Offensive team (Green) – 1 player is up first as QB. They stand next to the wagon/XL Bucket, behind the line of scrimmage. The other 6 players can stand wherever they like.
- Defensive Team (Orange) – Have them stand on the line and strategize for their next turn.
- Coach Blows his/her whistle and starts the 1-minute timer.
- QB grabs the first bucket and tries to knock the bottles off the stand
 - Scoring:
 - QB has 1-minute to knock down as many bottles as they can by hitting the bottle or stand with the football. Their teammates cannot assist in knocking down the bottle
 - At the end of 1-minute, the QB gets 1-point for each bottle on the ground.
 - If the QB steps over the line of scrimmage on the throw, it doesn't count
- It is the teammates job to return the balls to the wagon so the QB can keep throwing as fast as possible. Encourage team strategy.
- Continue to switch back and forth until every player has a chance to play QB. Each time the team is on offense, they must choose a new QB. No player can play QB twice until everyone has gone once.
- Continue as time permits
- **The team with the most points at the end of the game wins!**