



FLAG FOOTBALL CAMP (AGES 7-14)

ACTIVITY REFERENCE GUIDE



QB Pass Accuracy Combine

Purpose: QB Footwork, Pass Accuracy

Equipment: Colored Spots, Target, Footballs

Set Up: As shown below:



Execution:

- 1 Player goes at a time. They start with the ball at the Red Disk
- This is not a race, but the players only have 30-Seconds to complete the entire combine
- On the coaches whistle the QB throws the first ball from the red spot. They are trying to make it in the target
- Make or miss, they go back to orange and throw the second ball at/in the target
- Continue all the way down the spots until they have thrown all 6-balls, or time expires.
- QB gets 1-point for each ball they made in the target. Write down their total score next to their name.
- Call up the next player and continue
- Once each player has gone, add up the total points for players on each team. The team with the most points wins the combine.
- Continue as time permits. Have players demonstrate sportsmanship at the end of each round.