



FLAG FOOTBALL CAMP (AGES 7-14)

ACTIVITY REFERENCE GUIDE

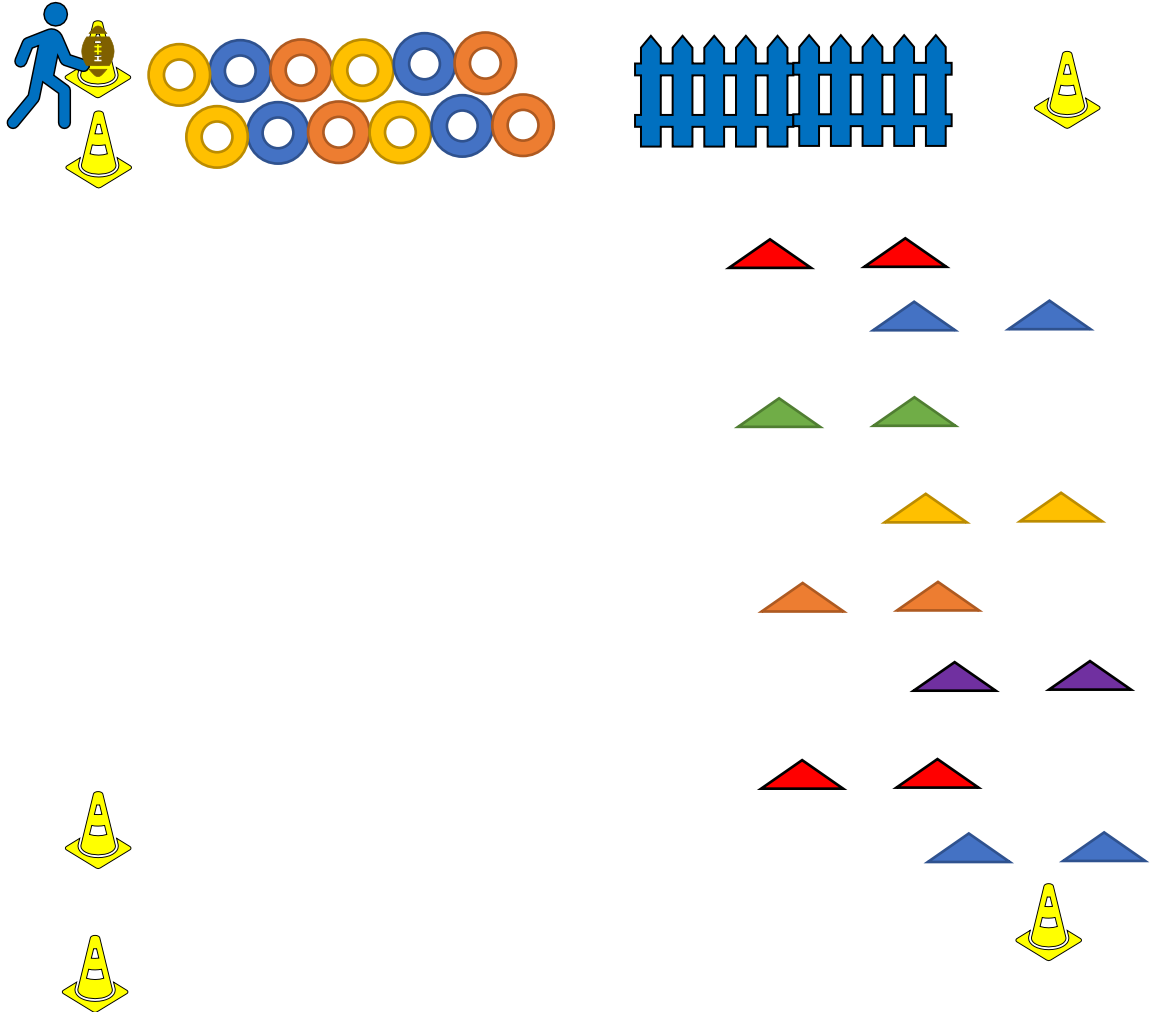


RB Agility Combine

Purpose: Speed and Agility

Equipment: Disks, Cones, Agility Hoops, Agility Ladder

Set Up: As shown below:



Execution:

- Have all the players line-up on the sideline. Call up the first player who starts in the starting gate
- On the coaches whistle, the coach starts his/her stopwatch and the player starts the course.
- The coach walks along with the player inside the course looking for violations
 - They start with 1-foot in each Hula Hoop
 - If the player skips a hoop, or steps on a hoop, it is a violation
 - The player does 2-in-1 out down the agility Ladder
 - If the player skips a square/step, or steps on the ladder, or does the incorrect footwork, it is a violation
 - The player goes around the yellow cone and goes down the Juke Course. The player must do Jump Cuts, so they go between each disk gate
 - If the player misses a gate, or steps on a disk, it is a violation



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- The player goes around the yellow cone and then sprints through the ending gate.
- The coach stops their time, then adds 1-second per violation. That becomes the player's final time.
- Write down the players time next to their name.
- The next player should be waiting ready to go in the gate.
- Continue until all players have gone.
- On your score sheet, give each player a rank:
 - 1=fastest time, 12 (or however many kids there are) = slowest time.
- Add up final ranks for each team (see below for example):
 - Blue Team Ranks: 2, 3, 6, 8, 9, 12 = 40
 - Red Team Ranks: 1, 4, 5, 7, 10, 11 = 38
- The team with the lowest total rank wins! RED TEAM WINS!