



# FLAG FOOTBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE



### **Skyhawks Ultimate Handball**

Purpose: Passing, Catching, Teamwork, Strategy

Equipment: Soccer Goals, Sports Ball that you are using (Dodgeballs, Soccer Balls, Football, Basketball, Etc.), Flag Belts

Set Up: Set-up a football field with soccer goals behind each endzone.

Execution:

- Divide into camp teams and give each team a different color flag belt.
- The object of the game is the throw the ball into the soccer goal.
- The players can pass the ball to one another & run
- If the ball hits the ground at any time, it is a turnover and the other team takes over possession from where the ball hit the ground
- If a player gets his/her flag pulled while she has the ball, it is a turnover and the other team takes over possession from where the flag is pulled.
- The defense can knock the ball to the ground or pull the flag to create a turnover.
- All players offense and defense must stay out of the endzone.
- If the team is able to successfully throw the ball into the other teams goal, they get 1 point. The Ball is allowed to hit the ground in the endzone on a shot attempt.
- Make or miss on a shot attempt, the other team take possession
- The team with the most points at the end of the game wins.

Variation:

- No Running: Ultimate Frisbee Rules – Once the player catches the ball they can only take 3 steps before having to pass the ball again. No flag belts are needed for this
- Quidditch – Each team has 2 bludgers who can throw dodgeballs from the sideline. If they hit a player with the ball, it is a turnover. Bludgers cannot come onto the field. Their teammates must get the dodgeballs for them and bring them over.