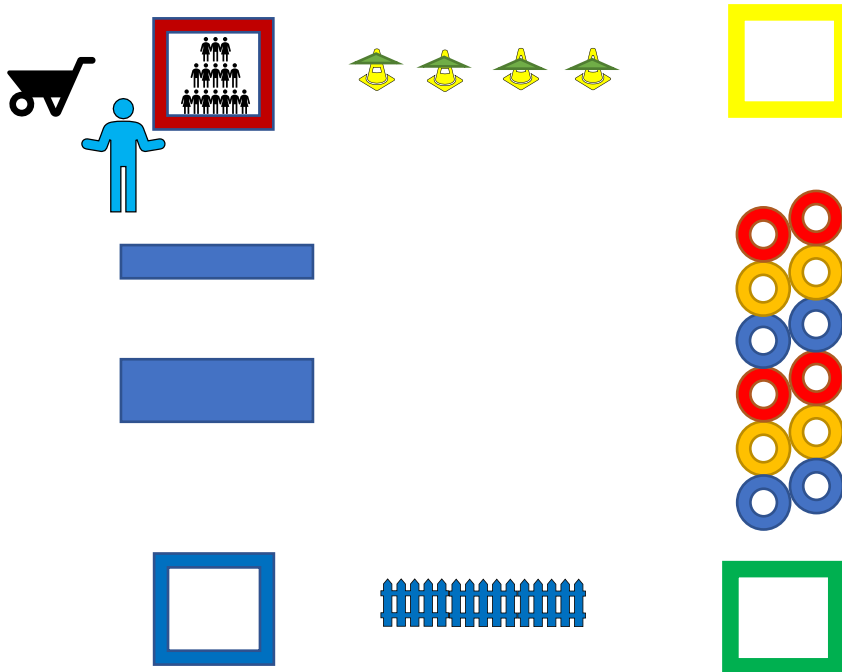


### Tarzan Obstacle Course with Hand-Offs

Purpose: Hand-Offs, Agility

Equipment: Colored Spots, Colored Disks, Tarps, Agility Ladder, Agility Hoops, Flags or Cones/Disks

Set-up: Use Colored Disks (Grass) to create 4 XL Bases. Make them easy to see and big enough to fit all kids inside. Set the Bases up like a Baseball Infield: Blue = First Base, Green = Second Base (unless on grass...then use Orange), Yellow = Third Base, Red = Home Plate. Coach stands between Home and First with the Footballs



#### Execution:

1. Tell the kids that we are working on Agility and Hand-Offs! We are going to use our imagination and pretend that we are in the jungle. To score a point (or run) we have to make it all the way around the 4-Bases (Red, Blue, Green, Yellow). But, there is a different jungle obstacle between each base that we must first pass.
2. Have all players stand in Home Plate (Red Square) with coach.
3. Coach – “Next we have to get to the BLUE BASE. To get to the blue base we must jump over the rivers. When I call your name, you are going to jump over both rivers and stop on the blue base. Coach is going to go first”.
4. Coach demonstrates how to jump (or leap) over both rivers and stops on Blue. Coach then calls out the players by name one at a time (but quickly).
5. Continue until all players are standing inside the Blue Base.
6. Do the same thing for Second Base (Green) and Third Base (Yellow)
7. After you have made it all the way around, ask who can go all the way around the jungle without stopping “Over the Rivers to First Base, Cross the Jungle Bridge to Second Base, Through the Hoops of Fire to Third Base, Zig Zag through the Tree’s back to Coach at Home Plate.”
8. Tell the players that this time when coach calls their name, they are going to take a Hand-Off from the coach and carry the ball all the way around the 4-Bases for a “Home-Run”



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9. Have the players line-up in a single file line at Home Plate. Have the first person in line get in a 3-point stance. When coach says Hike, they get off the ball, take a hand-off, and rush around the 4-bases back to the coach.
10. When they get back to home-plate, have them put their ball back in the wagon/hula hoop/ball bucket.
11. Continue sending kids around for a Home-Run as Time Permits.
12. Recap Hand-Offs