



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

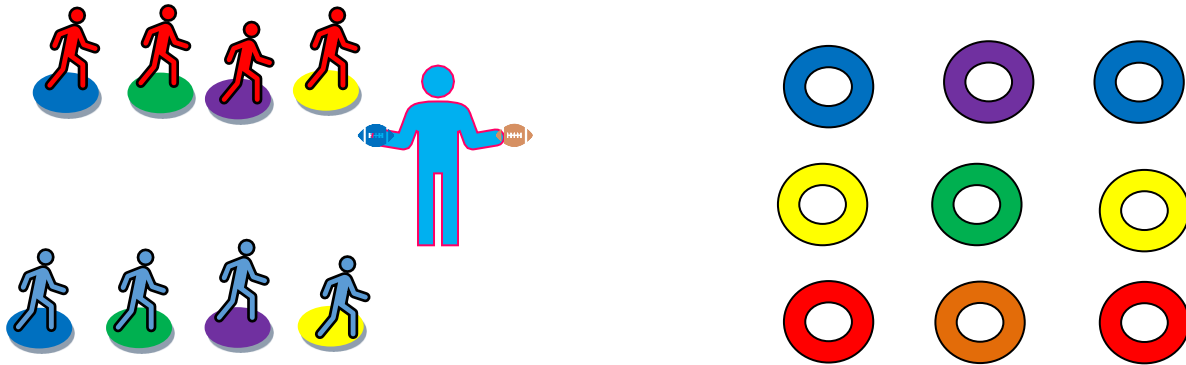


TIC, TAC, TOE_Receiving (Tot Edition)

Purpose: Passing, Catching

Equipment: Colored Disks, Colored Spots, FOAM Footballs

Set Up: Use hula hoops to create a Tic, Tac, Toe grid (Spread Out and make it an age appropriate distance). Use colored spots to mark the team standing spots. Standing spots should be in a square as shown below (Blue = QB, Yellow = WR, Green = Next QB, Purple = Next WR). Coach needs a stack of extra spots for each team to mark Hula Hoops. Coach starts with both FOAM footballs



Execution:

- Introduce Catching and its purpose in the sport.
- Breakdown/Demonstrate proper receiving technique
- Narrate Storyline of Tic, Tac, Toe and how you win the game. Do a practice round and of Tic, Tac, Toe. Tell the kids what hoop to go to each round and work on proper technique. Ask questions about strategy for the next team to make-sure everyone understands the concept of the game.
- Have kids' line-up in their team lines
- **Go one WR at a time for this game.**
- Red team goes first. QB says hike and the WR on the Yellow spot runs to one of the hoops. Without leaving the hoop, the WR must catch the ball inside the hoop.
- **If they catch it:** Coach throws their team's colored spot down inside the hoop. That hoop is now the Red Team's Spot
- **If the ball hits the ground or the player must leave the hoop to catch it:** the coach does not throw down a spot.
- **Either Way:** The WR gives the ball back to the QB and goes to the back of the WR line (Blue Spot)
- **There are NO STEALS.** Once a team claims a spot, it is theirs for the rest of that game.
- Now the Blue Team goes
- Continue until one team gets Tic, Tac, Toe, or it becomes a draw.
- Reinforce storyline, technique, game flow, and praise/encouragement throughout game
- Continue to play rounds as time permits
- Recap proper passing and receiving technique

Variation:

- Advanced Edition – Select a different player to be QB for each team. Switch QB's each round.