



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

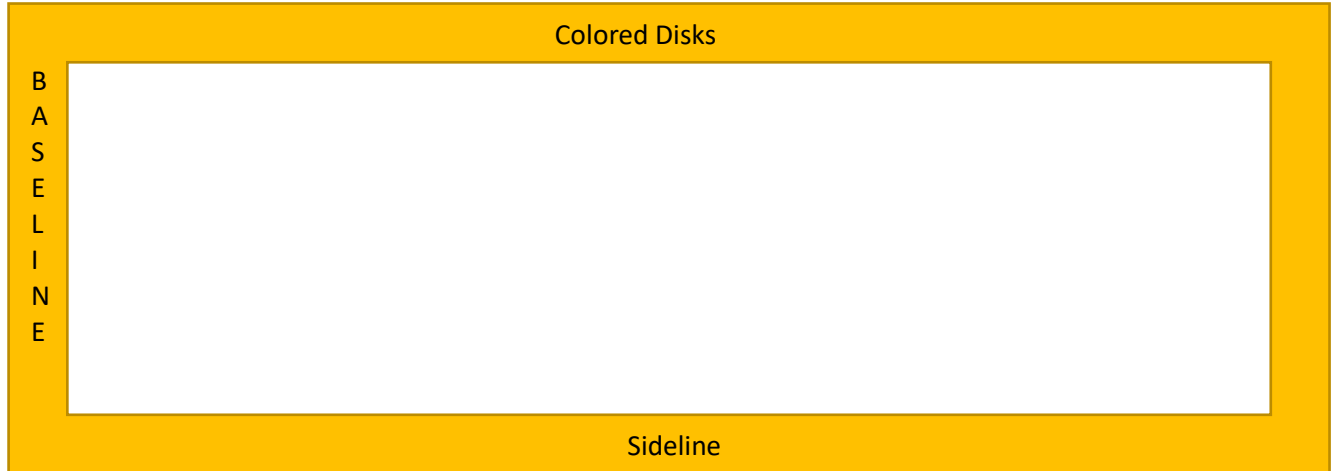


Fire in the Forest Dodgeball

Purpose: Running, Agility, Juking,

Equipment: Dodgeballs, Footballs

Set Up: Set-up a grid 30'x30' or use the sidelines/baselines for half a football field.



Execution:

- Coach, or designated player, starts on the sideline as the hunter.
- All other players start on the Goal-line with their football.
- Coach thinks of 4 animals that live in particular habitat (i.e. Forest Animals: Bear, Wolf, Deer, and Mountain Lion). All of the kids choose the animal they want to be (they do not tell the coach).
- Coach calls one of the four animals. All the kids who chose that animal run across the forest.
- The hunter(s) stand on the sideline and try to hit one of the animals with the dodgeball. The Hunters are not allowed on the court.
- If an animal gets hit by a dodgeball below the shoulders, or they fumble their football, they become a hunter.
- Coach continues to call animals until all kids have crossed the forest.
- When coach yells "Fire in the Forest" all of the animals have to run.
- Once all of the kids made it across the coach does a new habitat and pick four new animals
 - Desert – Rattle Snake, Lizard, Camel, Scorpion.
 - Ocean – Shark, Whale, Dolphin, Seahorse.
 - Sky – Owl, Hawk, Eagle, Hummingbird.
 - Jungle – Tiger, Jaguar, Gorilla, Python
 - House – Dog, Cat, Fish, Hamster
 - Artic – Penguin, Polar Bear, Walrus, Narwhal
 - African Savanna – Elephant, Giraffe, Tiger, Zebra
 - Land of Make Believe – Unicorn, Big Foot, Mermaid, Leprechaun
 - North Pole – Rudolph, Elf, Frosty the Snowman, Santa
 - Be Creative and have the kids help you pick the animals.
- The last 4 remaining animals receive a point for their team.