



Flag Football Camp (ages 7-12)

Activity Reference Guide

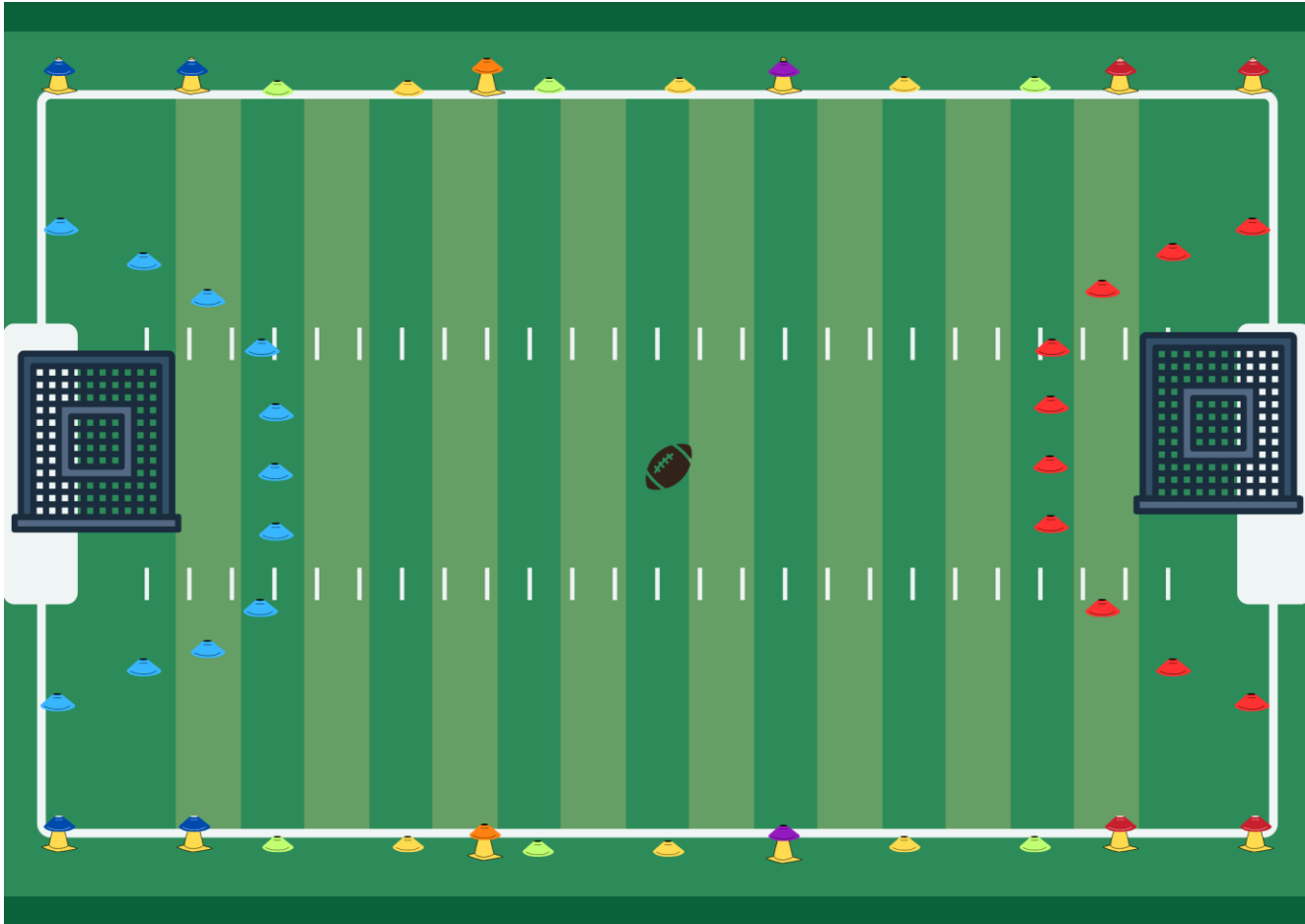


Extreme Football

Purpose: Passing, Catching, Teamwork, Strategy

Equipment: Football, Flag Belts, Target Nets – Recommend but not required.

Set Up: Set-up a football field with target nets at the back of each endzone. Put down a semi-circle of disks 10-feet (on an age appropriate distance) from the net. This is the line the players (offense & defense) can't go inside of:



Execution:

- Divide into teams and give each team a different color flag belt.
- The object of the game is the throw the ball into the other team's goal/net.
- The players can pass the ball to one another & run in any direction
- 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 they have 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 outside the restricted area, marked by the colored disks.
- If the team is able to successfully throw the ball into the other teams goal, they get 1 point.
- 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.
- Reinforce the 4-S's throughout: Skills (life & sport), Strategy, Storyline, & Score.



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- Have all players demonstrate the

VARIATIONS:

- No Net – If you don't have a target net, the players will score points by completing a pass to a teammate in the endzone. Similar rules as Ultimate Football. The players cannot run the ball into the endzone so they must pass the ball to one of their teammates in the endzone to score the point.