



# FLAG FOOTBALL CAMP (AGES 4-11)

## ACTIVITY REFERENCE GUIDE



### BB8 vs. R2D2 Challenge (Tot Football Edition)

Purpose: Passing/Catching

Equipment: Cones, spots, hula hoops, Foam Footballs

Set Up: As shown below

- Break kids into camp teams and assign each team to a hula hoop (Blue – Team R2D2 and Orange – Team BB8). Put 4 standing spots (WR) next to a team Hula Hoop. Place another spot of their color downfield. This is where the receivers will run to and catch the ball from the QB. The coach stands between the two Team Lines with the Foam Footballs
- Approx. 100' away puts 28 cones inside a Green Hula Hoop.



Execution:

- Coach starts by showing all the players how to build a Giant Rebel Star Ship (see comments)
- Coach then has all players stand on their team's starting WR spots.
- Review/demonstrate proper catching (thumbs together above the waist, pinkies together below the waist).
- Narrate storyline – The Blue Team is R2D2. The Orange Team is BB8. They have to build a spaceship for their Jedi's (Luke and Rey). The cones in the far hoop/bucket are the scraps they need to build the spaceships.
- Coach starts with the Footballs
- When the coach says "HIKE" the first receiver will run to the catching spot.
- The quarterback throws the ball to the receiver.
- **If they catch the ball on the spot:** If the WR catches the ball while keeping his/her foot on the spot, the Force Field is down and they can grab 1-cone from the Green Hula Hoop and race back to their Team Hula Hoop where they put the cone.
- **If they do not catch the ball on the Spot:** If the WR drops the ball, or cannot catch the ball while keeping his/her foot on the spot, the Force Field stays up and they do not get to grab a cone from the Green Hula Hoop.



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- **EITHER WAY:** The WR grabs the Ball, races back and HANDS the ball to the Coach who says hike for the next player in that team line. The WR who just went goes to the back of the line
- Once all of the cones have been collected, or time expires, have each team build a Starship:
  - The team with the HIGHEST Starship wins the first point.
- Once both teams have completed their Starships, give each player a ball and have them stand 10-feet back from the other teams Starship
- On coaches whistle, both teams will throw their ball (at the same time) at the other team's Starship and knock down as many cones as possible
  - The team with the most cones standing at the end wins the second point.
- Have the players on both teams help you return the cones to the Green Hula Hoop
- Review Passing/Catching and have players demonstrate Sportsmanship.

### Variations:

- For the older groups, the players are the QB and throw to the their own team WR. Rotate QB's every 3-attempts.

### Comments:

- How to build a Rebel Star Ship:
  - Build a 10-cone triangle base
  - Put 6-cones upside down in the gaps
  - Stand 6-cones on top of the upside-down cones
  - Put 3 cones upside down in the gape
  - Stand 3 cones on top of the upside-down cones
  - Put 1 cone upside down in the gap
  - Put 1 cone on top
  - Put two cones on either side of the base to be the wings.