



# 1<sup>ST</sup> DOWN TOTS ACTIVITY REFERENCE GUIDE

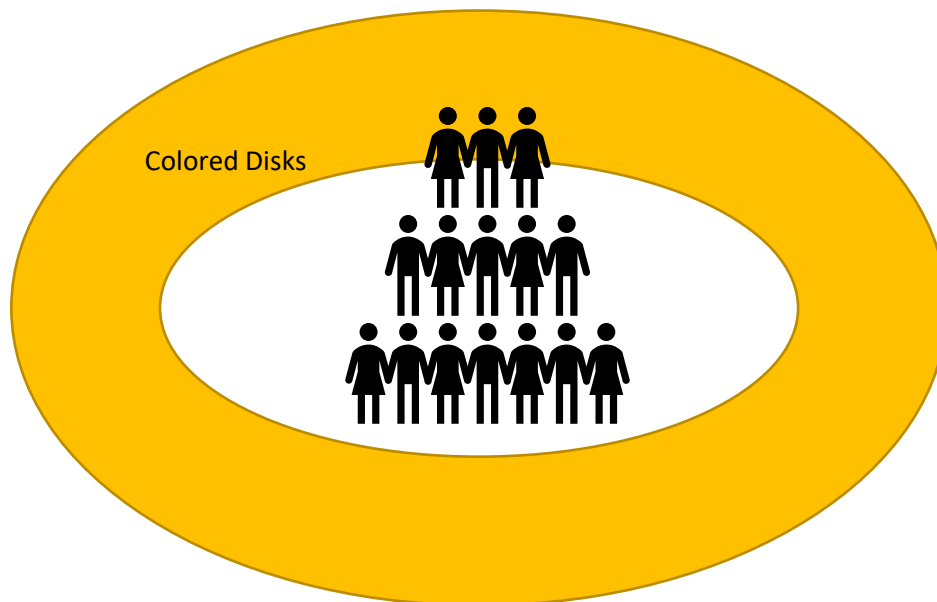


## Flag Grab

Purpose: Agility, Juking, Flag pulling, Sportsmanship

Equipment: Cones, Flag Belts, Footballs

Set Up: Use cones to set-up a 30' x 30' grid. Give all players a flag belt.



### Execution:

- Have all players stand inside the grid with their flag belts. Fill the belts with as many flags as possible so that all kids have the same number of flags.
- When coach blows his/her whistle, all of the players run around the grid trying to pull the flag of the other players, while not getting their own flag pulled themselves
- If they pull another players flag, they add it to their belt.
- The game continues until time expires. Award points to the players with the most flags.
- Reset to the original number of flags and continue as time permits.

### Advanced Variations:

- **Ball Carrier:** Have every player carry a football as a variation
- **Elimination:** If a player gets all their flags pulled, they are out for the rest of the round. They must stand outside the grid where they can still try to pull another players flag to get it in.
  - If you are doing this variation make sure you have quick rounds so players don't sit out too long. Don't do with kids under 4-years-old.