



FOOTBALL CAMP (AGES 4-11)

ACTIVITY REFERENCE GUIDE

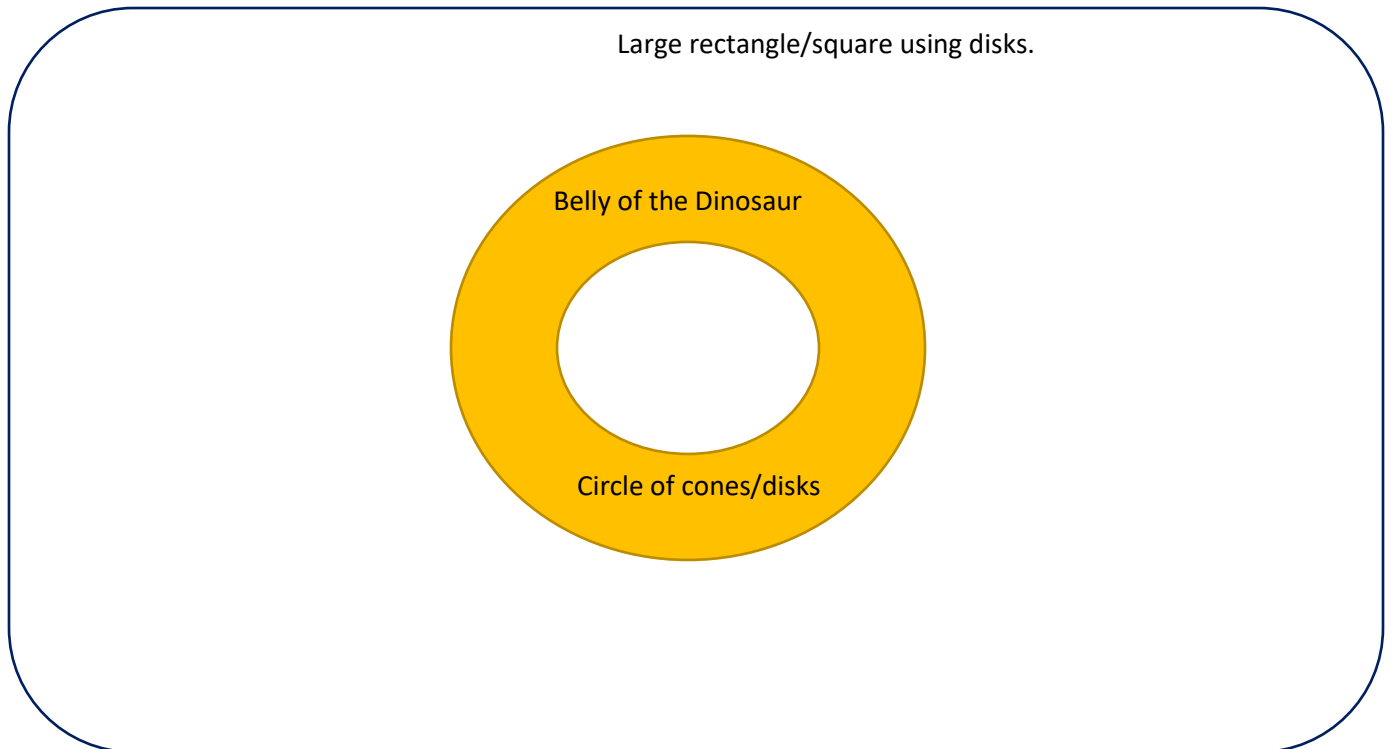


Jurassic Park Flag Tag

Purpose: Fun, Agility, Strategy

Equipment: Disks, Cones, Foam Footballs, Footballs, Flag Belts

Set-up: Use cones to set-up a 30' x 30' grid. In the middle of the grid make a circle using the colored disks. This will be the "Belly" of the dinosaur.



Execution:

- The coach plus 2-kid start as the Dinosaurs. Dinosaurs should take off their Flag Belts so they are easily recognizable.
- All the other kids are the Players (non-Dinosaurs) and must be wearing a Flag Belt
 - The Coach is the Running Raptor. When he/she has the ball, they yell RUNNING RAPTOR and all the Dinosaurs try to pull the players Flag Belts
 - Kid Dinosaur 1 – Coach assigns on the kid Dinosaurs a Dinosaur Name. There is a specific action that corresponds with each Dinosaur name. When that Dinosaur has the ball, all the players (non-dinosaurs) must do the correct action
 - Kid Dinosaur 2 – Coach assigns on the kid Dinosaurs a Dinosaur Name. There is a specific action that corresponds with each Dinosaur name. When that Dinosaur has the ball, all the players (non-dinosaurs) must do the correct action
 - Example of Kid Dinosaur Names:
 - Dance-A-Saurus: When the Dance-A-Saurus has the ball, all the players must Dance
 - Zombie-A-Saurus: When the Zombie-A-Saurus has the ball, all the players must walk like a Zombie
 - Spin-A-Saurus: When the Spin-A-Saurus has the ball, all the players must Spin in a circle
 - Freeze-A-Saurus: When the Freeze-A-Saurus has the ball, all the players must freeze



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- Sing-A-Saurus: When the Sing-A-Saurus has the ball, all the players must sing Take Me Out To The Ball Game
 - Hop-A-Saurus: When the Hop-A-Saurus has the ball, all the players must Hop on 1 foot.
 - Sleep-a-Saurus: When this dinosaur has the ball, everyone must pretend to be asleep
 - 3-Point Stance-a-Saurus: When this dinosaur has the ball, everyone must get in a 3-point stance
 - Celebrate-a-Saurus: When this dinosaur has the ball, everyone must do their best Touchdown Celebration
 - Dab-a-Saurus: When this dinosaur has the ball, everyone must dab
 - Flop-A-Saurus: When this dinosaur has the ball, everyone must pretend they are injured
 - Be Creative...
- The Dinosaurs pass around the Dino-Ball (Foam Football)
 - A Player has to go to the DinoSaur Belly if:
 - They get their Flag Pulled while the RUNNING RAPTOR has the Ball
 - They do not do the correct movement/action when one of the Dinosaur Kids have the Ball
 - When the kids are in the Belly, they chant: DROP THE BALL, DROP THE BALL
 - If the Dino-Ball hits the ground at any time, it is a jailbreak and all the players are back in the game.
 - Game continues until there is only one person left or time expires for that round (5-minute rounds)
 - Change the Player Dinosaurs every Round. Coach is always the Running Raptor

Comments: This game works best when you bring 2-groups together (16-kids)

Video Link: <https://youtu.be/W3d6omTFw9U>