



1ST DOWN TOTS ACTIVITY REFERENCE GUIDE

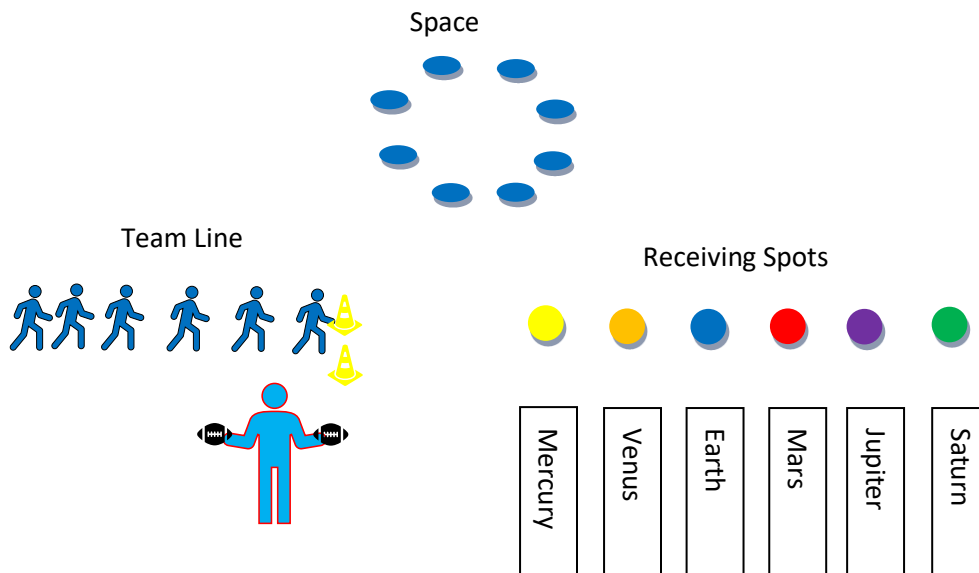


Lost in Space

Purpose: Catching

Equipment: Colored spots, Foam Footballs

Set Up: Use cones to set-up a team line gate. Have all the players line up in a single file line behind the cones. Place 6 spots at an age-appropriate distance from the team line. This is where the WR will run and try to catch the ball. Use hula hoops or a circle of discs/cones as your OUTER SPACE!



Execution:

- All players start in their Team Line.
- Coach calls up first player in line. The player runs to the first receiving spot (planet). Coach does an age-appropriate toss to the player who tries to catch the ball while keeping one foot on the planet.
- **IF THEY CATCH IT:** They successfully landed their spaceship on the planet. They get 1-point for the team and get in the back of the line.
- **IF THEY MISS IT:** They are LOST IN SPACE and must stand inside the blue SPACE circle.
- If a teammate successfully catches a ball, everyone who is lost in space has been saved and are back in the game.
- The round ends when everyone on the team is LOST IN SPACE. The coach announces how many points the team scored, and everyone returns to the team line for round two.
- Round 2 – Move back to the next planet and continue as time permits.
- If the games are taking too long, change it so players have to make 2 successful catches in a row to rescue their teammates.

Advanced Variation:

- Player QB: Assign a player from each team to be the QB. They now have to throw the ball to their own players. Switch QB's each round
- Teams: Split the players into 2-teams and have them compete to see which team can survive the longest.
- Space Exploration: Every time a player makes a successful catch on a planet, they successfully complete their mission to the planet and move back to the next planet. The objective is to successfully land on all 6 planets before all the players get lost in space.