



MINI-HAWK FOOTBALL CAMP (AGES 4-6) ACTIVITY REFERENCE GUIDE

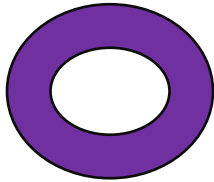


Lightening McQueen (Mini-Hawk Football Edition)

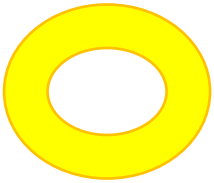
Purpose: Running

Equipment: Colored Disks, Footballs

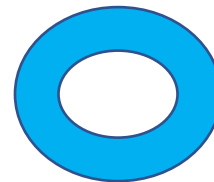
Set Up: Use colored disks to create a garage for each child/racecar. On the far end of the field, create another garage for Lightening McQueen as shown below:



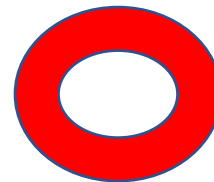
< - Doc Hudson Garage



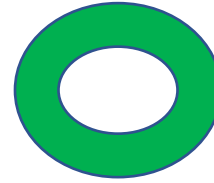
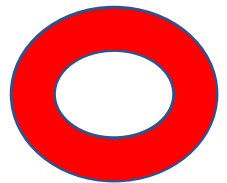
< - Cruz Ramirez Garage



< - Jackson Storm Garage



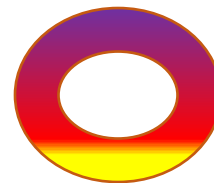
< - Lightening McQueen Garages - >



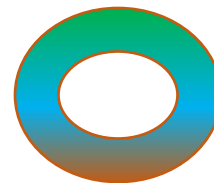
< - Chick Hicks Garage



< - Mater Garage



< - Ramone Garage



< - Fillmore Garage



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Execution:

1. All players start in their garage with their football
2. The first round, the coach stands parallel with the kids and plays along with them. Nobody is Lightening McQueen.
3. Tell the kids that, as a team, they all must yell, "Lightening McQueen, Lightening McQueen, What Time Is It?"
4. Coach says 6 o'clock (or whatever time you want)
5. Kids do 6 marches towards Lightning McQueen's garage and then freeze.
6. Kids & coach ask again "Lightening McQueen, Lightening McQueen, What Time Is It?"
7. When the players make it almost to The Lightening McQueen Garage, the coach will respond to the kids question with "RACING TIME!" At that point the kids race the coach back to their Garage.
8. Once the kids are comfortable with the game, the coach is now Lightening McQueen and stands in the garage. When the players get close, he/she responds to their question with RACING TIME and races them back to their Garage
9. Lightening McQueen gets 1-point for every race car it beats back to the garage
10. Let the kids start being Lightening McQueen. For the younger kids, the coach will need to be close to help them with the numbers.
11. Rotate Lightening McQueen's every round and continue as time permits.

Variation: Warm-up: If you are doing it as a Warm-up game, or large camp game, you will not be able to create a garage for each child. Instead, you can use a Spot for each child or assign multiple kids to a single garage and make it a team game.