



# FLAG FOOTBALL CAMP (AGES 6-14)

## ACTIVITY REFERENCE GUIDE

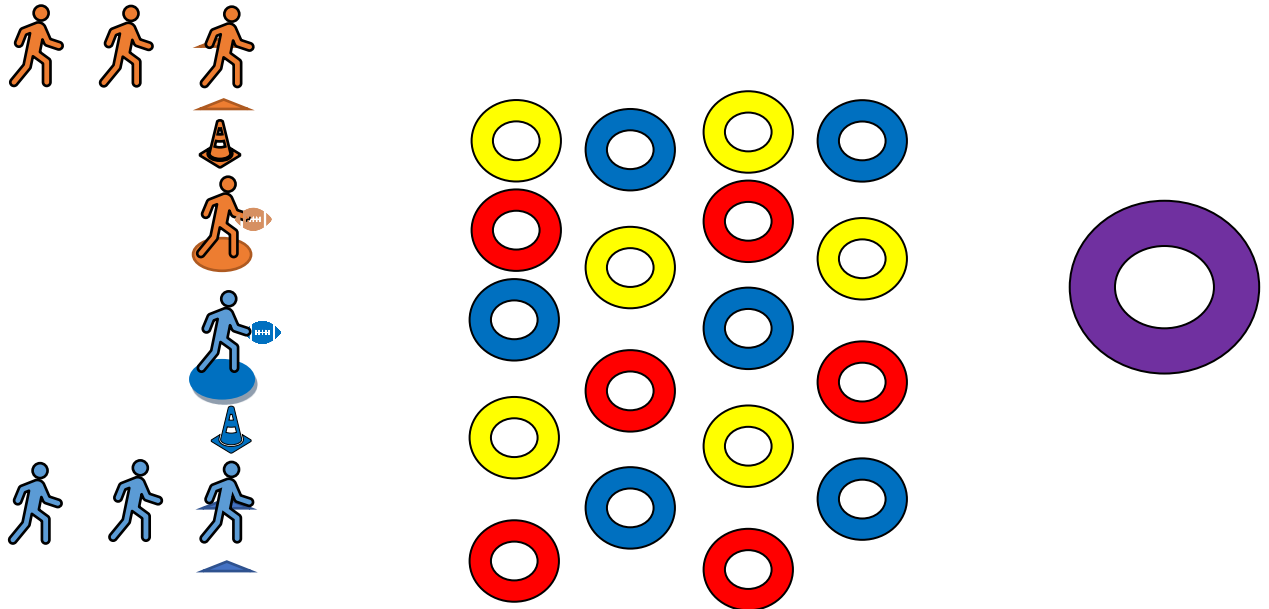


### Lords of the Rings

Purpose: Passing, Catching

Equipment: Spots, Disks, Cones, Agility Rings, 1 Hula Hoop

Set Up: Throw down as many agility Rings as you have at an age-appropriate distance on the playfield. Put down a Large Purple Hula Hoop behind the Agility Rings. Create 2 team stations (Orange & Blue in example below). Put down a colored spot for the QB. Put down a Cone to collect the rings. Put down two disks for the team WR Gate.



### Execution:

- Introduce Passing/Catching and it's purpose in the sport.
- Breakdown/Demonstrate proper passing and throwing technique
- Do a practice round. Tell the kids what hoop to go to each round and work on proper technique. Ask questions about strategy for the next team to make-sure everyone understands the concept of the game.
- Narrate Storyline of Lord of the Rings and the purpose/goal of the game.
  - Goal is to collect as many rings as they can. To get a ring, they must successfully catch the ball with at least 1-foot in the ring. Each Ring is worth 1-point.
  - ONE RING TO RULE THEM ALL – The purple Hula Hoop is worth 5.
- Assign 1 player on each team to be the QB. Have the rest of the players line-up in the WR Line. I would recommend starting with the youngest/most novice QB first so they can throw to the closer rings.
- **On coaches whistle, the game begins. It is a speed relay race so both teams can go at the same time. Only 1-person can stand in the hoop at a time.** If both players get to the same hoop at the same time, rock/paper/scissors.
- **IF THE WR CATCHES THE BALL WITH AT LEAST 1-FOOT IN THE HOOP:** They get the Ring. The WR picks up the ring and puts it down on their teams Cone.
- **IF THE BALL HITS THE GROUND OF THE PLAYER MUST LEAVE THE HOOP TO CATCH THE BALL:** They do not grab the ring.
- **EITHER WAY:** The WR grabs the ball, sprints back to their team line, and give the ball to the QB.
- The next WR cannot leave until the QB says Hut/Hike/GO and the previous WR has passed the line of scrimmage.
- Switch up QB's every 2-minutes.
- Reinforce storyline, technique, game flow, and praise/encouragement throughout game



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- Continue until all the RINGS are gone, or time expires.
- Count the points, have players demonstrate sportsmanship win or lose, and continue as time permits.
- Recap proper passing and receiving technique

### Variation:

- Tot Edition – the Coach is QB for both teams.
- On Hike Edition – One team goes at a time
- Dodgeball Edition – Assign 1-2 Dodgeball Throwers for each team. Put down a row of disks on either sideline. Put down a row of disks right before the RINGS. The Dodgeball throwers must stay outside the grid, except to get a Dodgeball. Their job is to throw the ball at the WR's while they are in the Gauntlet (the space between the line of scrimmage and midline just before the RINGS. While inside the Gauntlet, if the WR gets hit by a dodgeball (no head shots or bounces), their turn is over and they must go back to the WR line without a chance to catch the ball. Next WR is up.