



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

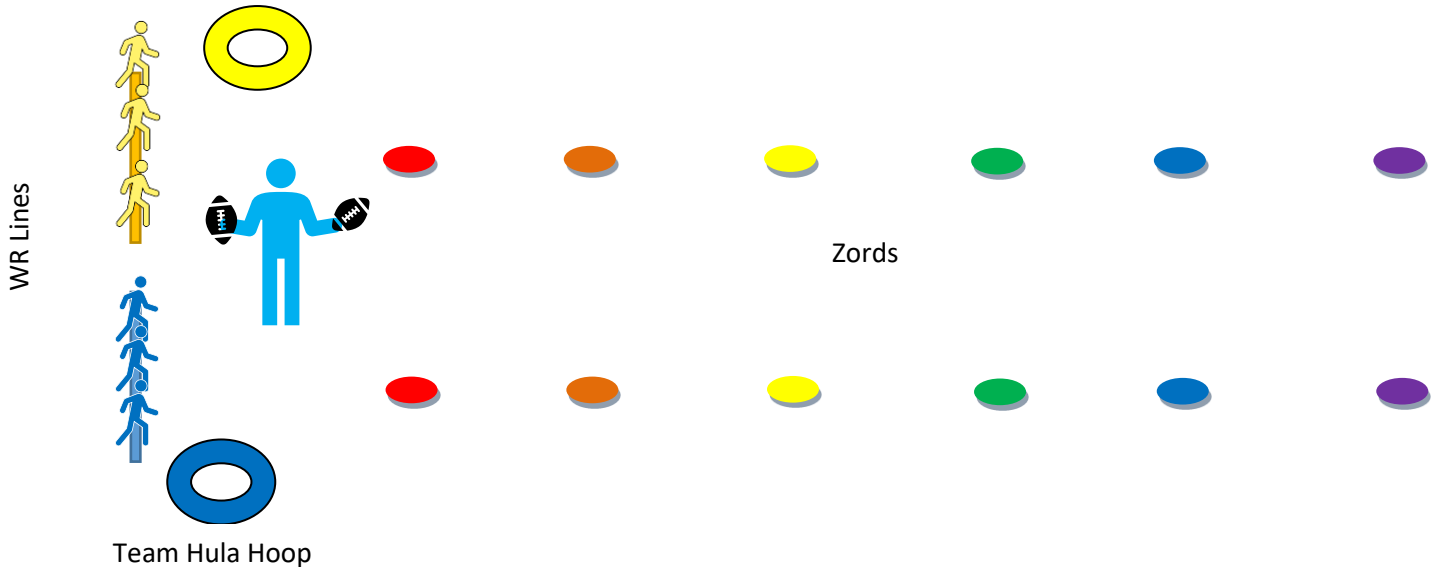


Power Rangers (Tot Edition)

Purpose: Catching

Equipment: Footballs, Large Colored Spots, Hula Hoops

Set Up: Set-up Colored Spots so each spot is further from the receiver hoop than the one previous. Make sure the distance of the spots is age appropriate



Execution:

- The goal of the game is to collect all of your Zords (colored spots) and put them into your team hula hoop in order to morph into a MegaZord. The first team to create a MegaZord (collect all 6 zords and put them into their hula hoop) wins
- For the Tot Edition, Coach is all time QB for both teams
- Coach calls one player on each team who runs down and stands on one of the Zords. They can choose any color they like.
- Coach throws the ball to each player.
- **If the WR catches the ball:** They grab the Zord and put it in their teams Hula Hoop
- **If the WR doesn't catch the ball:** They leave the Zord where it is on the field. If the ball hits the ground, or any part of the WR steps out of the hoop to catch the ball, it is an incomplete pass.
- **Make or miss:** After 1-attempt, the WR grabs the ball, runs back to the coach and HANDS them the Ball, They then get in the back of the WR Line.
- First team to get all of their Zords in their Team Hula Hoop and say as a team "It's Morphin Time" wins the Round!
- Continue as time permits