



FLAG FOOTBALL CAMP (AGES 4-11)

ACTIVITY REFERENCE GUIDE



BB8 vs. R2D2 Challenge (Football Edition)

Purpose: Passing/Catching

Equipment: Cones, spots, hula hoops, Footballs

Set Up: As shown below

- Break kids into camp teams and assign each team to a hula hoop (Blue – Team R2D2 and Orange – Team BB8). Put 3 standing spots (WR) outside the hoop and one spot on the other side (QB) to show the kids where to stand. Place another spot of their color downfield. This is where the receivers will run to and catch the ball from the QB.
- Approx. 100' away puts 28 cones inside a Green Hula Hoop.



Execution:

- Coach starts by showing all the players how to build a Giant Rebel Star Ship (see comments)
- Coach then has all players stand on their team's starting spots. 3 players on each team will start as receiver, one player on each team will start as QB.
- Review/demonstrate proper throwing (elbow back, ball by your ear) and catching (thumbs together above the waist, pinkies together below the waist).
- Narrate storyline – The Blue Team is R2D2. The Orange Team is BB8. They have to build a spaceship for their Jedi's (Luke and Rey). The cones in the far hoop/bucket are the scraps they need to build the spaceships.
- Coach gives each QB a Football.
- When the coach says "" the first receiver will run to the catching spot.
- The quarterback throws the ball to the receiver.



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- **If they catch the ball on the spot:** If the WR catches the ball while keeping his/her foot on the spot, the Force Field is down and they can grab 1-cone from the Green Hula Hoop and race back to their Team Hula Hoop where they put the cone.
- **If they do not catch the ball on the Spot:** If the WR drops the ball, or cannot catch the ball while keeping his/her foot on the spot, the Force Field stays up and they do not get to grab a cone from the Green Hula Hoop.
- **EITHER WAY:** The WR grabs the Ball, races back to their team line, hands the ball to the QB, and gets in the back of the WR line.
- The QB will throw to each other player on his team; then he will become a WR and a new QB will take his place.
- After each player has had a chance to be QB, move the Catching spot back and continue as time permits.
- Once all of the cones have been collected, or time expires, have each team build a StarShip:
 - The team with the HIGHEST StarShip wins the first point.
- Once both teams have completed their StarShips, give each player a ball and have them stand 10-feet back from the other teams StarShip
- On coaches whistle, both teams will throw their ball (at the same time) at the other team's StarShip and knock down as many cones as possible
 - The team with the most cones standing at the end wins the second point.
- Have the players on both teams help you return the cones to the Green Hula Hoop
- Review Passing/Catching and have players demonstrate Sportsmanship.

Mini-Hawk/Younger Group Edition:

- The coach will need to play QB and throw to the WR's with Foam Footballs.. Start with the WR spot close and move back if skill level permits.

Comments:

- How to build a Rebel Star Ship:
 - Build a 10-cone triangle base
 - Put 6-cones upside down in the gaps
 - Stand 6-cones on top of the upside-down cones
 - Put 3 cones upside down in the gape
 - Stand 3 cones on top of the upside-down cones
 - Put 1 cone upside down in the gap
 - Put 1 cone on top
 - Put two cones on either side of the base to be the wings.