



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

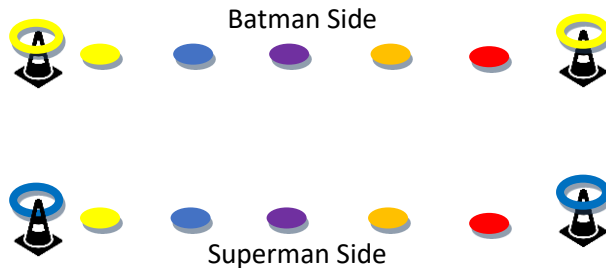


Batman Vs. Superman

Purpose: Throwing & Catching

Equipment: Colored Spots, Cones, Colored Disks, Footballs

Set Up: Set-up two lines of colored spots approx. 5-7' from one another. Pair up 2-kids from the same team and have them stand opposite one another. Use a cone with a colored disk on top to mark one side of the field to be Batman Side, and one side of the field to be the Superman Side.



Execution:

- Have partners stand on their color facing one another. Make sure partners are on the same team (same color jersey) whenever possible since they will be playing for their team.
- Teach the proper technique for Passing and Catching (Introduce, Breakdown, Demonstrate). Have players practice passing and catching with their partner while coach walks around and works 1-on-1 with player technique.
- Narrate Storyline for Batman vs. Superman. Every pairing starts with 10-lives. Every time a pair does the incorrect action for the coach's command, that pair loses 1-life. The pairing with the most points at the end of the game wins.
- Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout
- When Coach Calls BATMAN – the players have to pass the ball to the person standing on the BATMAN side of the field. If the person with the ball is already on the BATMAN side and they pass it, that pair's team loses 1 life. If the ball hits the ground, that pair's team loses 1-life.
- When Coach call SUPERMAN – Same thing but on the Superman side of the field.
- Every time a team loses a life (or every so often), coach adds in a new SUPERHERO which has a unique action and phrase that must go along with it.
 - IRON MAN: Action – Run to the middle and give you partner a high-five. Return to your same spot Phrase – "I AM IRON MAN!!"
 - SPIDERMAN: Action – Pretend to shoot your spidey web and switch sides with your partner Phrase – "SPIDERMAAANNNN"
 - INCREDIBLE HULK: Action – Pushups Phrase – "YOU DON'T WANT TO SEE ME ANGRY"
 - NINJA TURTLES: Action – Balance on one leg on their spot Phrase – "COWABUNGA DUDE!"
 - THOR: Action – Pick up their spot and slam it down on the ground 1' further from partner. Phrase – "BY THE POWER OF THOR!!"
 - FLASH: Action – Run in a circle as fast as you can around your spot Phrase – "FAST AS THE FLASH, FAST AS THE FLASH"
 - CAPTAIN AMERICA: Action – Balance your spot/disk on your forearm like a shield Phrase – "FOR TRUST AND JUSTICE"
 - WONDER WOMAN: Action – Balance the spot/disk on your head like a crown Phrase – "I AM A WARRIOR PRINCESS"
 - JOKER: Action – Player has to turn around and snap the ball through their legs to their partner (Long Snap). Phrase – "DON'T DROP THE BOMB"
 - PENGUIN: Action – Put the ball between their legs, waddle to the middle without letting the ball hit the ground. Hand the ball off to your partner who then has to waddle the rest of the way with the ball between their legs. Players should switch sides and switch who has the ball when it is over Phrase – "WADDLE, WADDLE, WADDLE, WADDLE"