



# FLAG FOOTBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE



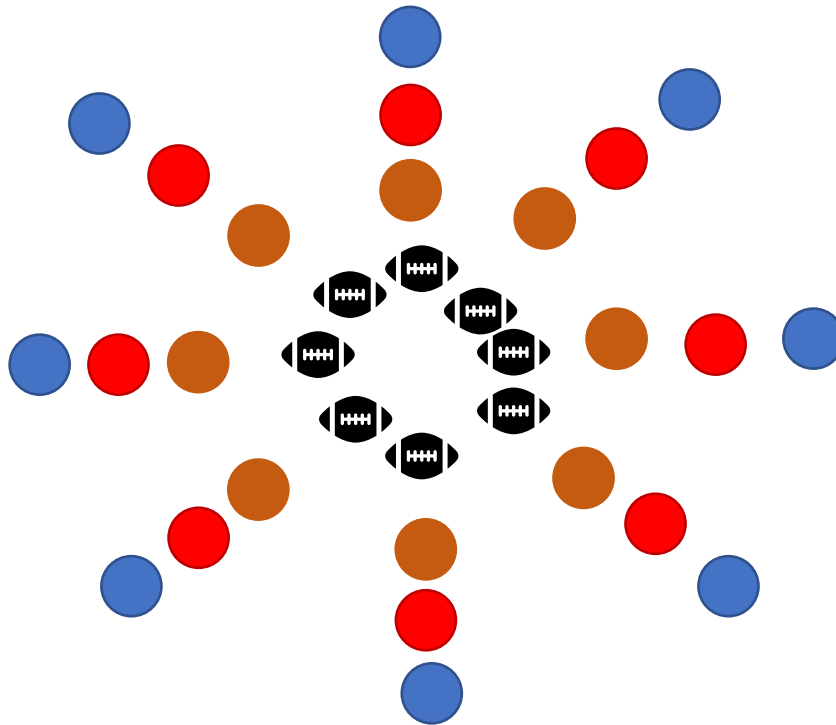
### Larry, Curly, Moe (Bears, Bills, Lions)

Purpose: Teamwork, Strategy, Agility

Equipment: Balls, Colored Spots/disks

Set Up:

- Create a large circle of Orange spots/disks. Diameter of the circle should be approx. 20’.
- Three feet behind each Red spot/disk put a Blue spot/disk.
- Three feet behind each Blue spot/disk put a Green spot/disk.
- There should now be three rows of spots/disks in a large circle.
- Make enough rows so each kid can stand between of the colored spots/disks.
- Put 1 ball down for each row in the center of the circle. (i.e. if you have 10 rows, put 10 balls in the middle of the circle)



Execution:

1. Break into groups of three. All three players in the group should be on the same camp team if possible
2. The smallest person in each team should stand on an orange spot. The middle person should stand on a red spot (in the same row). The tallest person should stand on a blue spot (in the same row).
3. Each color represents a team. Orange = Bears, Red = Bills, Blue = Lions.
4. Coach starts to tell a story. In the story the coach will sneak in the word Bear, Bills, Lions
  - Examples:
    - Bears - Hardly Bear It, Skin was Bare, Barely made it, Saw a Bear, ate a Berry, Right to Bear Arms, Bear with me, Bear in Mind, Baring his team, Bare Necessities, Bare Bones
    - Lions - He was Lying, I was "Lion" in bed, Attacked by a Lion, It was "Lion" right in front of me, Lion King,
    - Bills - Dollar Bills, Bill of a Hat, Coach Bill-Y Bob, Bird's Bill, Billing Department, Electricity Bill, Congress passed a Bill, \$20 Bill,
5. When the coach says one of the team names, the player standing on that color has to run outside the circle, clockwise, until they get back to their group
6. The other players in their group will spread their legs as wide as they can
7. The player who was called will then army crawl through their teammate's legs to the middle of the circle and grab a ball.
8. The first team to grab a ball gets 10-points, second team gets 5-points, third team gets 2-points, 4<sup>th</sup> team gets 1-point.
9. Coach keeps track of score and continue with his/her story.

Video Link: <https://youtu.be/Fu5Ku-e0FrY>