



# FLAG FOOTBALL CAMP (AGES 4-11)

## ACTIVITY REFERENCE GUIDE



### Centipede Hand-Off Relay Races

Purpose: Running, Teamwork

Equipment: Cones/Flags, Large Spots, Footballs, Hula Hoops

Set Up: Use colored spots to create 2-team lines (For this Example, Orange and Purple). At the far end of the play-area, put down two color matching Hula Hoops with a Flag or Cone inside. Break kids into team and assign each kid to their team standing spot. The distance between the Team Standing Spots, and their Flag, should be age appropriate. Start close and scoot back each round.



Execution:

- Break players into two teams and assign each team to a Colored Spot
- The Ball starts on the Spot furthest from the Flag/Cone
- One coaches whistle, the person in the back hands the ball off to the person on the spot in front of them. That person then hands it off to the next person and so on all the way to the first spot in the line.
- When the person on the Front Spot gets the ball, they run as down to their teams' cone/flag, go around the hula hoop, and sprint back to their team line as fast as they can
- While the person is running, everyone waiting in line scoots up 1-spot so the back spot should now be open.
- When the runner gets back to the empty back spot, they hand the ball off to the person in front of them, and so on back to the front of the line.
- The first team to get back in their original order wins the race
- Review proper hand-off form, and play again as time permits
- Have all players give a high-five to the other team and tell them good game.