



FLAG FOOTBALL CAMP (AGES 6-14)

ACTIVITY REFERENCE GUIDE

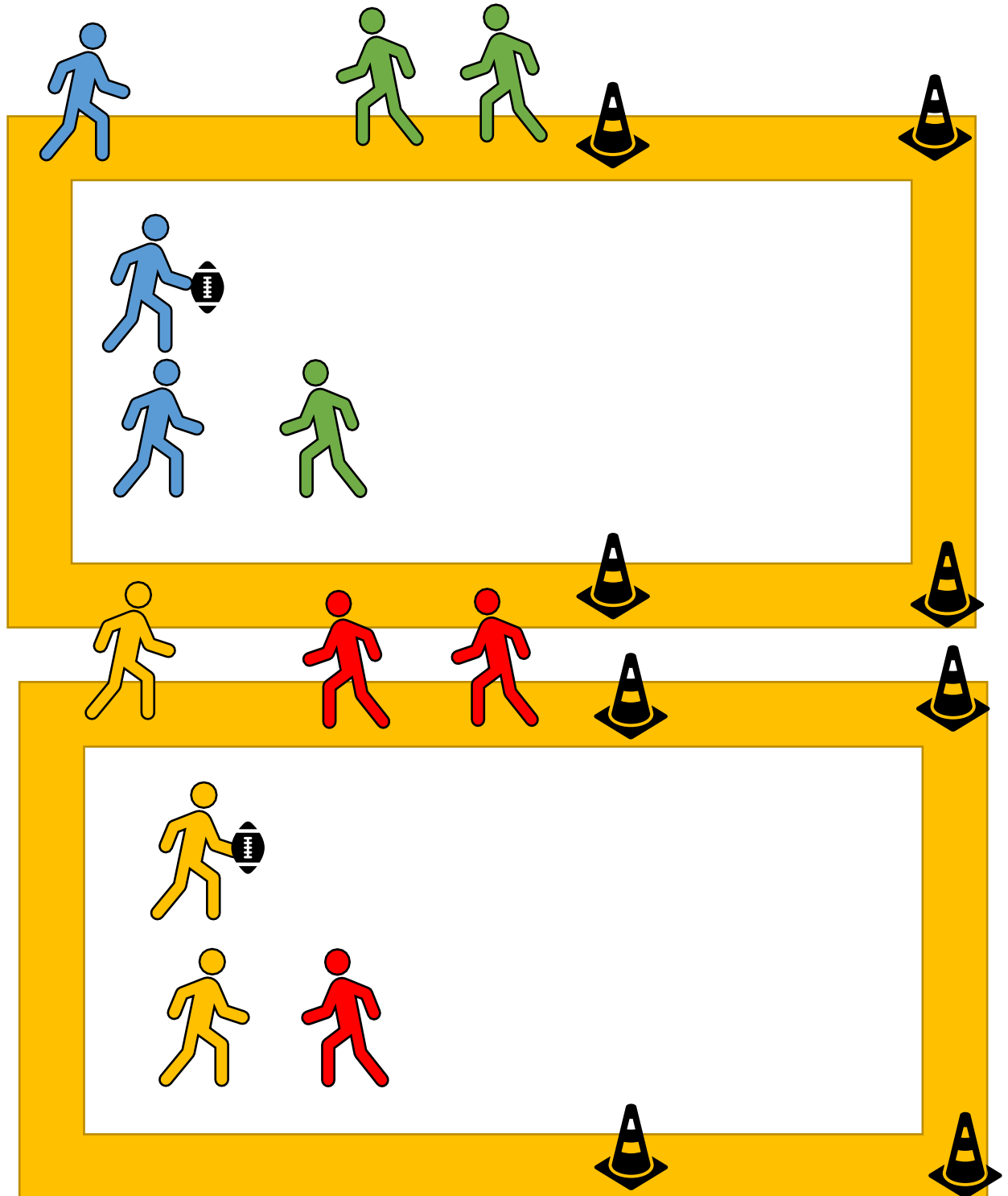


Cornerback Island

Purpose: Defense, Deflecting Passes, Footwork, Strategy

Equipment: Footballs, Flag Belts, Disks and Cones

Set Up: Set-up 2 small football field as shown below (about 20 yards by 15 yards)



Execution:



FLAG FOOTBALL CAMP (AGES 6-14)

ACTIVITY REFERENCE GUIDE



- Split players into 4-teams (Red, Yellow, Blue and Green in example above)
- Match up 2-teams to play each other (Red v. Yellow & Blue v. Green). Assign each team to a field
- One team is on offense and the other defense.
- The Defensive Team assigns 1-player to start at Corner Back. The rest of the team stands on the sideline and waits their turn.
- The Offensive Team assigns 1-player to start at Quarterback and 1-player to start at Wide Receiver. The rest stand on the sideline.
- The CB's goal is to keep the WR from catching the ball in the endzone (marked by 4-cones). The WR must catch the ball IN the endzone. They cannot catch it before and run it in
 - **IF THE WR CATCHES THE BALL IN THE ENDZONE - The defense gets 1-strike and the next cornerback subs in.**
 - **IF THE WR DOESN'T CATCH THE BALL IN THE ENDZONE - The defense gets 1-point and the cornerback stays in the game**
 - Regardless of the result, the offense rotates each turn. QB to WR, WR to Sideline, Sideline to QB.
- The Offense is going to continue to rotate until they get 3-strikes on the defense.
- Once the defense gets 3-strikes, their turn is over. Coach writes down how many points they scored during the round and the offense and defense switch.
- Both teams get 1 turn on offense and defense. The team with the most CB points wins that round.
- Change the match-ups. Red vs. Blue and Yellow vs. Green.
- Continue as time permits.
- Team with the best record at the end of the Round Robin is the winner.