



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE



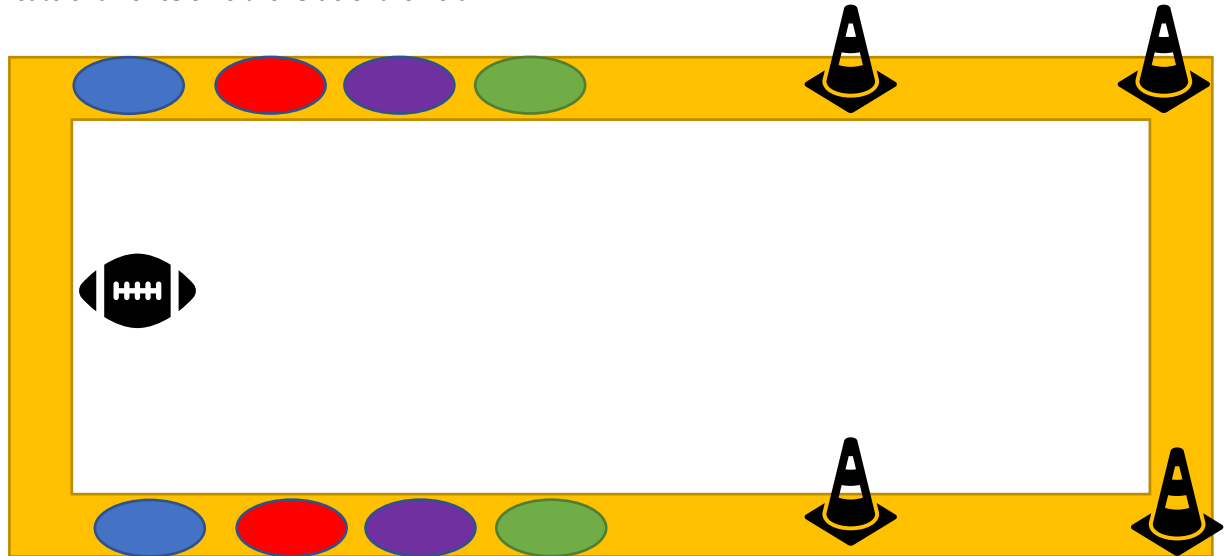
Defensive Drills (Linebacker)

Purpose: Defense

Equipment: Colored spots, Colored Disks, flag belts, footballs, cones

Set Up:

- Use Colored Disks to create a Mini Football Field.
- Set-up a line colored spots on each sideline for players to stand on. Spots should match the same color on the opposite side of the field (red – red, blue – blue, etc).
- Have one team stand on one sideline and the other team stand on the other sideline. You want to make sure that you match players of similar size and ability on the same color (purple's = best players, red = worst). That way they are competing against players of similar ability. Of course, you will not tell the players that this is the case.
- Use cones to create end zones on either side of the field.



Execution:

- Coach splits the players into their camp teams and assigns each team to one of the sidelines
- Coach has all of the players stand on their color and shout out what color they are standing on
- Coach assigns one team to offense and one team to defense.
- Coach calls a color and the player from each team comes out on the field on either offense or defense.
- The offensive player is the RB and the defensive player is the LB.
- Each player stands in their end zone. RB has the ball.
- On the coaches whistle the RB tries to score touchdown while the LB tries to pull their flag.
- If the RB scores they get a point for their team. If the LB pulls their flag, or the RB goes out of bounds, the LB scores a point for their team.
- Once all of the players have gone through, switch what team is on offense and defense.
- Tally up the score from each round and whatever team has the most points gets a point for their camp team.