



# FLAG FOOTBALL CAMP (AGES 6-14)

## ACTIVITY REFERENCE GUIDE



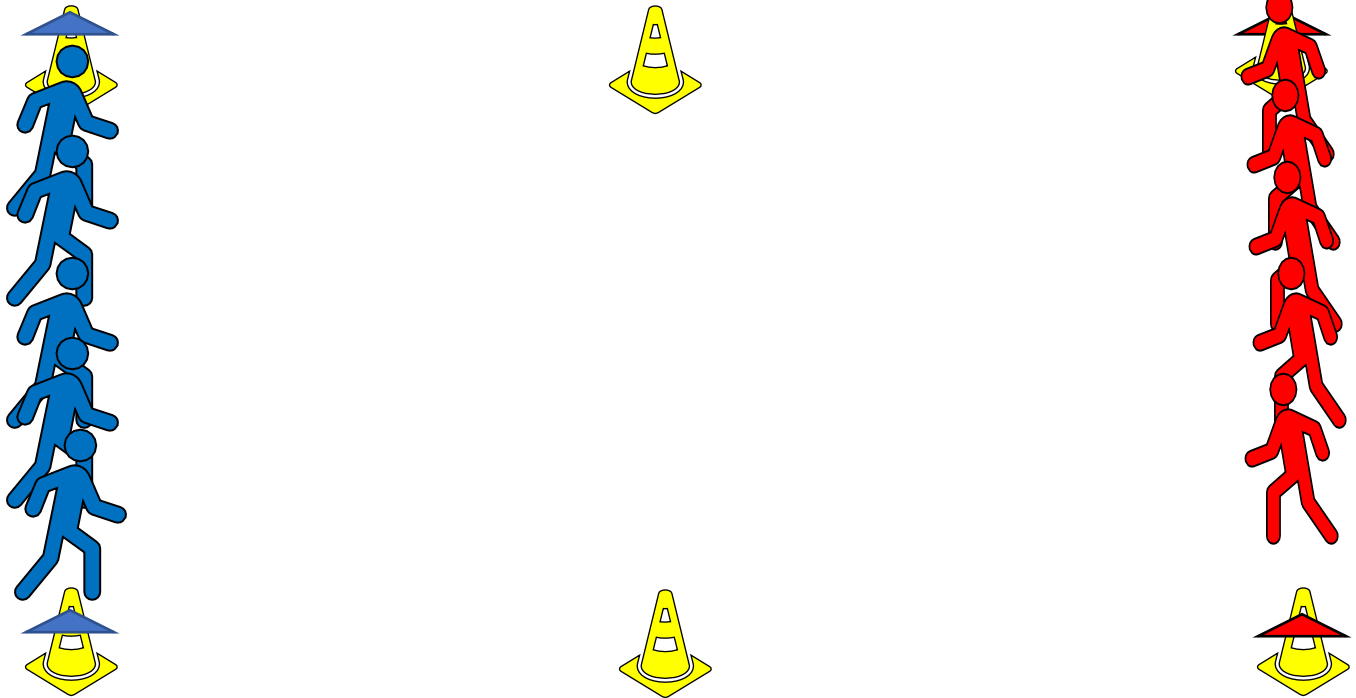
### Niners vs. Cowboys

Purpose: Flag Pulling, Reaction Time, Agility

Equipment: Cones, Colored Disks, flag belts

Set Up:

As shown below:



Execution:

- A Football Twist on Cranes and Crows.
- One team is the Niners, the other is the Cowboys. Niners start on the red disks and the cowboys start on the blue disks.
- Starting opposite of each other, on the coaches whistle the teams move toward the line of scrimmage (Middle Cone)
- When they are within 1-5 yards, the coach yells "NINERS!" or "COWBOYS!"
- If "NINERS" is yelled out, the Cowboys chase the Niners back to their starting line (red).
- If "COWBOYS" is yelled out, the Niners chase the Cowboys back to their starting line (blue).
- The defense gets 1-point for each flag that gets pulled. Add up all the points for each round and write down the score on the Score Sheet.
- Continue as time permits. The team with the most points at the end of the game is the winner!

Variations:

- Free Agents - If deflagged, you are on the team that grabbed your flag.