



FLAG FOOTBALL CAMP (AGES 7-14)

ACTIVITY REFERENCE GUIDE

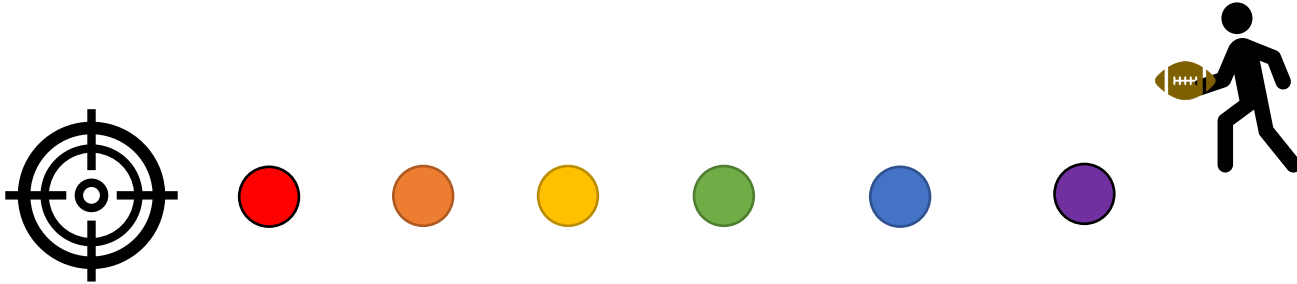


Passback Hot Shot Challenge

Purpose: QB Footwork, Pass Accuracy, Catching

Equipment: Colored Spots, Passback Football, Rebounder

Set Up: As shown below with spots at an age appropriate distance



Execution:

- Assign a point value to each spot:
 - Red = 1
 - Orange = 2
 - Yellow = 3
 - Green = 4
 - Blue = 5
 - Purple = 6
- 1 Player goes at a time. Player starts with the football behind the Purple spot
- One the coaches whistle, they have 1-minute to get as many points as they can.
- To get a point they must start by standing on one of the colored spots. They then throw the ball at the rebounder
- If they are able to catch the ball in the air without lifting 1-foot off the colored spot, they are awarded that many points (i.e. 2 points if they throw and catch from Orange).
- Coach blows his/her whistle when the time (1-minute) expires and writes down the total score next to that players name
- Call up the next player and continue
- Once each player has gone, add up the total points for players on each team. The team with the most points wins the combine.
- Continue as time permits. Have players demonstrate sportsmanship at the end of each round.