



# FLAG FOOTBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE

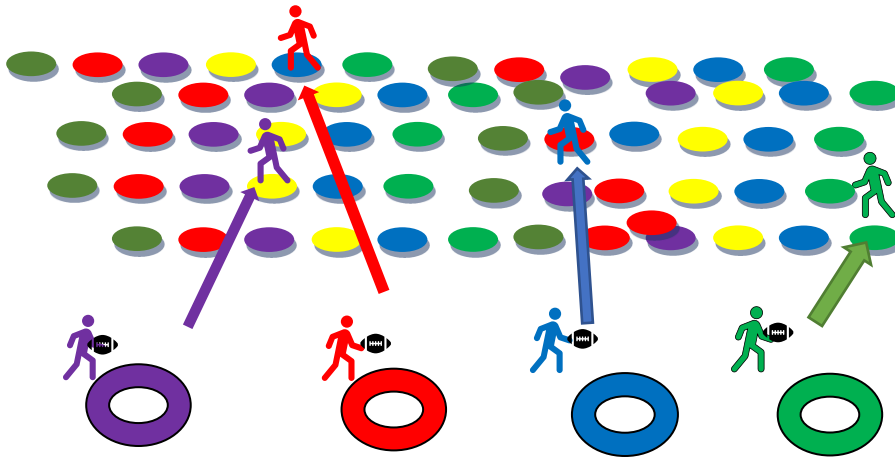


### Pokemon

Purpose: Throwing and Catching

Equipment: Footballs, Hula Hoops, Colored Spots (large and Small)

Set Up: Throw down as many small colored spots as you have on the court. Put a Hoop Hoop and matching Large Colored spot in a horizontal line at an age appropriate distance from the Pokemon. Small Sports = Pokemon, Large Spots = Throwing Spot, Hula Hoop = Pokemon Net. Put players in pair's and have each pair stand in their hula hoop.



### Execution:

- Teach proper throwing and catching technique (introduce, breakdown, demonstrate). Have players practice throwing and catching with a partner.
- Narrate Pokemon Storyline. The goal of the game is to collect as many Pokemon as you can and put them in your team's hula hoop.
- Each pairing has 1 ball
- Player # 1 starts by going out on the field and standing on the Pokemon they are trying to catch. They must call out the color.
- Player # 2 passes the ball to player # 1 who tries to catch the ball while keeping at least 1-foot on the pokemon
- **If they catch the ball on the Pokemon:** Player # 1 grabs the colored spot and puts it in their hula hoop. They have now caught 1 pokemon.
- **If they do not catch the ball on the Pokemon:** Player # 1 does not grab the colored spot they were going for
- **EITHER WAY:** Player # 1 grabs the ball and brings it back to their Hula Hoop.
- Player # 2 now goes out into the field and calls a color. Player # 1 now passes the ball to Player # 2
- Continue as time allows. Have pairs count how many Pokemon they collected. Each Pokemon is worth 1-point to their team.
- Reinforce technique, Storyline Flow, and Encouragement/Praise throughout.
- Recap Receiving and when/why it is used in Football

Comments: The older the players are, the stricter the coach needs to be on whether or not it was a successful catch (i.e. their foot came off the Pokemon).