



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

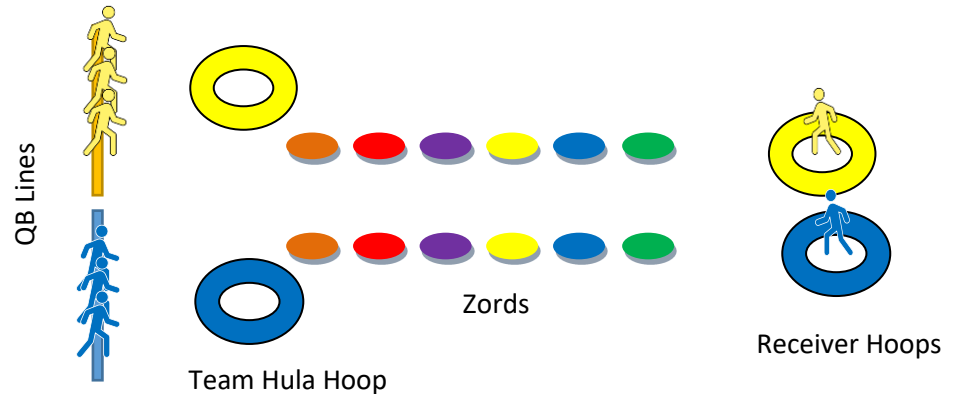


Power Rangers

Purpose: Throwing/Catching

Equipment: Footballs, Large Colored Spots, Hula Hoops

Set Up: Set-up Colored Spots so each spot is further from the receiver hoop than the one previous. Make sure the distance of the spots is age appropriate



Execution:

- The goal of the game is to collect all of your Zords (colored spots) and put them into your team hula hoop in order to morph into a MegaZord. The first team to create a MegaZord (collect all 6 zords and put them into their hula hoop) wins
- Coach has all players start on one end of the field. 1 player stands in their Receiver Hoop to be the WR. 1 player from each team starts with the ball to be the QB
- On coaches whistle, the player with the ball (QB) runs down to one of the Zords, stands on the Zord, and throws it to their WR in the Receiver Hoop
- **If the WR catches the ball:** the QB grabs their Zord, put it in the Team Hula Hoop.
- **If the WR doesn't catch the ball:** They leave the Zord where it is on the field. If the ball hits the ground, or any part of the WR steps out of the hoop to catch the ball, it is an incomplete pass.
- **Make or miss:** After 1-attempt, the QB grabs the ball and runs it back to their team line. They hand the ball off to the next QB on their team who goes to the next spot.
- Players can pass from any Zord, at any time. They do not have to go in order.
- First team to get all of their Zords in their Team Hula Hoop, and say as a team "It's Morphin Time" wins the game!
- Change the WR on each team and play again.
- Continue as time permits