



# FLAG FOOTBALL CAMP (AGES 6-14)

## ACTIVITY REFERENCE GUIDE

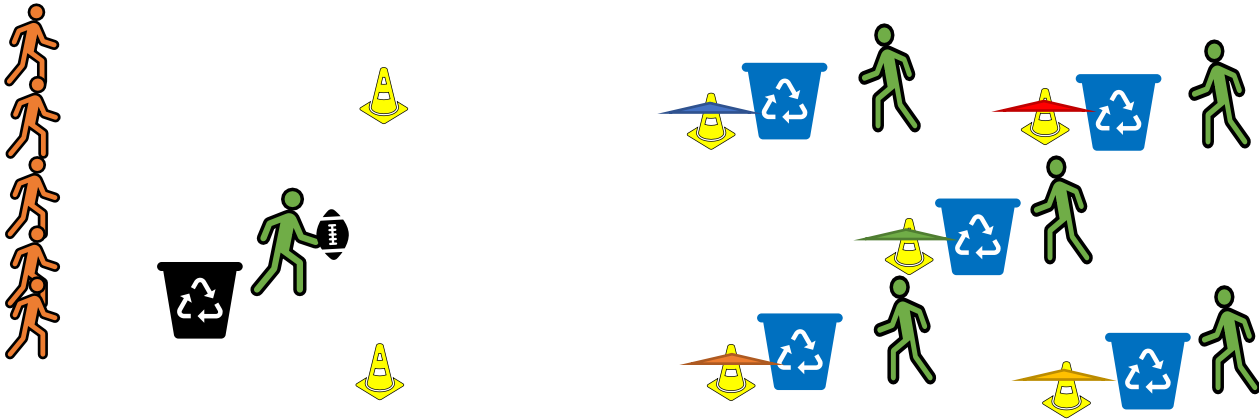


### QB Can Jam Combine

Purpose: Throwing, Teamwork

Equipment: Footballs, XL Buckets or Can Jams, Cones w/ Colored Disks

Set Up: Put down 5 XL Buckets or Can Jams in a Dice 5 Pattern. Put a cone in front of each bucket with a colored disk on top to identify that bucket. At an age appropriate distance, put down 2 cones to mark as a line of scrimmage. Put a large bucket or wagon about 5 yards behind the line of scrimmage and fill with 5 footballs. Assign a spot for the defensive team to stand as they are waiting for their turn to go.



### Execution:

- Assign one team to be on offense and another on defense.
- Offensive team – 5 players stand behind a bucket. The 6<sup>th</sup> is QB and stands by the bucket at the line of scrimmage (black in this example)
- Defensive Team – Have them stand on the line and strategize for their next turn.
- On the coaches whistle, the QB grabs the first ball. Coach calls out a color and the QB throws the ball to the corresponding bucket
  - Scoring:
    - If there WR tips the ball so it hits the bucket = 1 point
    - If the QB hits the bucket in the air without the WR's help = 2 points
    - If the WR tips the ball so it lands inside the bucket = 3 points
    - If the QB makes the ball inside the bucket without the WR's help = 5 points
    - If the ball hits the ground before any of the 4 listed above occur = 0 points.
- The WR is not allowed to catch the ball. They must keep hands open and slam/tip the ball.
- The Coach continues to call out all 5 colors, tallying the points.
- Coach announces the score for the “green team” then yells switch. Green goes to the defensive line and the “orange team” is now up.
- Continue to switch back and forth between the two teams. Play for 6-rounds, or until every player has played QB once. Teams must rotate QB each time. They can play wherever they like on defense.
- The score is continuous, so the coach continues to add each rounds score to the teams total points.
- **The team with the most points at the end of the 6-rounds is the winner.**
- **Continue as time permits.**
- Continue as time permits.