



# FLAG FOOTBALL CAMP (AGES 6-14)

## ACTIVITY REFERENCE GUIDE



### Safety Combine

Purpose: Defensive Safety Coverage

Equipment: Hula Hoops, Footballs

Set Up: Put down 5 Hula Hoops in a Dice 5 Pattern. 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 6 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 in a Hula Hoop. The 6<sup>th</sup> is QB and stands between the bucket and the Line of Scrimmage.
- Defensive Team – Assign 2 players to be SAFETY and have them stand in the middle of the Hula Hoop grid. They are free to stand wherever they please inside the grid
- On the coaches whistle, the QB is going to throw the first ball. They can throw the ball to any of their teammates inside the Hula Hoops
- **If the WR catches the ball with both feet in the hoop – Nothing happens, the defense does not get a point**
- **If the WR has to leave the hoop to match the catch, or the ball touches the ground – the Defense gets 1-point**
- **If the Defense intercepts the ball – The Defense gets 2-points.**
- The QB continues until he/she throws all 6 balls. Make sure the bucket isn't too close to the Line of Scrimmage, so defense has some time to reset between throws
- After all 6 balls have been thrown, the coach tallies up the Safeties total score and adds it to the team total.
- Coach assigns two new players on defense to play as Safety.
- Offense rotates. QB to Red Hoop. Red to Orange. Orange to Green. Green to Yellow, Yellow to Blue, Blue to QB
- Continue for 6-rounds. Coach adds up the defensive points for all 6-rounds.
- Switch offense and defense and play another 6-rounds.
- Continue as time permits. The team with the most DEFENSIVE points is the winner.

### Variation:

- For younger players, the offense only needs to keep 1-foot in the hula hoop.