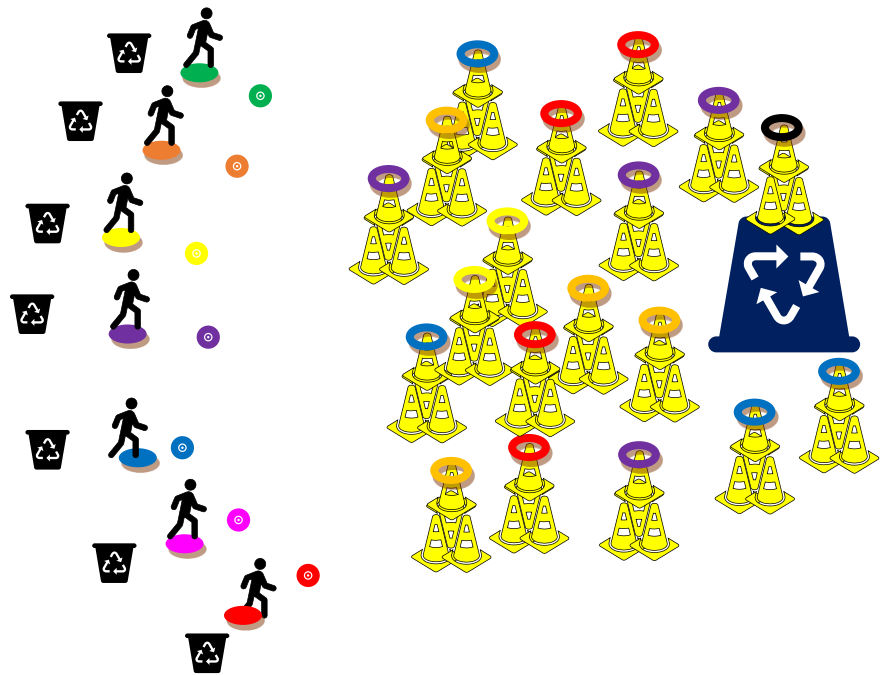


StarWars Passing:

Purpose: Throwing/Passing

Equipment: Cones, Footballs, Colored Spots, Hula Hoops, Colored Disks,

Set-up: Create the imperial fleet! In the back/middle create the Death-Star (5 Cone Tower on top of upside down Large Ball Bucket. Put 2 black colored disks on top). Surrounding the Death-Star build smaller Star-Destroyers (5 cone towers). Lay a hula-hoop around each Star-Destroyer and put a colored disk on top. At an age appropriate distance from the imperial fleet, put a "FIRING STATION" for each child. Firing stations should make a slight semi-circle around the fleet so all kids are the same distance to the cones. Each firing station consist of a large spot and a small spot (of the same color). They stand on the large spot with the ball, and step forward to the small spot to throw the ball.



Execution:

- Have all the players stand on their colored spot.
- Review proper QB Passing form/technique (introduce, breakdown, demonstrate).
- Narrate the StarWars Storyline:
- Tell the players that they are the Jedi and they need to destroy the imperial fleet before they reach our rebel base.
- Coach gives each player a Football and announces that we are currently on Round 1.
- The players called get into position and hold the ball on their large spot facing the StarShip they are aiming for and wait for the coach to yell Fire!
- Coach yells "READY, AIM, FIRE!"
- On "FIRE!" the kids step forward to the small spot and pass the ball into imperial fleet and try to knock over as many StarShips as they can.
- Make or miss, the players stay on their spot.



FOOTBALL CAMP (AGES 4-11) ACTIVITY REFERENCE GUIDE



- Coach calls RELOAD and all players grab their Football and return to their Colored Spot. Players are not allowed to knock-over the Imperial Fleet during a RELOAD. If they do so, ON PURPOSE, they have to set-out the next round.
- Have the kids go back to their firing station, and then rotate 1-station to the right (Red to Pink, Pink to Blue, Etc.)
- Coach announces that you are now on ROUND 2.
- Continue until the Entire Imperial Fleet is destroyed. Coach announces the Teams Score (what Round they were on when they destroyed the Fleet).
- If time, have players reset the Imperial and Fleet and player again. See if you can beat your score (knock them down with a lower score).
- Recap Passing and its function in the sport.