



FLAG FOOTBALL CAMP (AGES 12-14)

ACTIVITY REFERENCE GUIDE



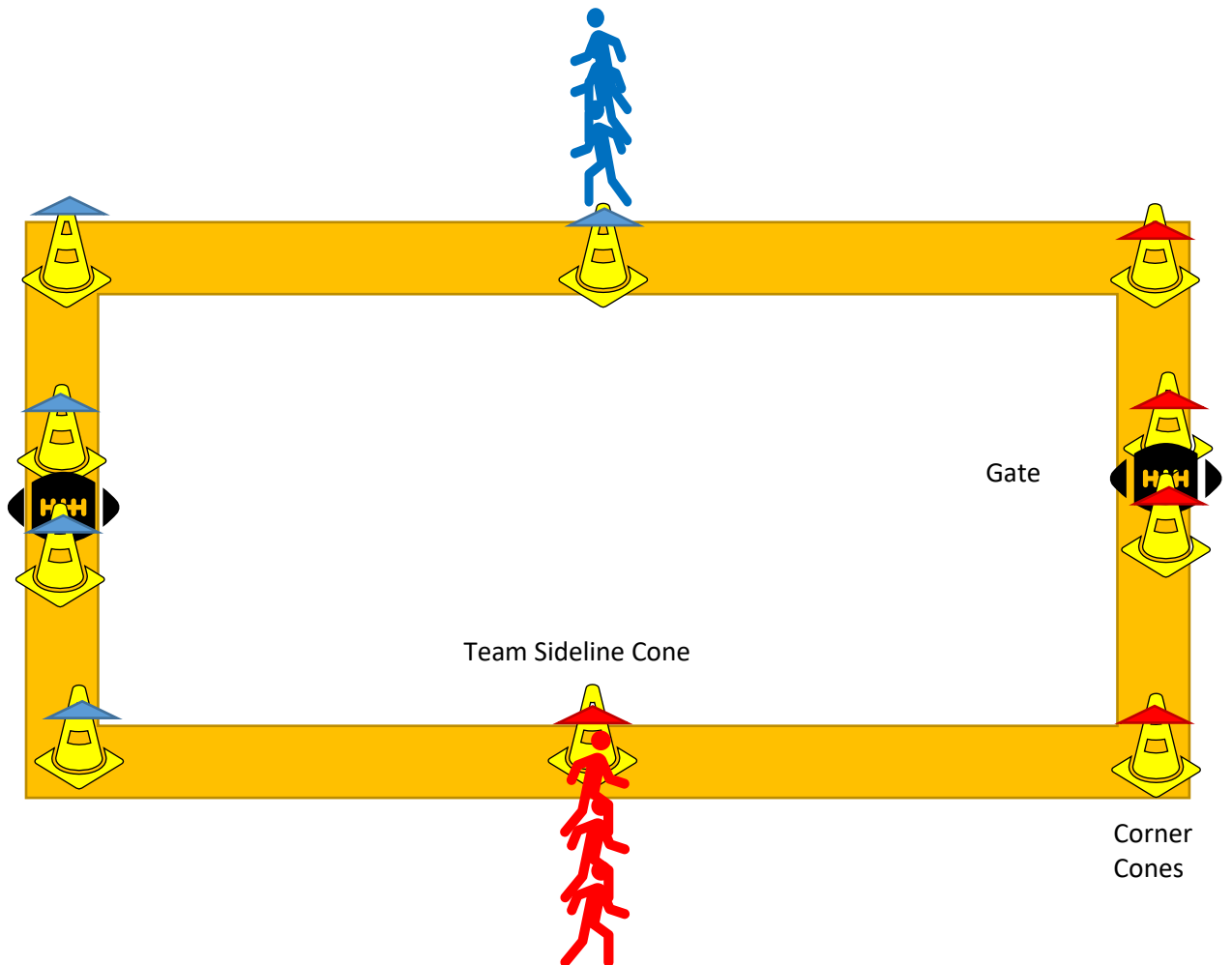
Steal the Bacon Bonanza

Purpose: Teamwork, Game Strategy, Communication

Equipment: Colored Disks, flag belts, footballs, cones

Set Up:

- As shown below. Field dimensions should be 20 yards long by 15 yards wide



Execution:

- Coach splits the players into their camp teams, have them put on their flag belt, and line-up behind their teams' sideline cone
- Coach assigns each player a number. Coach needs to be strategic with the numbering so the number pairings are fair for either sides. Without making it too obvious it should look something like follows:
 - 1's - Two most experienced
 - 2's - Two most novice
 - 3's - 2nd most experience
 - and so on.
 - The number associated to each player does not matter as long as their counterpart has the same number on the other side.
- Round 1: 2 v 2 rushing:**
 - Coach calls out TWO numbers. The two players on that team run around their teams' corner cone (i.e. and through their teams gate.



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- The players must use some teamwork and strategy here. One player will pick-up the ball and become the RB. The other player will become the LB. Both players must enter through the gate or their team forfeits that round.
 - The RB – tries to score the ball through the opposing team’s corner cones
 - The LB – tries to pull the flag of the other teams’ RB before they score through the corner cones
 - Scoring. The RB gets a point for their team if they score a TD. Each team will have 1 RB and 1 LB, so both teams can potentially score a touchdown on each round. Possible score outcomes for each round include: 1-0, 0-1, 1-1, 0-0
- After each round the RB puts the ball between the other team’s gate and gets back in line
- Coach calls 2 more numbers, and the game continues.
- **Round 2: 3 v. 3 Ultimate**
 - The coach now calls 3 numbers. All players must still enter through the gate.
 - Each team can strategize positions however they like. 2 offensive 1 defense, 2 defense 1 offense, etc.
 - With ULTIMATE, the offensive players can now throw the ball to their teammates (forward or backward)..,
 - To score a TD, the offensive players must RUN the ball between the opposing teams corner cones. That means they must throw the ball to a teammate inside the field of play, and the teammate run the ball past the endzone. If the teammate catches the ball outside of the field of play, including the endzone, it is out of bounds and no point is scored.
 - If the ball hits the ground, or a player gets their flag pulled with the ball in their possession, the play is dead for that team.
 - Scoring: Same as round 1.
- **Round 3: 4 v. 4 Ultimate**
 - Same as Round 2 but now with 4 players on each team
- **Round 4: Full Team Ultimate**
 - Same as Round 4 but now the coach just blows his/her whistle and the whole team goes.
- Continue as time permits.
- Team with the most points at the end of the game is the winner.
- Reinforce skills and techniques throughout (Flag Pulling, Rushing, Receiving, Throwing), as well as the importance of communication, teamwork, and game strategy in football.
- Recap.