



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE



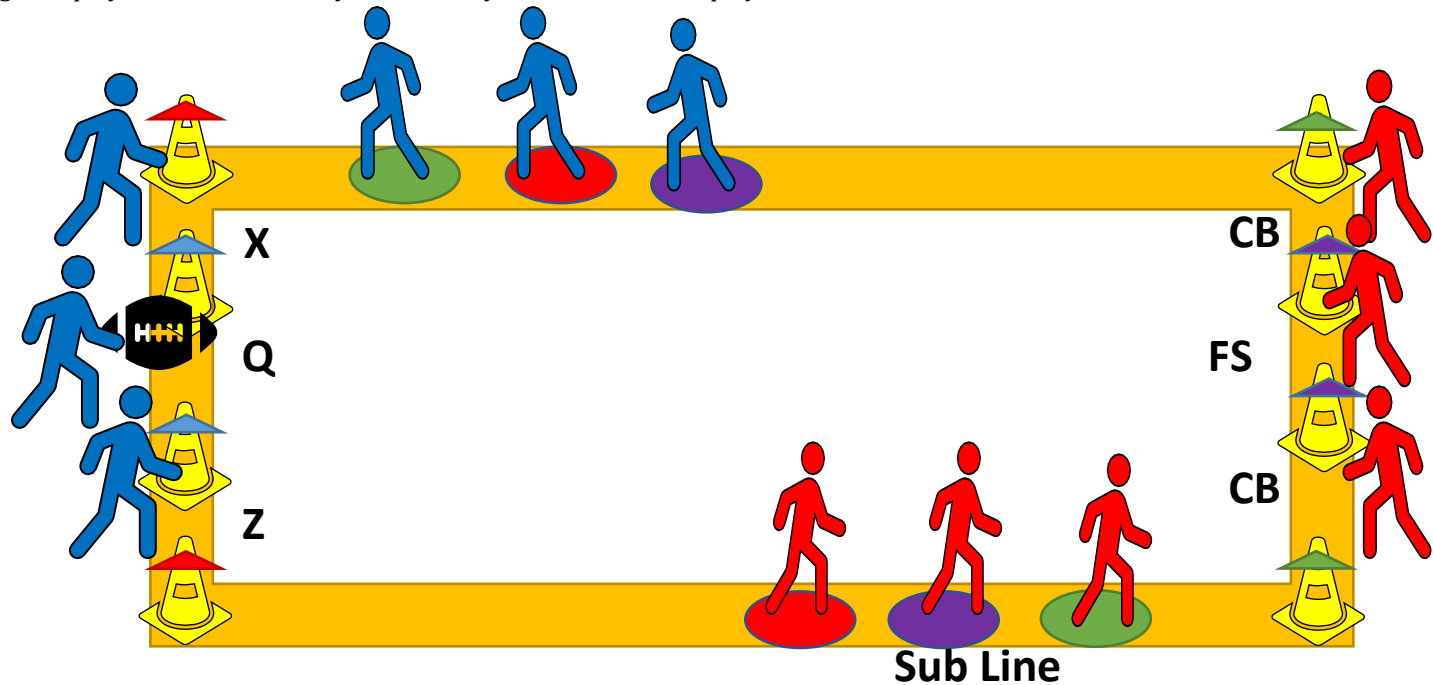
Steal the Bacon (Passing)

Purpose: Defense

Equipment: Colored spots, Colored Disks, flag belts, footballs, cones

Set Up:

- Use Cones/Colored disks to set-up a mini-football field (20-yards long by 10-yards wide). Put 4 cones mark each endzone corner and 4 cones mark the gate. Put 1 football between each gate (Purple and Blue in this example)
- Set-up a line colored spots on each sideline for players to stand on. Spots should match the same color on the opposite side of the field (red – red, blue – blue, etc).
- Have one team stand on one sideline and the other team stand on the other sideline. You want to make sure that you match players of similar size and ability on the same color (purple's = best players, red = worst). That way they are competing against players of similar ability. Of course, you will not tell the players that this is the case.



Execution:

- Coach splits the players into their camp teams and assigns each team to one of the sidelines
- Coach has 3 players from each team to start-off between the cones, and the rest of the players to stand on a Sideline Spot.
- Coach Assigns 1 team to the Offense (BLUE) and the other to be Defense (RED)
- In this Example: OFFENSE (BLUE TEAM)
 - The player in the middle (between the Blue Cones) is the Quarterback. On hike the Quarterback may move, but must stay behind the line of scrimmage
 - The players between the Blue and Red Cones and the Receivers (X & Z). On hike, they must get open, catch the ball, and try to get past endzone line (Green & Purple Cones)
- In this Example: DEFENSE (RED TEM)
 - The player in the middle (between the Purple Cones) is the Free Safety. On hike the Safety gets a free rush at the quarterback. The Quarterback can move around behind the line of scrimmage to try and avoid the Safety from pulling their flag.
 - The players between the Purple & Green Cones and the Corner Backs (RCB & LCB). On hike, must defend the X & Z and try to keep them from scoring a touchdown
- The Offense scores a Touchdown if the ball passes the end zone line without it hitting the ground or the player holding the ball getting their flag pulled.



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE



- The Defense keep the offense from scoring a touchdown if they pull the QB's flag while they are still holding the ball (SACK), knock the ball to the ground (or keep offense from catching it without fouling), pull a Receivers flag before they cross the goal line, or intercept the ball.
- Scoring:
 - If the Offensive team scores a touchdown, they get 1-point
 - If the offensive team does not score a touchdown, no points are given
 - If the defense sacks the QB behind the Line of Scrimmage they get 1-point
 - If the defense intercepts the ball, they get 1-point
- After each play, all players rotate 1 spot away from their Sub Line. The first person in the Sub Line is now in. The player in furthest from the sub line goes to the back of the line
- Once each player has gone through each position and they team is now back in their starting position, switch offense and defense.
- Continue as time permits. Team with the most points at the end of the game is the winner.
- Reinforce communication, teamwork, flag pulling, juking, speed and agility.