



# FLAG FOOTBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE



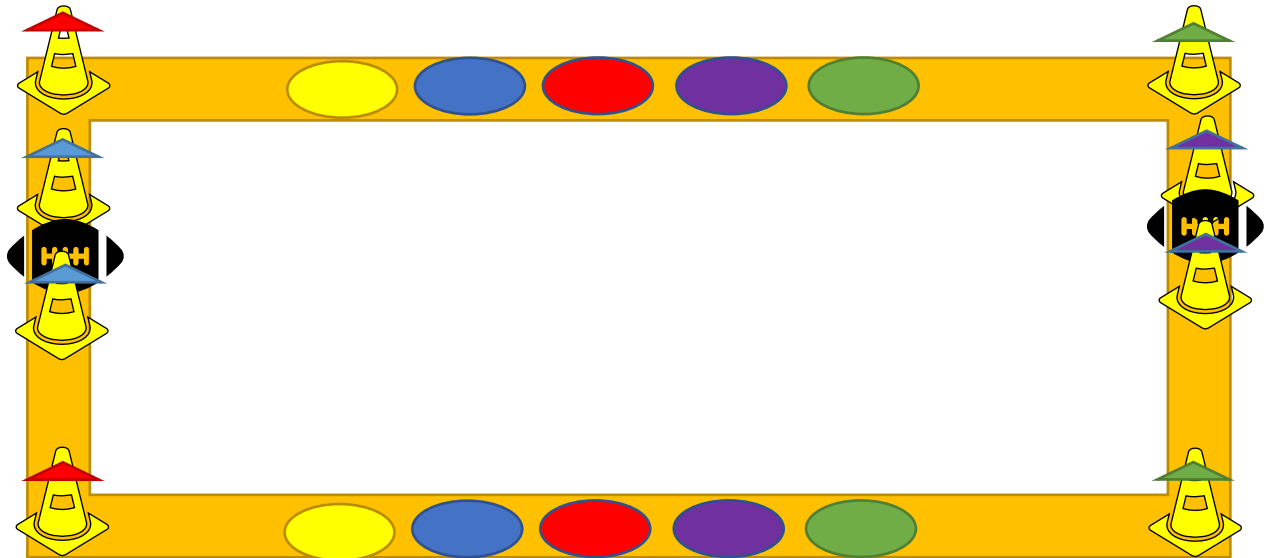
### Steal the Bacon (Rushing)

Purpose: Defense

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

Set Up:

- Use Cones/Colored disks to set-up a mini-football field. 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 all of the players stand on their color and shout out what color they are standing on
- Assign each team to an endzone (Red or Green in this example)
- Coach calls out TWO colors. The two players on that team run around the endzone corner cone (i.e. Green) and through the Gate Cones (i.e. Purple).
- The first person to get to the gate pick up the ball and is the RUSHER. The second person through the gate is the defender.
- The RUSHER – tries to get past the other teams endzone to score a touchdown
- The DEFENDER – Tries to pull the flag of the rusher before they score a touchdown
- Each team will have 1 RUSHER and 1 DEFENDER, so both teams can potentially score a touchdown on each round.
  - Coach calls 2-colors so that means 4-players are in action. 2-Rushers with the ball and 2 Defenders trying to pull their flag.
- In this example, team 1 (south sideline) would pick up the ball in the Purple Gate and try to Score the Ball in the Red Endzone. Team 2 (North Sideline) would pick up the ball in the Blue Gate and try to score the ball in the Green Endzone.
- Award 1-point/touchdown. Once all players have gone, have them rotate 1-spot to the left so they all get equal opportunities and get to play again all players on the other team.



# **FLAG FOOTBALL CAMP (AGES 6-11)**

## **ACTIVITY REFERENCE GUIDE**



- 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.