



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE

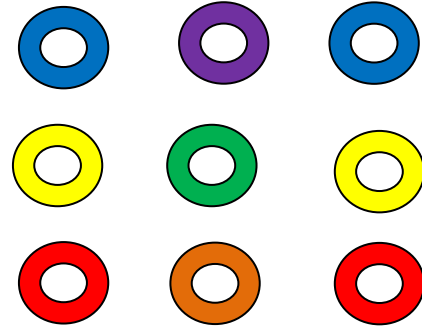
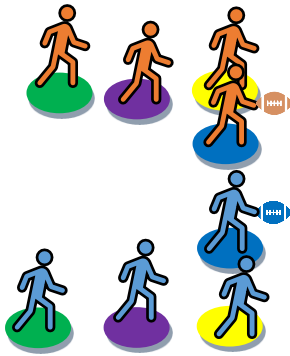


TIC, TAC, TOE Receiving

Purpose: Passing, Catching

Equipment: Colored Disks, Colored Spots, Footballs

Set Up: Use hula hoops to create a Tic, Tac, Toe grid (Spread Out and make it an age appropriate distance). Use colored spots to mark the team standing spots (Blue = QB, Yellow = WR, Green = WR2, Purple = WR3). Coach needs a stack of extra spots for each team to mark Hula Hoops. Give each team 2-footballs.



Execution:

- Introduce Passing/Catching and it's purpose in the sport.
- Breakdown/Demonstrate proper passing and throwing technique
- Do a practice round and of Tic, Tac, Toe. Tell the kids what hoop to go to each round and work on proper technique. Ask questions about strategy for the next team to make-sure everyone understands the concept of the game.
- Narrate Storyline of Tic, Tac, Toe and how you win the game.
- Have kids' line-up in their team line. Assign 1-player on each team to be the QB (Blue Spots). The rest will get in the WR Line (Yellow, Purple, and Green).
- **Go one at a time for this game.**
- Red team goes first. QB says hike and the WR on the Yellow spot runs to one of the hoops. Without leaving the hoop, the WR must catch the ball inside the hoop.
- **If they catch it:** Coach throws their team's colored spot down inside the hoop. That hoop is now the Red Team's Spot
- **If the ball hits the ground or the player must leave the hoop to catch it:** the coach does not throw down a spot.
- **Either Way:** The WR gives the ball back to the QB and goes to the back of the WR line (Green Spot)
- **There are NO STEALS.** Once a team claims a spot, it is theirs for the rest of that game.
- Now the Blue Team goes
- Continue until one team gets Tic, Tac, Toe, or it becomes a draw.
- Reinforce storyline, technique, game flow, and praise/encouragement throughout game
- Change QB's for both teams and play again as time permits. Go quick so each player has a chance to be QB for at least 1-round
- Reinforce storyline, technique, game flow, and praise/encouragement throughout game
- Recap proper passing and receiving technique

Variation:

- Tot Edition – the Coach is QB for both teams.
- Frisbee Edition – Same game but use a Frisbee instead of a Football
- Relay Race Edition – Both teams go at the same time and can play as fast as they want.