



# FLAG FOOTBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE

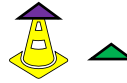
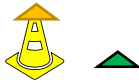


### Ultimate Football

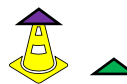
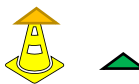
Purpose: Passing, Catching, Teamwork, Strategy

Equipment: Footballs

Set Up: Football Field Set-up



Blue = South Endzone  
 Red = North Endzone  
 Orange = First Down  
 Purple = First Down  
 Yellow = North No Run Zones  
 Green = South No Run Zones



### Execution:

- Ultimate Frisbee rules but with a Football
- Split players into two teams. Assign each team a direction for their endzone (North or South)
- One team starts with the Ball
- When a player has the ball they only get 3 STEPS
- They must pass they ball down the field and into their endzone for a touchdown
- Players must be at least 5-yards away for a pass
- Defense can deflect the ball in the air, but cannot touch the defender when they have the ball. Must be at least 3-feet away from the defender with the ball
- Ball must be thrown over the endzone – cannot cross the endzone using your 3-steps
- It is a turn-over if:
  - a. The Ball hits the ground at anytime – including if the defense knocks-it to the ground
  - b. They pass the ball to a teammate closer than 5-yards away
  - c. A player holds the ball for over 10-seconds
  - d. A player takes more than 3-steps with the ball
  - e. The ball goes out of bounds
- There are no first downs. Players get as many passes as they need to score.
- Team with the most points at the end of the game is the winner
- Have players give the other team a high-five and tell them good game