



# FLAG FOOTBALL CAMP (AGES 6-14)

## ACTIVITY REFERENCE GUIDE

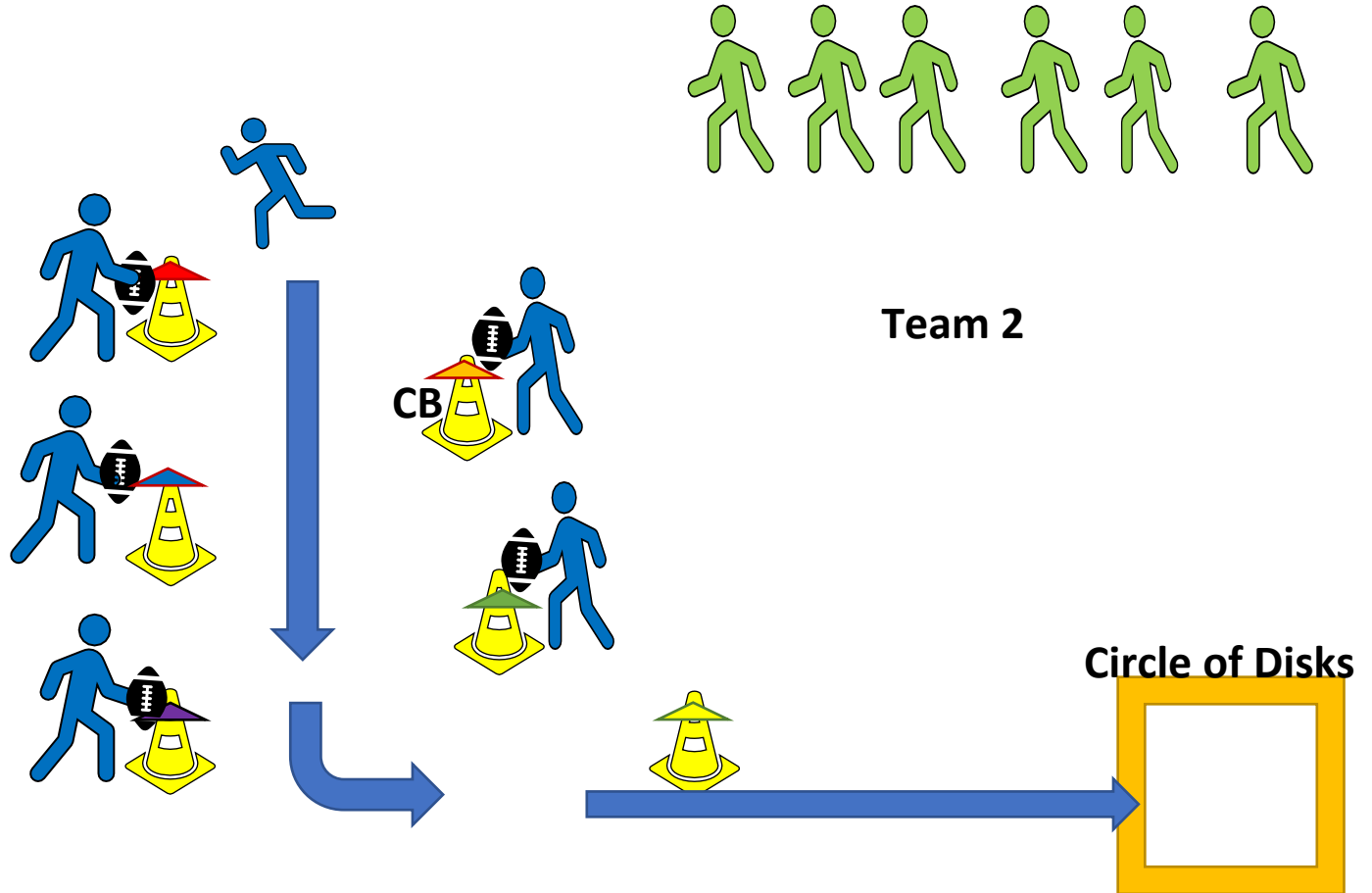


### WR Ladder Combine

Purpose: WR Catch, Tuck, and Speed

Equipment: 6 Cones, 6 Disks, and enough disks to make a circle/square. 5 Footballs

Set Up: Set-up a ladder as shown below. Assign 1 team to be up, and the other team to wait on the sideline. For Team 1 (blue in example, one player starts as receiver at the bottom of the ladder. The other 5 players stand behind one of the cones. Adjust the number of throwing cones based on how many people are on each team.



### Execution:

- On the coaches whistle, the WR runs down the ladder.
- Each one of their teammates throws them the ball as they run past their cone:
  - Red, Orange, Blue, Green
- In order to complete the catch, the WR must securely catch the ball and complete a full tuck while running down the ladder. No tuck, not catch
- After the WR catches the ball from the QB at Green, they are going to curve around the yellow cone to catch the deep pass from the QB at Purple. To complete this final catch they must catch the ball inside the Circle/Square of disks (no tuck required on this – endzone catch rules).
- One coach should be timing the WR, while the other is judging the catches
- When the WR catches or drops the final pass from purple, the Coach with the stopwatch stops the time. The WR's score is their time, +2 seconds for every ball that was dropped (or not tucked).
- The Coach writes down their total score and has all the players on team 1 rotate.
- WR goes to Red, Red to Orange, Orange to Blue, Blue to Green, Green to Purple, Purple to WR
- After every player on Blue has had a turn, switch and now Green team is up.



# **FLAG FOOTBALL CAMP (AGES 6-14)**

## **ACTIVITY REFERENCE GUIDE**



- After both teams have gone, rank each player based on their total score. The lowest time gets a 1. The highest time gets a 12 (or however many kids there are).
- Add up all the ranks from team 1 and team 2. The team with the lowest total score wins that round.
- Reset and continue as time permits.