



# FLAG FOOTBALL CAMP (AGES 6-14)

## ACTIVITY REFERENCE GUIDE



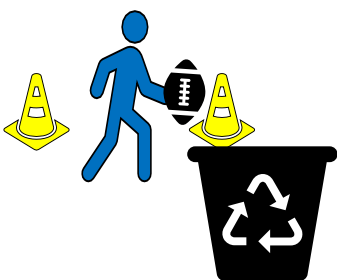
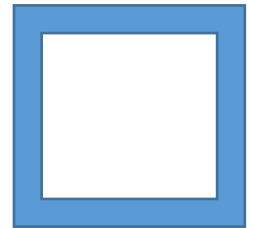
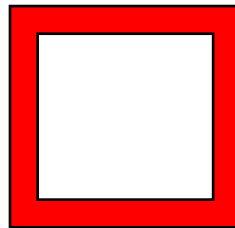
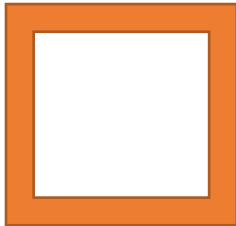
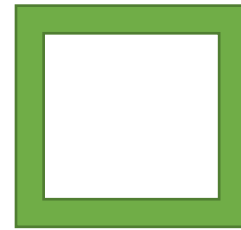
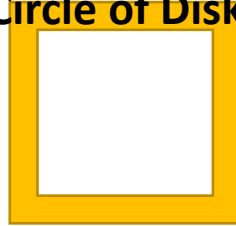
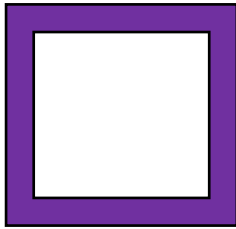
### WR Route Tree Combine

Purpose: WR Catching, Route Running, Agility

Equipment: Colored Disks, 5 Footballs, XL Bucket or Wagon, Cones

Set Up: As shown below. The Squares below should be 6-8 colored disks in a circle. The distance between the circles, and the size of the circles, should be age appropriate for your group. Put down 2 cone gates to show the WR and QB where to start. Fill the Bucket/Wagon with 5 Footballs.

### Circle of Disks



### Execution:

- Assign 1 player to be WR. WR can chose someone from their team to be QB.
- This is a timed event. On the coaches whistle, the coach starts their stopwatch the WR starts to the Red Circle.
- The WR is going to see how fast they can catch a ball in all 5 circles (Orange, Purple, Yellow, Green, and Blue in example above). The WR must put at least 1-foot inside the red circle on their way to each colored circle. They can go in any order they want.



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- In order to complete the catch, the WR must:
  - Catch the ball on the move
  - Have possession of the ball with at least 1 foot in the circle
  - Maintain possession of the catch throughout the process, including going to the ground.
  - Maintain possession of the ball while doing a football move (tuck, 2 steps, turn, etc.)
- The WR only gets 1 attempt in each circle.
  - If they drop the ball, they run back to the red circle, then breakdown/stick/run to their next circle.
  - If they catch the ball, they make a football move, drop the ball, run back to the red circle, then breakdown/stick/run to the next circle.
- If the WR doesn't go through the red circle, or goes to a circle twice, it is an automatic drop
- After the 5<sup>th</sup> circle, the coach blows his/her whistle and stops the time. Every ball that was not successfully caught in a circle is 1-second added to the WR's total time.
- Coach writes down the WR's time then calls up the next WR who chooses their QB.
- Continue until all players have gone then add up the team points:
  - Fastest time gets 6 points
  - 2<sup>nd</sup> fastest gets 5 points
  - 3<sup>rd</sup> fastest gets 4 points
  - 4<sup>th</sup> fastest gets 3 points
  - 5<sup>th</sup> fastest gets 2 points
  - 6<sup>th</sup> fastest gets 1 point
- Have all players demonstrate sportsmanship and continue as time permits.