



FLAG FOOTBALL T&T (AGES 7-12)

ACTIVITY REFERENCE GUIDE

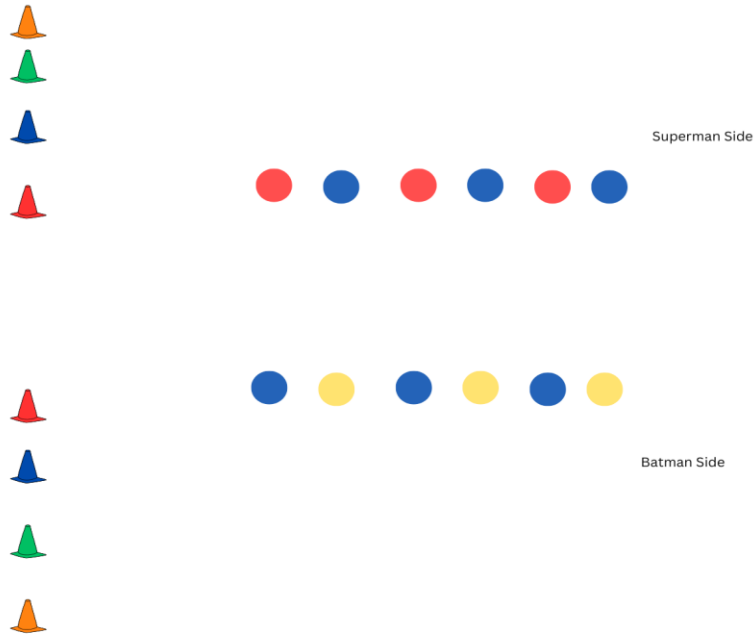


Batman Vs. Superman

Purpose: Throwing & Catching

Equipment: Colored Spots, Cones, Colored Disks, Footballs

Set Up: Set-up two lines of colored spots approx. 5-7' from one another. Pair up 2 kids from the same team and have them stand opposite one another. Use a cone with a colored disk on top to mark one side of the field to be Batman Side, and one side of the field to be the Superman Side.



Execution:

- Have partners stand on their color facing one another. Make sure partners are on the same team (same color jersey) whenever possible since they will be playing for their team.
- Teach the proper technique for Passing and Catching (Introduce, Breakdown, Demonstrate). Have players practice passing and catching with their partner while coach walks around and works 1-on-1 with player technique.
- Narrate storyline for Batman vs. Superman. Every pairing starts with 10 lives. Every time a pair does the incorrect action for the coach's command, that pair loses 1-life. The pairing with the most points at the end of the game wins.
- Reinforce storyline, technique, game flow, and sportsmanship/encouragement throughout.
- pair's team loses 1-life.
- When Coach call SUPERMAN – Same thing but on the Superman side of the field.
- Every time a team loses a life (or every so often), coach adds in a new SUPERHERO which has a unique action and phrase that must go along with it.
 - IRON MAN: Action – Run to the middle and give you partner a high-five. Return to your same spot
Phrase—"I AM IRON MAN!!"



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- SPIDERMAN: Action – Pretend to shoot your spidey web and switch sides with your partner Phrase – “SPIDERMAAANNNN”
- INCREDIBLE HULK: Action – Pushups Phrase – “YOU DON’T WANT TO SEE ME ANGRY”
- THOR: Action – Pick up their spot and slam it down on the ground moving back further from partner to the next colored cone. Phrase – “BY THE POWER OF THOR!!”
- FLASH: Action – Run in a circle as fast as you can around your spot Phrase – “FAST AS THE FLASH, FAST AS THE FLASH”
- WONDER WOMAN: Action – Balance the spot/disk on your head like a crown Phrase – “I AM A WARRIOR PRINCESS”
- JOKER: Action – Player has to turn around and snap the ball through their legs to their partner (Long Snap).