



# FLAG FOOTBALL T&T (AGES 7-12)

## ACTIVITY REFERENCE GUIDE



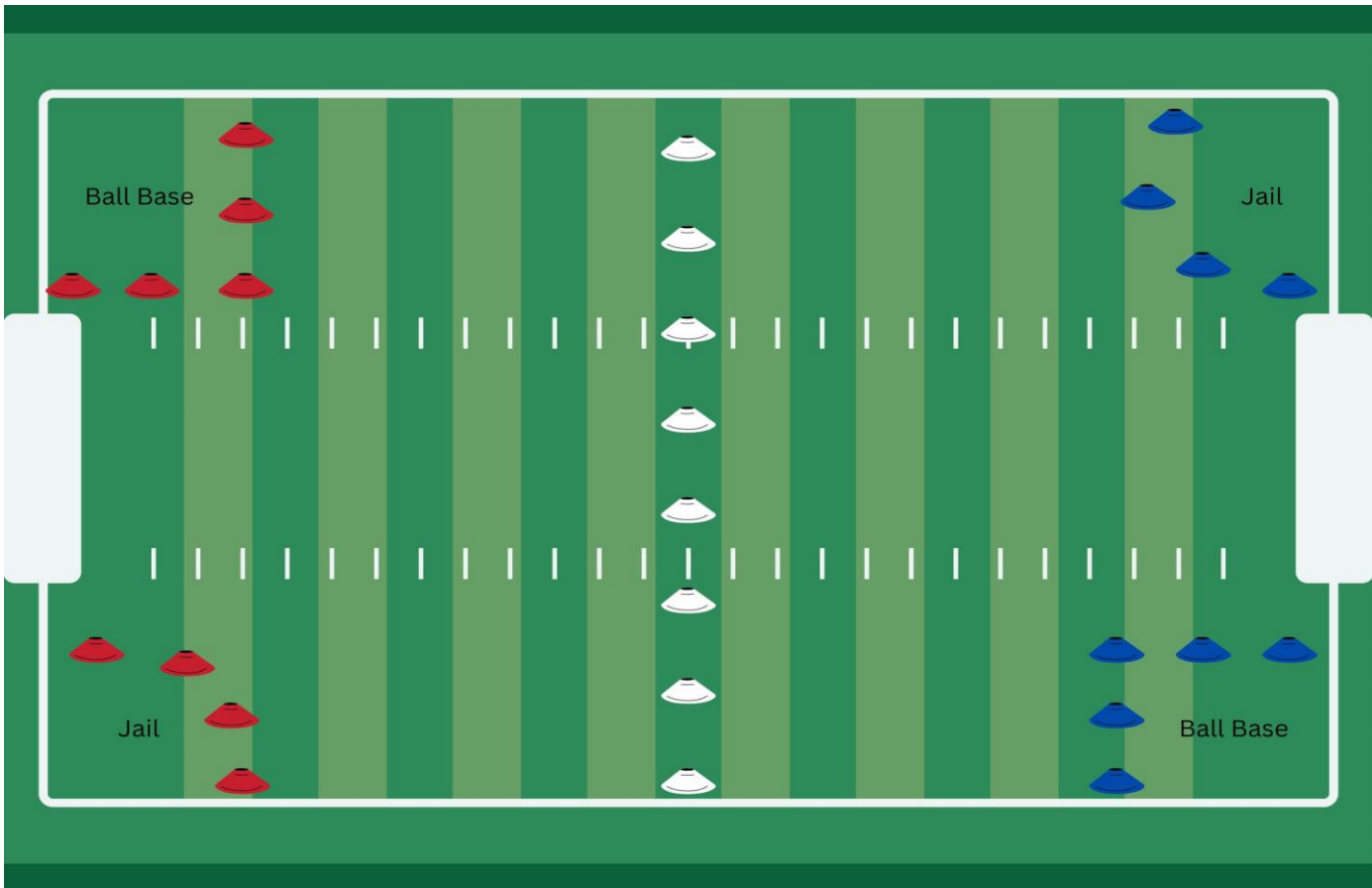
### Capture the Ball

Purpose: Running, Passing, Catching, Teamwork, Strategy

Equipment: Cones, disks/spots, Footballs, Flag Belts

Set Up:

- Set-up a 50 Foot Field with cones and disks/sports, or use the lines on the field/court.
- Use spots to mark off a mid-field/court line if there is not already one.
- For each team you will circle off a ball-base area (Circle of disks/spots) on the far end of the field, and a jail (circle of disks/spots) located in the left hand corner of each field/court.
- Place 2 footballs in each team's home base area.



Execution:

- Capture the flag rules but with footballs instead of flags
- When coach blows his/her whistle both teams will try to steal the other teams footballs while protecting their own.
- If a player gets tagged (their flag pulled) while on the opposing teams side of the field they must go to jail. The only way to get out of jail is if someone on their team tags their hand. When a player is freed from jail they must go back to their side before trying to steal the ball again.
- Players cannot be tagged if they are on their own side of the field/court or inside the other teams "base" area.
- A player can only stay inside the other teams "base" for 10 seconds before exiting. The player is only allowed to grab one ball at a time while in the base area
- The defensive team cannot step inside their own base but as soon as the offensive team player leaves the base they are fair game
- Players are allowed to pass the ball to one another. If the ball hits the ground, they must return the ball to the other team's base.



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- The ball must be carried over the mid-field/court line. The ball cannot be passed over the line!
- The first team to have 4 balls in their base wins the game!!!

### Variations:

- Tot Edition – NO JAILS - If a player gets tagged, they just give the ball back and go back to their side (good when you don't have a lot of players).
- 4-Team: Split the court into four. Now each team can go after any of the other three team's balls while protecting their own. Team with the most balls at the end wins
- Ball Variations: Use Soccer Balls, Basketballs, Footballs, Dodgeballs, Etc. for the players to steal.