



FLAG FOOTBALL T&T (AGES 7-12)

ACTIVITY REFERENCE GUIDE

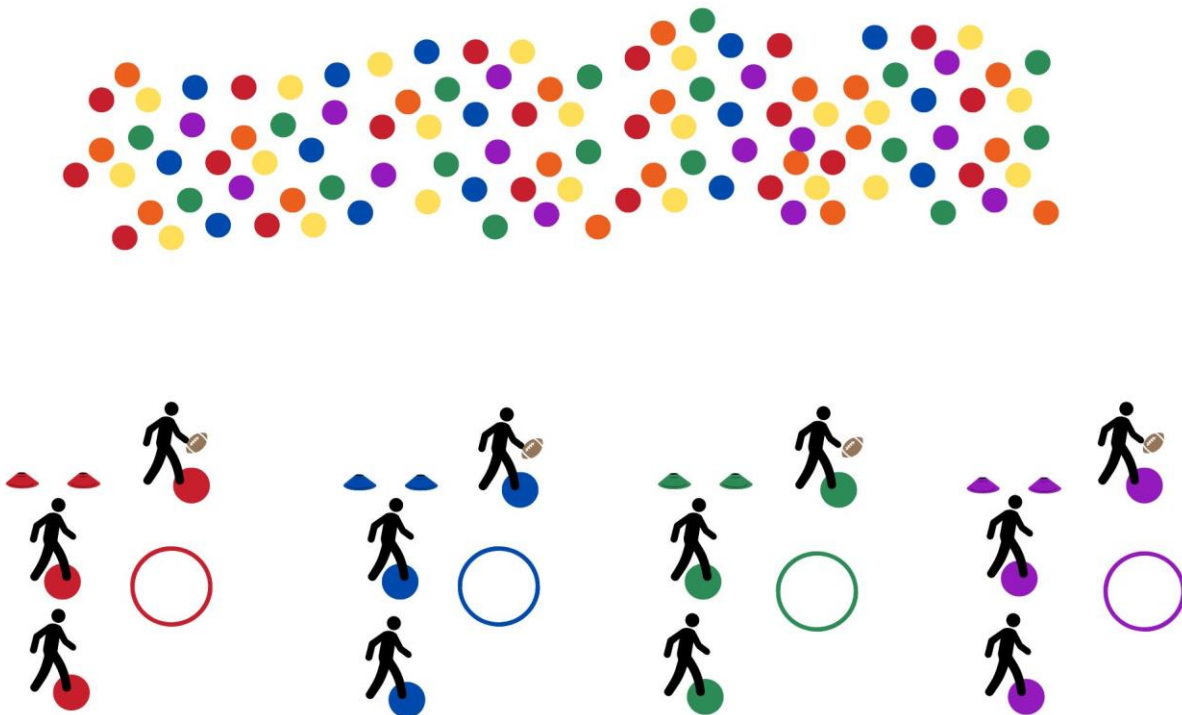


Pokémon'

Purpose: Throwing and Catching

Equipment: Footballs, Hula Hoops, Colored Spots (large and Small)

Set Up: Throw down as many small colored spots as you have on the court. Put a Hoop and matching Large Colored spot in a horizontal line at an age-appropriate distance from the Pokémon. Small Spots = Pokémon, Large Spots = Throwing Spot, Hula Hoop = Pokémon Net. Put players in pairs and have each pair stand in their hula hoop.



Execution:

- Split teams up into pairs or teams of 3, teach proper throwing and catching technique (introduce, breakdown, demonstrate). Have players practice throwing and catching with teammates
- Narrate Pokémon Storyline. The goal of the game is to collect as many Pokémon as you can and put them in your team's hula hoop.
- Each team gets 1-ball
- Assign one player to start on the QB Throwing Spot and have the rest of the players line-up between their teams WR Gate.
- On whistle, the first player in the WR line goes. He/she runs to the field and stands on the Pokémon they are tryout to catch. They must call out the color.
- The QB passes the ball to WR who tries to catch the ball while keeping at least 1-foot on the Pokémon



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- **If they catch the ball on the Pokémon:** WR grabs the colored spot and puts it in their hula hoop. They have now caught 1 Pokémon.
- **If they do not catch the ball on the Pokémon:** WR does not grab the colored spot they were going for
- **EITHER WAY:** WR grabs the ball and runs back to the QB Throwing Spot. The QB goes to the back of the WR Line. The next WR in line is now up.
- Continue as time allows. Have pairs count how many Pokémon they collected. Each Pokémon is worth 1-point to their team.
- Reinforce technique, Storyline Flow, and Encouragement/Praise throughout.
- Recap Receiving and when/why it is used in Football

Comments: The older the players are, the stricter the coach needs to be on whether it was a successful catch (i.e. their foot came off the Pokémon). For young players, the coach may want to be QB for both teams.