



FLAG FOOTBALL T&T (AGES 7-12)

ACTIVITY REFERENCE GUIDE

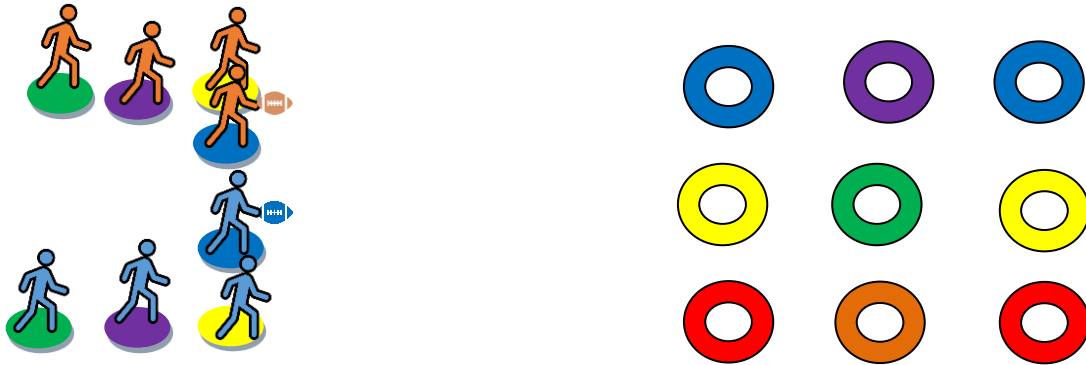


TIC, TAC, TOE Receiving

Purpose: Passing, Catching

Equipment: Colored Disks, Colored Spots, Footballs

Set Up: Use hula hoops to create a Tic, Tac, Toe grid (Spread Out and make it an age appropriate distance). Use colored spots to mark the team standing spots (Blue = QB, Yellow = WR, Green = WR2, Purple = WR3). Coach needs a stack of extra spots for each team to mark Hula Hoops. Give each team 2-footballs.



Execution:

- Introduce Passing/Catching and it's purpose in the sport.
- Breakdown/Demonstrate proper passing and throwing technique
- Do a practice round and of Tic, Tac, Toe. Tell the kids what hoop to go to each round and work on proper technique. Ask questions about strategy for the next team to make-sure everyone understands the concept of the game.
- Narrate Storyline of Tic, Tac, Toe and how you win the game.
- Assign 1-player on each team to be the QB (Blue Spots). 1-Player to be the Spotter, and the rest to be the WR's.
- Have all players stand in their starting spots. QB (BLUE), WR (Yellow, Purple, and Green), Spotter (back of the tic, tac, toe grid)
- **On Hike the game begins. It is a speed relay race so both teams can go at the same time. Only 1-person can stand in the hoop at a time.**
- Red team goes first. QB says hike and the WR on the Yellow spot runs to one of the hoops. Without leaving the hoop, the WR must catch the ball inside the hoop. (For younger teams, 1-foot in the hoop. Older teams, both feet)
- **If they catch it:** Their team spotter throws the spot down inside the hoop. That hoop is now the Red Team's Spot
- **If the ball hits the ground or the player must leave the hoop to catch it:** the spotter does not throw down a spot.
- **Either Way:** The WR gives the ball back to the QB and goes to the back of the WR line (Green Spot)
- **There are NO STEALS.** Once a team claims a spot, it is theirs for the rest of that game.
- The next WR cannot leave until the QB says Hut or Hike and the previous WR has passed the line of scrimmage.
- Continue until one team gets Tic, Tac, Toe, or it becomes a draw.
- Reinforce storyline, technique, game flow, and praise/encouragement throughout game
- Change QB's and spotters for both teams and play again as time permits. Go quick so each player has a chance to be QB for at least 1-round
- Reinforce storyline, technique, game flow, and praise/encouragement throughout game
- Recap proper passing and receiving technique

Variation:

- Tot Edition – the Coach is QB for both teams.
- On Hike Edition – One team goes at a time



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- Dodgeball Edition – Assign 1-2 Dodgeball Throwers for each team. Put down a row of disks on either sideline. Put down a row of disks right before the Tic Tac Toe Board. The Dodgeball throwers must stay outside the grid, except to get a Dodgeball. Their job is to throw the ball at the WR's while they are in the Gauntlet (the space between the line of scrimmage and midline just before the Tic Tac Toe Board). While inside the Gauntlet, if the WR gets hit by a dodgeball (no head shots or bounces), their turn is over and they must go back to the WR line without a chance to catch the ball. Next WR is up.