



FLAG FOOTBALL T&T (AGES 7-12)

ACTIVITY REFERENCE GUIDE

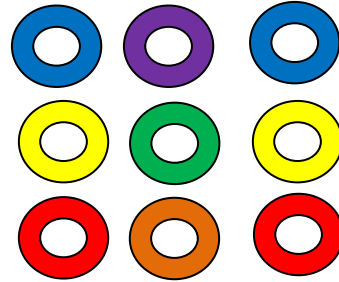
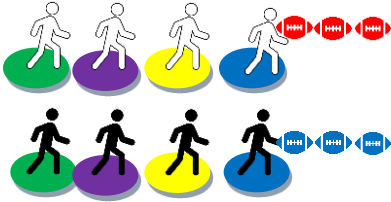


TIC, TAC, TOE RUSHING RELAY

Purpose: Rushing/Receiving

Equipment: Colored Disks, Colored Spots, Footballs

Set Up: Use hula hoops to create a Tic, Tac, Toe grid. Use colored spots to mark the team standing spots. Put 3-basketball next to each team on a colored disk. Make sure the footballs for the 2 teams are a different color.



Execution:

- Have kids' line-up in their team line
- First player from each team grabs their team's football and runs it up to the tic, tac, toe grid. They put the ball down in one of the hula hoops
- Second kid grabs the next football and puts it down in one of the empty hoops
- Third kid grabs the next football and puts it down in one of the empty hoops
- Now that there are no spots remaining, the next player runs down to the grid and moves one of their team's balls to a different hoop
- This continues until one of the teams gets 3-in-a-row (TIC, TAC, TOE!). That team gets a team point. Continue as time permits.

Video Link: <https://youtu.be/IRDp5HcZyVA>, <https://youtu.be/FK7DVEXw6XA>