



FLAG FOOTBALL CAMP (AGES 6-11)

ACTIVITY REFERENCE GUIDE



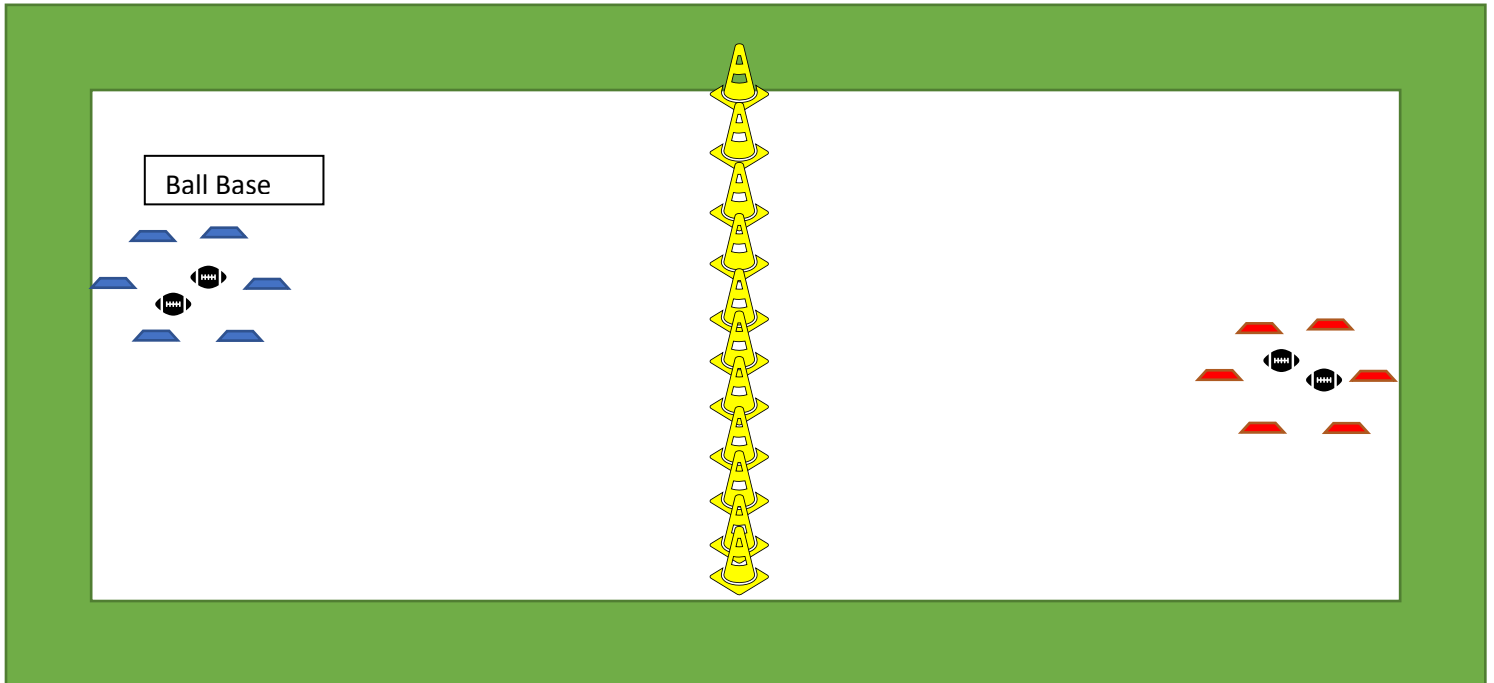
Capture the Ball (Tot Edition – NO JAILS)

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, NO JAILS IN TOT EDITION
- Place 2 footballs in each team's home base area.



Execution:

- Capture the flag rules but with footballs instead of flags
- Tot edition is the same except there are NO JAILS. If a player gets his/her Flag Pulled, they get their flags back on and return to their side of the field. They can then continue in the game.
- When coach blows his/her whistle both teams will try to steal the other teams footballs while protecting their own.
- 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.
- 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!!!