



TOT FOOTBALL (AGES 3-6) ACTIVITY REFERENCE GUIDE

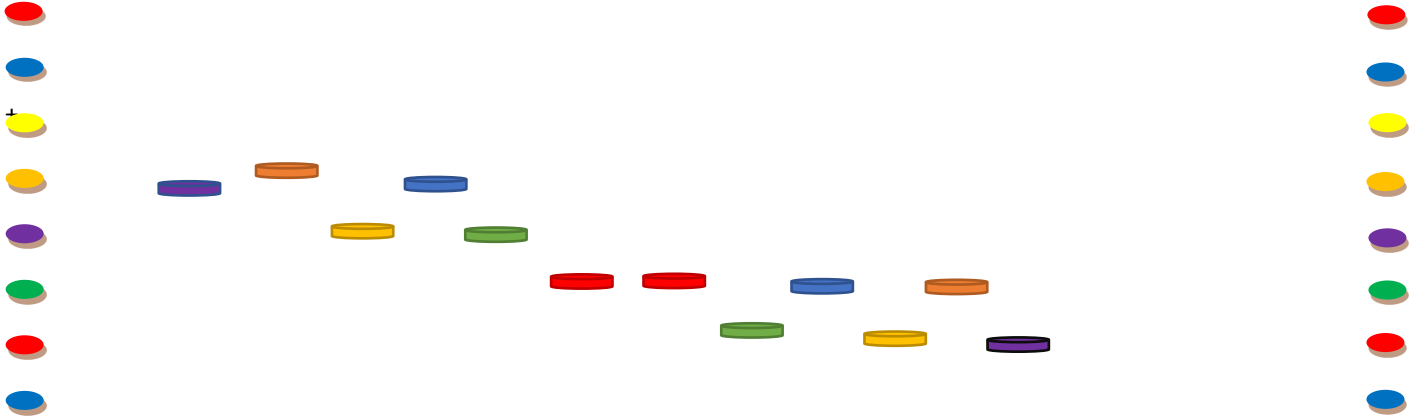


Hand-Off Drill with Lava Rock Challenge

Purpose: Hand-Offs, Balance, Agility

Equipment: Foam Frisbee's, Colored Spots/Standing Tape

Set Up: Put down matching standing spots for each player about 30' away from one another. Put down 12-agility Hoops as shown below:



Execution:

- Have all kids' line-up on their colored spot.
- Coach starts with the Footballs between the player starting line and the obstacles
- Start with 12 Foam Frisbees down in a vertical line as shown above.
- Call first person in line who goes across the Lava Rocks. The ground is lava, don't fall off the rocks!!!
- Once every player has gone select one of the players to take away one of the Lava Rocks (Can't the first or last rock – Purple one in this example.
- Have the players cross again, calling names one at a time.
- Reinforce proper rushing technique (3-point stance, take-off, hand positioning, 3-point protection, etc.)

Variations: Teams – Separate players into two teams. Now players are awarded points for their team. Team with the most points at the end of the game is the winner.