



FLAG FOOTBALL CAMP (AGES 4-11)

ACTIVITY REFERENCE GUIDE

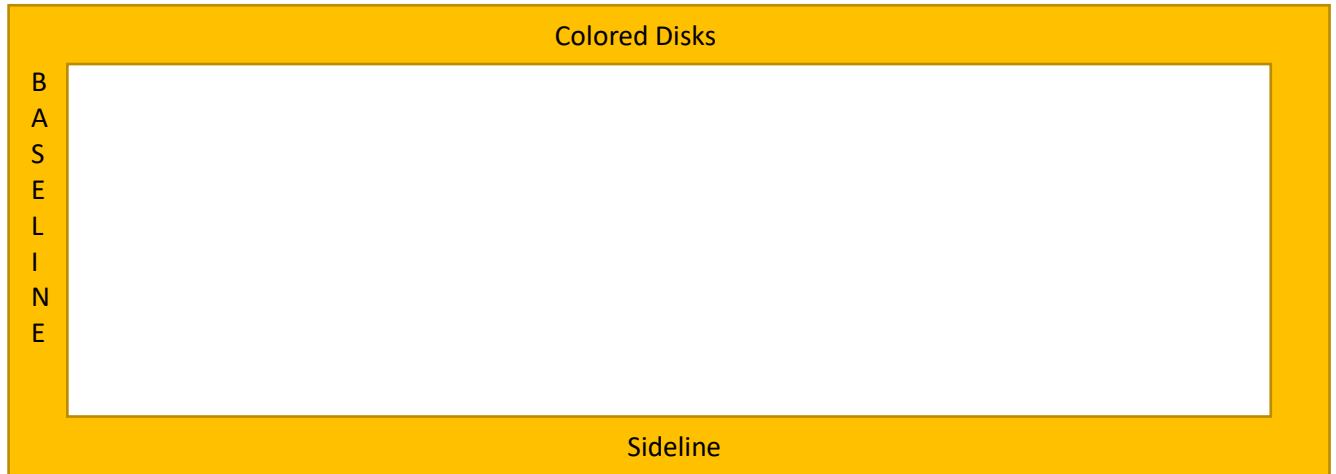


Zootopia Flag Tag (Tot Edition)

Purpose: Agility, Throwing, Strategy, Teamwork, Fun

Equipment: Flag Belts

Set Up: Set-up a grid 30'x30' with disks marking sidelines & baselines



Execution:

- Coach(s) start as the “Detectives – Hopps or Wilde” and stand in the middle of the play area
- All other players start on the Baseline as the Animals.
- Coach thinks of 4 animals that live in particular habitat (i.e. Forest Animals: Bear, Wolf, Deer, and Mountain Lion).
- All of the kids choose the animal they want to be (they do not tell the coach).
- Coach calls one of the four animals. All the kids who chose that animal run across the forest.
- The Detectives try to round-up the animals by Pulling Their Flags
- If a player gets their FLAG PULLED, they take a knee where they got hit (INTEGRITY!)
- Coach continues to call animals until all of the animals have crossed the habitat.
- Once all the players have crossed, count up how many points the Detectives earned (they get a point for every player on their knee).
- The players on their knee get to return to the game each round. Play 4-rounds then change the Detectives
- For large games, you can assign 1-team (aka Blue Group) to be the Detectives. For small games, assign 2-4 players to be the Detectives
- Change the Habitat each round. Some examples are listed below:
 - a. Desert – Rattle Snake, Lizard, Camel, Scorpion.
 - b. Ocean – Shark, Whale, Dolphin, Seahorse.
 - c. Sky – Owl, Hawk, Eagle, Hummingbird.
 - d. Jungle – Tiger, Jaguar, Gorilla, Python
 - e. House – Dog, Cat, Fish, Hamster
 - f. Artic – Penguin, Polar Bear, Walrus, Artic Fox
 - g. African Savanna – Elephant, Giraffe, Tiger, Zebra
 - h. Rainforest – Sloth, Spider Monkey, Toucan, Jaguar
 - i. Dinosaurs – T-Rex, Raptor, Tetradactyl, Triceratops
 - j. Land of Make Believe – Unicorn, Big Foot, Mermaid, Leprechaun
 - k. North Pole – Rudolph, Elf, Frosty the Snowman, Santa
 - l. Be Creative and have the kids help you pick the animals.
- Continue as time permits