



# FLAG FOOTBALL CAMP (AGES 4-11)

## ACTIVITY REFERENCE GUIDE

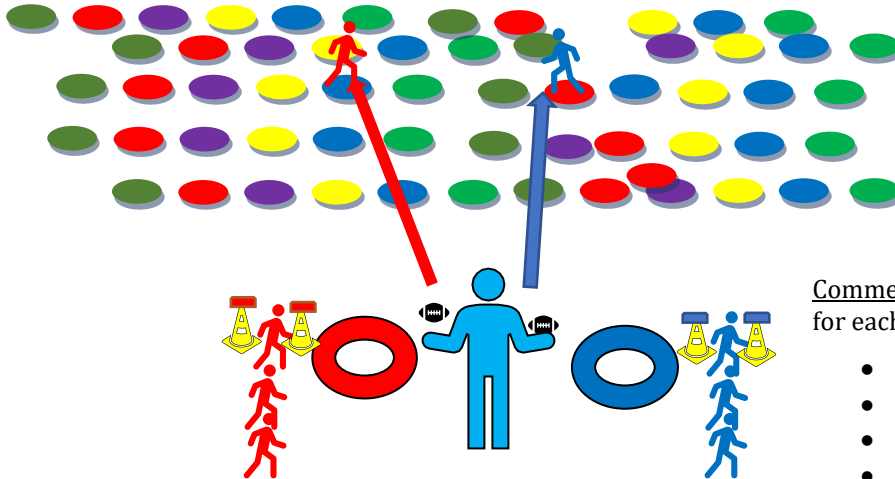


### Pokémon (Tot Football Edition)

Purpose: Throwing and Catching

Equipment: Footballs, Hula Hoops, Colored Spots (large and Small)

Set Up: Throw down as many small colored spots as you have on the court. Put down a Hula Hoop for each team on either side of the coach, with a cone gate for each team to line-up behind.



Comments: Use fun Pokémon names for each small spot color:

- Green - Bulbasaur
- Blue - Snorlax
- Purple - Gengar
- Yellow - Pikachu
- Red - Charmander
- Orange - Charizard

Execution:

- For Tot Editions – the Coach is always the QB
- Teach proper catching technique (introduce, breakdown, demonstrate)
- Narrate Pokémon Storyline. The goal of the game is to collect as many Pokémon as you can and put them in your team’s hula hoop.
- Coach has 1 foam football for each team and starts with both balls
- When Coach says HIKE – the first WR in line for each team runs out and stands on a Pokémon Spot.
- The Coach throws a Foam Football to both players (one at a time of course).
- **If they catch the ball on the Pokémon:** The player grabs the colored spot and puts it in their teams hula hoop. They have now caught 1 Pokémon.
- **If they do not catch the ball on the Pokémon,** or they have to come off the spot to catch the ball, the Player does not grab the colored spot they were going for
- **EITHER WAY:** The player grabs the ball and brings it back to the coach. They hand the ball to the coach and get in the back of their team’s WR Line.
- Coach calls up the next player on each team
- Continue as time allows. Reinforce technique, Storyline Flow, and Encouragement/Praise throughout.
- When the game is over, count up each team’s SCORE. Pokémon differs from other “spot collecting games” because it is all about collecting more Pokémon of EACH COLOR than the other team. At the end of the game the players will stack their Pokémon by color. Whoever has the most Blue Pokémon, wins all the Blue Pokémon and the Snorlax Point. Whoever has the most Orange Pokémon, wins all the Orange Pokémon and the Charzard point. Whatever team has the most Pokemon points is the Winner..but not really
- Have players demonstrate Sportsmanship by giving high-fives to the other team. Award Sportsmanship, Teamwork, Respect, Confidence and Integrity Points.
- Recap Receiving and when/why it is used in Football

Comments: The older the players are, the stricter the coach needs to be on whether or not it was a successful catch (i.e. their foot came off the Pokémon).