

Flag Football Camp (ages 4-7)

Monday Camp Schedule (CAT - Circuit Allocation Table)

8:00am-8:45am						
Coaches Meeting & Set-Up						
Sign-In						
8:45am-9:00am	Coach	DIRECTOR	COACH 1		COACH 2	
	Activity	Check-In	Greet Campers, Walk to Team Base & Warm-up		warm-up: Jungle Adventure	
Camp Introductions						
9:00am-9:20am	Coach	DIRECTOR	COACH 1		COACH 2	
	Activity	Camp Orientation: Camp Rules, Camp Culture (MEAL Plan), Daily Preview (School Pride Day), Leadership (Connect), Life Skill (Respect ROOTS)				
Circuit Station 1						
9:20am - 9:40am	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		Def/Flag Pulling		RB/Rushing	
	Activity	Free Director	Flag Grab	LB Drill	Hand-Off Drill w. Snake Pit Challenge	Star Wars Relay Race
	Group		Red/Green		Blue/Yellow	
	Focus		2-Hands on the Flag Pull		Taking a Hand-Off	
Water Break						
Circuit Station 2						
9:45am-10:05am	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		Def/Flag Pulling		RB/Rushing	
	Activity	Free Director	Flag Grab	LB Drill	Hand-Off Drill w. Snake Pit Challenge	Star Wars Relay Race
	Group		Blue/Yellow		Red/Green	
	Focus		2-Hands on the Flag Pull		Taking a Hand-Off	
Water, Snack and Bathroom Break						
Circuit Station 3						
10:15am-10:35am	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		Dodgeball/Camp Games			
	Activity	Free Director	Pirates of the Carribean Dodgeball		Pirates of the Carribean Flag Tag	
	Group		Red/Green		Blue/Yellow	
	Focus		Leadership and Life Skills		Leadership and Life Skills	
Water Break						
Circuit Station 4						
10:40am-11:00am	Coach	DIRECTOR	COACH 1		COACH 2	
	Sport		Short-Sided Games			
	Activity	Free Director	Steal the Bacon Rushing			
	Group		Blue/Yellow		Red/Green	
	Focus		Combining Rushing with Flag Pulling			
Water, Snack and Bathroom Break						
Circuit Station 5						
11:10am-11:30am	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		QB/Throwing Station		WR/Receiving Station	
	Activity	Free Director	QB Passing Drills (pass to coach)	Fruit Smoothie (pass to coach)	Catching Drills & Route Tree (Hitch)	BB8 vs. R2D2
	Group		Red/Green		Blue/Yellow	
	Focus		Flex/Point/Throw		Thumbs together (above the waist), Pinkies together (below waist or over shoulder)	
Water Break						
Circuit Station 6						
11:35am-11:55am	Coach	DIRECTOR	COACH 1		COACH 2	
	Station		QB/Throwing Station		WR/Receiving Station	
	Activity	Free Director	QB Passing Drills (pass to coach)	Fruit Smoothie (pass to coach)	Catching Drills & Route Tree (Hitch)	BB8 vs. R2D2
	Group		Blue/Yellow		Red/Green	
	Focus		Flex/Point/Throw		Thumbs together (above the waist), Pinkies together (below waist or over shoulder)	
PHASE 6 : Camp Close & Sign-Out						
11:55pm-12:05pm	Coach	DIRECTOR	COACH 1		COACH 2	
	Activity	Sign-Out	Manage Team Lines		Help kids gather their belongings from the home base	
	Activity		Daily Recap		Coaches Tunnel	
12:05pm-12:30pm						
Coaches Meeting & Tear-Down						