

Flag Football Camp (ages 4-7)

Wednesday Camp Schedule (CAT - Circuit Allocation Table) | Free Director + 1 Coach

8:00am-8:45am	Coaches Meeting & Set-Up		
8:45am-9:00am	Sign-In		
	Coach	DIRECTOR	COACH 1
	Activity	Check-In	warm-up: Lava Rock Challenge
9:00am-9:20am	Camp Introductions		
	Coach	DIRECTOR	COACH 1
	Activity	Camp Orientation: Recap Tuesday (Integrity, Cheer) Daily Preview, Theme (WACKY WEDNESDAY), Leadership Skill (Confidence), Life Skill (Sportsmanship)	
9:20am - 9:40am	Circuit Station 1		
	Coach	DIRECTOR	DIRECTOR
	Station	Def/Flag Pulling	
	Activity	Free Director	Rock, Paper, Scissors Flag Tag Sweep Flag Pull Drill
	Group	Red/Green	
	Focus	Spot the top of the flag, two hands	
9:40am-9:45am	Water Break		
9:45am-10:05am	Circuit Station 2		
	Coach	DIRECTOR	COACH 1
	Station	RB/Rushing	
	Activity	Free Director	Hand-Off Drill w/ Jump the River Centipede Hand-Off Relay Race w/ Jump the River
	Group	Red/Green	
	Focus	5 Points of Contact	
10:05am-10:15am	Water, Snack and Bathroom Break (Give out Tuesday Stickers)		
10:15am-10:35am	Circuit Station 3		
	Coach	DIRECTOR	COACH 1
	Station	Dodgeball/Camp Games	
	Activity	Free Director	Medic Droid Dodgeball & Wookiee Dodgeball
	Group	Red/Green	
	Focus	Leadership and Life Skills	
10:35am-10:40am	Water Break		
10:40am-11:00am	Circuit Station 4		
	Coach	DIRECTOR	COACH 1
	Sport	Short-Sided Games	
	Activity	Free Director	Extreme Football
	Group	Red/Green	
	Focus	Combining Rushing, Passing, Catching & Flag Pulling	
11:00am-11:10am	Water, Snack and Bathroom Break		
11:10am-11:30am	Circuit Station 5		
	Coach	DIRECTOR	COACH 1
	Station	QB/Throwing Station	
	Activity	Free Director	QB Passing Drills (pass to coach) Pirate Ships Passing
	Group	Red/Green	
	Focus	Step & throw	
11:30am-11:35am	Water Break		
11:35am-11:55am	Circuit Station 6		
	Coach	DIRECTOR	COACH 1
	Station	WR/Receiving Station	
	Activity	Free Director	Catching Drills & Route Tree (Out) Lost in Space
	Group	Red/Green	
	Focus	Thumbs together (above the waist), Pinkies together (below waist or over shoulder)	
11:55pm-12:05pm	PHASE 6 : Camp Close & Sign-Out		
	Coach	DIRECTOR	COACH 1
	Activity	Sign-Out	Help kids gather their belongings from the home base
	Activity	Manage Team Lines/Daily Recap	
12:05pm-12:30pm	Coaches Meeting & Tear-Down		