

Flag Football

SPOTLIGHT

The spotlight for the Flag Football Activity is for children to engage in fun and active Flag Football games while incorporating the basics and in-depth elements of the game of Flag Football.

KEY FOCUSES:

1. Have **FUN** while incorporating elements of the game of Flag Football (running, passing, catching, etc.)
2. Lead engaging Flag Football games that allow for positivity and healthy competition between children
3. Create a high-energy and exciting atmosphere in which children can engage in Camp Culture through sport

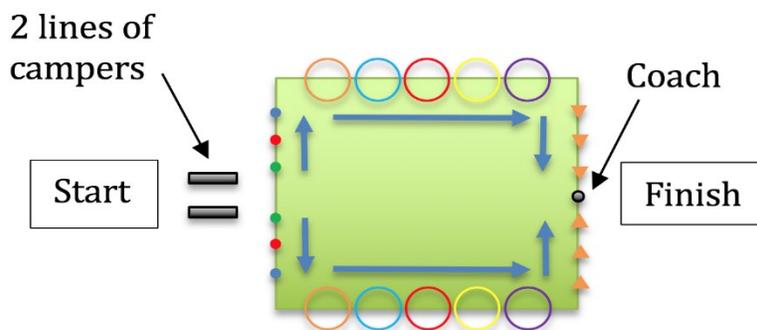
ACTIVITY #1: Agility Relay

Set-Up:

- Set out an assortment of obstacles using hula hoops, pool noodles, cones, etc.
- Each child will need a football to run with – make sure the Activity Leader has enough football for how many children there are in the activity

Instructions:

1. Create two of the same set of obstacles so that both lines have the same chances to win the agility relay
2. Place obstacles that children have to run around, run through, run over and under
 - a. Use your space well and add visual appeal
3. Split the children into two groups.
 - a. Allow each team of children to come up with a Team name
4. When the Activity Leader yells 'Go' the children will run through the obstacles with the goal of finishing first and tagging the Activity Leader's hand.
 - a. This game can be played two ways. 1. The first team to have ALL children run through the relay is the winner or, 2. Each child will run against a child from the other team. Whichever child finishes the obstacle first gains a point for their team. Whichever team has more points once ALL children have gone is the winner!
5. Relay examples:
 - a. Side shuffle/weave through pool noodles, high knee through hula hoops, zig-zag through cones



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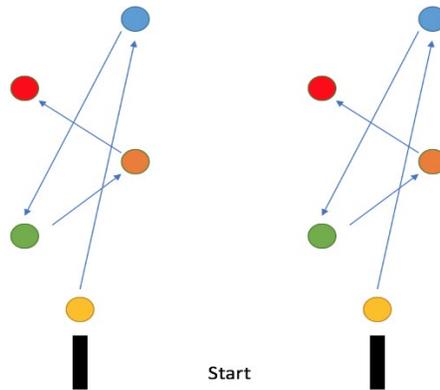
ACTIVITY #2: Eagle Claw Jigsaw

Set-Up:

- Make sure each child has a football of their own
- Set out the following supplies for the activity:
 - 10 cones; 2 of each color
- Do your best to set up lines in the same way so the Activity leader only has to call a pattern once per pair of children

Instructions:

1. First, teach the children how to properly hold the ball. This is called the “Eagle Claw”.
 - a. The way to hold the football is to have one point of the ball resting in the palm and the other point resting between the bicep and the ribcage.
2. For this activity, the children will be practicing the eagle claw while running the route that the Activity Leader calls.
3. To complete the activity, each child will have to touch each cone in the order that the Activity Leader calls them.
 - a. The child will touch the cone with their hand, not their feet.
4. In the diagram below, the “route” would have occurred if the Activity leader called out the cone order, “blue, green, orange, red!”.
5. Continue calling different cone orders for children to run through practicing their eagle claw grip.



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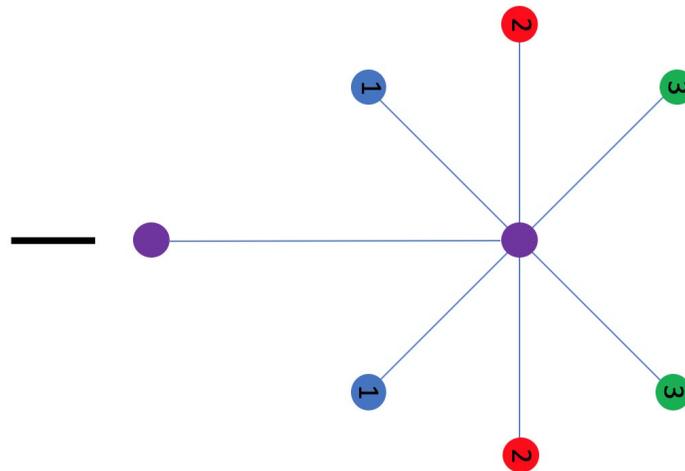
ACTIVITY #3: Route Tree

Set-Up:

- The Activity leader will create a playing area using cones like ones shown in the diagram
- Have all of the children line up in a row behind the bottom cone of the 'tree'
 - Depending on the number of Activity Leaders and children, create two separate playing fields

Instructions:

1. First, teach the children what each of the cones mean.
 - a. For example, if you were to say 'Left 2!', the child would run to the center cone and cut left to the middle cone in the 2 position.
 - b. It is important that the child always runs to the center cone before running to the outer one.
2. When the Activity Leader sets out the cones, they will make sure that each cone is about 3-5yards away from the center cone.
 - a. Depending on age and skill of the children, either space the cones out or move them closer.
3. Go through this activity multiple rounds giving the children opportunities to run routes and complete catches.



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ACTIVITY #4: Ultimate Football

Set-Up:

- Divide the children into two even teams and have them start on opposite baselines
- Create an 'endzone' at each end of the field, allowing a safe distance between the endzone and the wall/fence
- One football will be needed for this activity
- Give each child a penny jersey to distinguish what team they are on

Instructions:

1. The children will be split up in to two separate teams and will be competing against one another.
2. This game is played just like Ultimate Frisbee but with a football – this game focuses on passing and catching!
3. Children are not allowed to run with the ball and they must pass it down the field, with the object of the game trying to score a point by passing it down the field and then catching a pass in the end zone.
4. Dropping the ball, or dribbling results in a turnover and a change of possession.
5. Special rules:
 - a. You can't run with the ball, you can only pivot with one foot planted on the ground (when you catch it, you must throw it to another teammate).
 - b. If the ball hits the ground, the other team gets the ball, or if an interception occurs, the other team also gets the ball (but remember, no running with the ball!).
 - c. After a touchdown, the ball is thrown off to the other team and the cycle repeats.
6. When players are defending, they must give an 'arms length' of space to the offensive players.
7. The team with the most points at the end of the game wins!
8. This is a very fast paced game that is a lot of fun for the children. Ultimate football takes out the slow aspects of regular football and makes this a high-energy game.

Helpful Tips:

- Do your best to spread out the skill of the children amongst the two teams to create the fairest teams.
- Emphasize the importance of passing in this game.

Game Variation:

- *Make it harder: Add a 5-second time limit for passes – defenders will be able to call out "5 stalls" when defending a player with the ball.*
- *Make it easier: Allow the children to take 2-3 steps before having to stop and pass it.*

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HUDDLE

Activity Verse: Colossians 3:23

“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters”

Activity Truth: Whatever I do, I will Work for the Lord

You all have been doing great today! Are you having fun? Awesome! What are some things we have worked on today? ... Yes! All of those things are very important. Could someone tell me why we do all of this practice and work? (They'll probably say, “to get better?”) Well, that is true, we always want to get better, but there is an even more important reason. We do all of this to glorify God! Could someone read Colossians 3:23 for me? Yes, it says in Colossians 3:23 “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters” ... Who gave you these talents?

Exactly, God! So, we should always do our best in everything, not just to get better, but also to show God how much we appreciate these talents! Could someone pray for us?