ACTIVITY GUIDE

THE SUMMER CAMP SOURCE

FOOTBALL GAMES

CAMPAPP

21 – Football
Designate a large play area with clear boundaries that has room for students to run. Split group into 2 teams. The object of the game is for teams to score 21 points by completing passes in different areas of the field. One team begins on the line of scrimmage and attempts to complete a pass within a zone to score points. The teams switch from offense to defense after every 4 passes. All players must stay within the field. The defending team will cover the offensive team players to hold them to as few points as possible. The quarterback must stand behind the line of scrimmage. Points are scored for a catch at certain positions on the field and are determined by the zone in which the ball is caught, not where the player runs. If a defensive team intercepts (catches) the ball from the offensive team, the defensive team scores 3 points.

Flag Football
Place the cones on an open field/space to form a large rectangle, and create two small end zones on each end of the field. Also place cones at the midfield line, and at the 5-yard line on each end of the field. Divide students into even teams, preferably 6 on 6. Have two students do Ro-Sham-Bo to determine which team will have possession first. On the leader's signal, the offensive team begins at the 5-yard line. Teams have 4 downs to get to midfield for a first down and 4 downs to score (maximum of 8 downs per possession). The game is non-contact. (No blocking allowed.) All changes of possession start at the 5-yard line, except interceptions which start at the spot of interception. (If an interception occurs in the end zone, the ball is placed on the 5-yard line.)

Passing:
The quarterback has 7 seconds to throw the ball.
There is no rushing the quarterback.
The quarterback cannot run the ball.

Running/Receiving:
The quarterback makes direct handoffs to other players. No pitches/laterals allowed.
The quarterback should be aware of no run zones (5 yards from each end zone and 5 yards on either side of midfield). The leader will let teams know when they've entered this zone.
Runners and receivers cannot use hands to prevent players from pulling the flag.
No fumbles. The ball is placed at the spot of the fumble.
Interceptions cannot be returned. The ball is placed at the spot of interception.
Two handoffs are allowed every 4 downs, no passing after a handoff.
Only forward passes are allowed.

Penalties: All penalties are 5 yards and a loss of down

Flag Fake Out
Designate a playing area large enough to run in (a large rectangle). Place cones on each baseline (width) if there are no lines. Divide the students into two teams with each team lined up on opposite baselines. Have cones placed a few feet behind the baseline marking where the single file line should start. Designate one side as the defense and the other side as the offense. On the leader's signal, the first two people in each line begin the game. The object is for the offense to run past the defense and reach the opposite baseline without getting their flag taken. The offense can move in any direction while making their 'fakes,' but they must stay within the boundaries. The defense player tries to take the offense player's flags. The play is over when either the offense reaches the baseline or gets their flags taken. When the play is over, the students go back to the end of the opposite line from which they started.

Five Hundred
This game needs a couple of kids and a ball (either a football or a baseball are common). One person is the thrower, and everyone else clusters about throwing distance away from the thrower. The thrower tosses the ball in the air towards everyone else and announces a number between 50 and 500, like so: "I've got 200 up for grabs". If a kid catches it they get as many points as the thrower yelled. If someone drops it though, they lose the same number of points (negative score are possible). The first person to get 500 points wins and become the thrower for the next game.

Frisbee Football
Teams should be of equal number; each team has a goalie, as well as offensive and defensive players. Goal markers are set up at each end of the playing area. The object of the game is to pass the Frisbee past the goal line to another teammate. No player may hold his Frisbee for more than four seconds, without losing possession. Three steps may be taken before the Frisbee is passed. If offensive and defensive players catch a pass at the same time, defensive players take possession. Offensive players are allowed only 5 seconds at a time in the defensive red zone (15 yards from the red zone)

Interception
Get the students into 1-3 lines, depending on the size of the group. Explain the three main positions of the game: defender, receiver, and quarterback, as well as the rotation of the positions. In each line, the first person goes down the field to start as the defender. The second person takes a step to the right to start as the receiver. The third person has the ball to start as the quarterback. When the quarterback says 'hike,' the receiver runs toward the goal line and the defender moves toward the receiver. The quarterback is trying to throw the ball to the receiver so that s/he can catch it and run to the end zone without being tagged. Several things will end the round of play: If the ball drops, If the defender catches the ball, If the defender tags the receiver, If the receiver scores. Once the round of play is over, the students switch positions. The quarterback becomes the receiver, the receiver goes down the field to become the defender, and the defender gets back in line.

Kick It, Throw It, Punt It
On a traditional kickball field, place a kickball, football, and frisbee at home base. Mark the outfield with enough numbers for half the group. The numbers should designate outfield play positions. Divide the group into infield and outfield teams and give each child on each team a number. The numbers denote the kicking order and their positions in the outfield. Kickers come up to home plate one at a time. They can kick the kickball into the field, punt the football or throw the frisbee. Then, the student runs around the bases continuously. The fielders retrieve the equipment, pass them infield and put them on their appropriate bases; kickball 1st, football 2nd, frisbee 3rd. The fielders are trying to quickly place the equipment before the runner reaches home base. If the runner gets home first that's a point scored. Remind students to be careful about base blocking and stepping on equipment when running the bases.

Quarter Football
Divide the students into two teams. Each team gets 4 tries/downs to move the quarter from one end zone to the other. The offensive team huddles up and chooses one student to hold the quarter. Both teams line up facing each other, standing shoulder to shoulder behind their respective end zones. The Coach or any offensive player says "hike" or "go", and the offensive team tries to get into the end zone, while the defense tries to safely tag all the offensive players. Once tagged, offensive players must freeze where they are. When everyone on the offensive team has been tagged or made it to the end zone, the player with the quarter raises their hand. If the player with the quarter makes it to the end zone without being tagged, it is a point and a turnover to the other team. If the player with the quarter is tagged another round/down

is played. The offensive team lines up for their next try at the yard line where the player with the quarter was tagged. The offensive team can huddle and secretly change who is carrying the quarter each round/down. The defensive team lines up behind their end zone for every round/down. If a touchdown is not scored within four downs, it is an automatic turnover and the other team gets four tries from the where the last team ended. If a touchdown is scored, the defensive team gets to start with the quarter from the end zone.

Quarterback Training Camp

Place cones in a straight line. This line is the "line of scrimmage." Place dodgeballs on one side of the line. One or two of the hula hoops should be spread out close to the line of cones and the remaining hoops should be spread further and further from the line, but on only one side of the line. On the other side of the line, place the 4 footballs about five steps away from the cones. Get students into a single-file line. The first 4 students step out on defense. They line up on one side of the cones near the dodgeballs. The next five students step out and pick up the hula hoops. These five are the offensive "receivers" The final student is the Quarterback. He/she stands on the opposite side of the cones, away from all other players, next to the footballs. When the whistle blows, the quarterback has 4 chances (4 footballs) to throw a football to one of his/her offensive players by throwing it through their hula-hoop. When the ball is thrown, the hula hooper can take up to three steps to try to help the ball through the hoop. While the Quarterback throws, the four defensive players are trying to hit him/her with a dodgeball. The play is over when all four footballs/five dodgeballs have been thrown, or if the defense hits the Quarterback with a dodgeball. If the quarterback successfully throws a ball into a hula hoop, that is a point for the offense and those six players (Five with hula hoop and Quarterback) stay on the field while the defense goes to the end of the line. If the quarterback is hit with a dodgeball or is unable to throw through a hoop, the offense must go to the end of the line and the defense stays.

Red Light, Green Light Football

Use cones to set up two end-zones on opposing sides.Use cone(s) for student to form a line. First two students line up with jerseys as defensive players. Next two students line up in the opposing position as offensive players. On offense, one student is the hiker and hikes the football to the running back on command. The hiker then becomes a blocker. After receiving the ball, the running back attempts to run to the opposite end-zone without being tagged gently with two hands by the defense. IMPORTANT: Once the ball is hiked, an adult or Junior Coach can shout Red Light or Green Light to change the pace of the game. Red Light makes all players freeze, and green light makes all players resume play. The penalty for players who do not freeze on RED LIGHT is 5 steps backwards. Game is over when the offense makes it to the end-zone or if the running back is tagged.

Trivia Football

Set up large rectangular field with plenty of room for four students to run. Place two cones a few feet apart on both of the far ends of the field. Divide students into four groups. Have them line up with their assigned group behind the cones at each end of the field, facing towards the middle. There should be two groups at each end of the far ends of the field. Explain to the students that both groups on the same side of the rectangle are a team. The students at the front of each line (four total, two on each side) are active each round. The adult stands near the middle holding the football and ask a question (math, spelling, science, etc.) pertaining to something that class is learning. When the first person yells out the correct answer, the adult throws him/her the football. The student with the football and his/her partner try to make it to the other end of the field without being tagged by their two opponents. Students are allowed to pass the ball to their partner or run with it, but can only be tagged when holding the ball. After a player is tagged, the ball hits the ground, or a team scores, all players return to the end of their original line and the next four players go.

Ultimate Football

Use the cones to create boundaries for a field with two end zones. Divide the students into two even teams. Have one student from each team do Ro-Sham-Bo to determine who has possession first. Line both teams up on each baseline of the field. On the leader's signal, the team starting on defense throws or kicks (depending on skill level) the ball to the offensive team. One player from the offense either catches the ball or picks it up from where it lands, and tries to pass it to one of his/her teammates. When anyone on either team has the ball, s/he can only use one pivot foot to move. They cannot take steps or run with the ball. The offense tries to advance the ball down the field with passes, and scores a point if one of the team members catches the ball in the end zone. The defense tries to block or knock down the ball to gain possession. If a ball is knocked down or intercepted, play of the game is switched and the defense now becomes the offense, heading toward their end zone.

Flag Pull Game

Cone off an area and have all kids inside the cones with flag football flags on. The object of the game is to pull other's flag while not getting yours pulled. No flag guarding. If you flag gets pulled you are out. As players get out you can make the cone boundaries smaller until there is only one person left with a flag.

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