

Flag Football

Time	Activity	Description
1-2 min	Prayer	Safety, good sportsmanship, fun, and full participation are possible prayer topics.
2-3 min	Warm up	Run laps around the field
2-3 min	Stretching	Quad stretch, Hip Flexor stretch, Knee to chest, etc... You may set one student as the leader if you want, or you can lead the class
5m	Toss and catch practices (pick one)	<p>Group pass</p> <ul style="list-style-type: none"> - Set students up in as many groups as you have footballs. - Instruct students to pass across the circle, to one another so that everyone is catching and throwing <p>Line pass practice</p> <ul style="list-style-type: none"> - Instruct students to line up in two lines facing each other - First student in line 1 throws to 1st student in line two and that student throws to the 2nd student in line line 1. - Continue this all the way down the line. After 3 or 4 tosses, start the second ball. Do this for 4-5 balls.
35-40 min	Scrimmage	<p>Reminders</p> <ul style="list-style-type: none"> - Students NEVER pick teams. You always do the team making. - Check the scores often (every 5 min or so). - If one team is blowing out the other team, <ul style="list-style-type: none"> - you switch individual players on one team for players on the other team without making it look like you are switching “good” for “bad” OR - Switch a random 1/2 of the team for 1/2 of the other team.
5-10 min	Clean up / run	<p>If there is a run</p> <ul style="list-style-type: none"> - Clean up at 2:50, give the students a chance to use the restroom, and get to the run starting point. <p>If there is no run</p> <ul style="list-style-type: none"> - Clean up just before 3 and release kids at 3