





## Activity Plan for Touch & Flag Football


Week 1			
Activity	How many or how long	How many days	Instructions
Football catch 	10 mins/day	3 days/wk	Practice catching a football (or a large ball that is sponge-like/soft is best) that is thrown by a partner. Make sure to be in the ready position (feet slightly apart, knees a bit bent, and hands open towards your partner at chest level to give a target). It is really important to bring your arms tight into your body as soon as you catch the ball. That way, if there are defense players around you they are less likely to be able to knock the ball away. Every time you catch the ball, practice pulling the ball towards your chest (so you end up holding the ball close to your body like the player in the photo).

Week 2			
Activity	How many or how long	How many days	Instructions
Throw & catch 	30 mins		Throw and catch the football with a partner. Remember to protect the ball every time you catch it. Try to make each throw a little “off target”, so that the person catching it has to take 2 or 3 steps in order to reach the ball. Alternate throws so that the person steps right, left, forward and backward. Try to play catch for a total of 30 minutes over the whole week.
Run and Catch 	10 mins	2 days/wk	With a football, play catch with a friend or family member. Try to throw further and/or higher than you normally would. Also, ask your friend to throw the ball a few steps away from you (either to the side, behind or in front) so you have to run to get there and catch it.

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Week 3			
Activity	How many or how long	How many days	Instructions
Touch Football 	30 mins	Total for the week	<p>Try a game of two-hand touch football. Remember, there is no hitting or tackling in this game. The aim of the game, is for each team to try and bring the ball to their end zone (across the field) within 4 tries (called “downs”). Each time the ball is dropped or a runner (with the ball) is touched, it is one try. The offensive team has 4 tries to get it down to the end zone. If they don’t make it in 4 attempts, the team that was on defense is now on offense and has 4 tries to get it to their end zone (across the field). This change takes place wherever the last dropped ball or touch happened on the field. Another way to change possession is when the offense scores – the game restarts in the middle of the field. To start the game, both teams line up midfield facing each other, about 5 feet apart. Flip a coin to see who gets the ball first. The starting offense team has a player snapback the ball to the quarterback who throws it to a teammate. That receiver has to run the ball down to the end zone without being touched to score.</p> <p>To start the game, both teams line up midfield facing each other, about 5 feet apart. Flip a coin to see who gets the ball first. To get the ball down the field, the starting offense team has a player snapback the ball to the quarterback who throws it to a receiving teammate. That receiver has to run the ball down to the end zone without being touched or having their flag pulled.</p>

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Week 4			
Activity	How many or how long	How many days	Instructions
Flag Football 	30 mins	Total for the week	<p>Try and play a game of flag football. Remember, there is no hitting or tackling in this game. You use a flag/bandanna tucked in your waistbands instead of tackling. When another player pulls your flag out of your waistband, that's the end of the play. The aim of the game, is for each team to try and bring the ball to their end zone (across the field) within 4 tries (called "downs"). Each time the ball is dropped or a flag is pulled it is one try. The offensive team has 4 tries to get it down to the end zone. If they don't make it in 4 attempts, the team that was on defense is now on offense and has 4 tries to get it to their end zone (across the field). This change takes place wherever the last drop or flag happened on the field. Another way to change possession is when the offense scores – the game restarts in the middle of the field. To start the game, both teams line up midfield facing each other, about 5 feet apart. Flip a coin to see who gets the ball first. To get the ball down the field, the starting offense team has a player snapback the ball to the quarterback who throws it to a receiving teammate. That receiver has to run the ball down to the end zone without having their flag pulled. If you would like to learn more, please see this link from Football Canada (<a href="http://footballcanada.com/wp-content/uploads/2014/07/FlagRB_secure.pdf">http://footballcanada.com/wp-content/uploads/2014/07/FlagRB_secure.pdf</a>).</p>