

<b>Age: 3-5 / 5-7</b>		<b>Sport: Flag Football</b>	
<b>Duration:</b> 60 mins	<b>Physical Skills:</b> Throwing, catching, agility	<b>Social Skill:</b> <b>Listening</b>	<b>Stickers:</b> Flag Football, <b>Listening</b>

**Review Football Sport Resources Alongside Lesson Plan [HERE](#)**

**Welcome!**

1. Introduce the sport - holding out football
2. Talk about the actions we do in football
3. Introduce the social skill
3. Talk about what **listening** is and how we use it

<b>Social Skill</b>  <b>Intro</b>	<ul style="list-style-type: none"> <li>• Let's all <b>turn on our listening ears</b> right now as a group! (pretend to turn on your ears by physically doing the motion and have the kids do this too).</li> <li>• What can we do with our bodies to show we are <b>listening</b>? <ul style="list-style-type: none"> <li>○ Eyes looking the person who is talking</li> <li>○ Being quiet when someone else is talking</li> <li>○ Our bodies are still and facing toward the person who is talking</li> </ul> </li> </ul>
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**WARM UP**

1. Start the lesson by setting up the circle of cones/pylons - have all the kids find a spot on the circle
2. Complete a couple laps around the circle as animals or vehicles (4-5), do some light stretching, incorporate physical literacy skill
3. Move into the second warm-up game after.

<b>Physical Literacy Skill</b>	<ul style="list-style-type: none"> <li>★ <b>Throwing / Catching</b></li> <li>• Cues for the underhand throw: <ul style="list-style-type: none"> <li>○ Face your target</li> <li>○ Arm looks like a lower case "L" (straight line)</li> <li>○ Swing (arm), Step (always with opposite leg), Throw</li> </ul> </li> <li>• Cues for catching: <ul style="list-style-type: none"> <li>○ Reach - hands out toward the ball</li> <li>○ Grab - grab the ball</li> <li>○ Give - bring it to your body</li> </ul> </li> </ul>
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**Fire and Ice Tag!**

<b>Equipment</b>	<input type="checkbox"/> <b>Cones, footballs</b>
<b>Key Points</b>	<hr/> <ul style="list-style-type: none"> <li>→ Create a large boundary using cones that players must stay within</li> <li>→ Choose 1-2 players who will be IT - they are the "freezers" and have "ice powers"</li> <li>→ Choose another 1-2 players (can be coaches) who have the fireball (playground ball" to unfreeze players</li> <li>→ Players with the fireball cannot be frozen</li> <li>→ If you are frozen, players with the fireball can toss you the ball and if you catch it you are unfrozen</li> <li>→ If the fireball is not caught when tossed, it must be re-tossed until it is caught successfully</li> </ul> <hr/>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• <b>Simplify:</b> Use playground balls instead of football for greater catching surface area</li> <li>• <b>Progression:</b> If the fireball is dropped it is dead and cannot be picked up again. OR, the fireball is no longer invincible and can be frozen by the ice - if frozen, it can still be unfrozen by another fireball if they make a successful catch (must have 2 players with fireballs).</li> </ul>

## PHYSICAL SKILLS

### Passing!

<b>Equipment</b>	<input type="checkbox"/> <b>Cones, Footballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Demonstrate proper technique to hold the football, throw the football, and catch the football</li><li>→ Divide players into partners - each pair with one ball</li><li>→ Use spot markers or cones to set-up the passing distances for each pair, so that partners stand across from one another</li><li>→ Partners will practice throwing and catching back and forth aiming for successful passes</li><li>→ Focus on accuracy and successful passes, not power</li></ul>
<b>Adaptation</b>	<ul style="list-style-type: none"><li>• <b>Progression:</b> Set up two cones a few feet apart, in the middle of the passing distance. One player will stand in the middle zone (between the two cones), while the other partner remains at their throwing mark with the ball. When the player with the ball says "HUT", the other will run and touch the cone behind them, then quickly turn and receive a pass. Partners will alternate each time. - <a href="#">EXAMPLE</a></li></ul>

### The Floor Is Lava!

<b>Equipment</b>	<input type="checkbox"/> <b>Cones, Footballs</b>
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Divide players into partners - each pair with one ball</li><li>→ Place cones all around the space at random, ensuring they are not too far apart (passing distance)</li><li>→ The cones are the "islands"</li><li>→ Players will pass the ball from an island to their partner - who will also be standing at another island - then run to a new island immediately after passing to receive a return pass</li><li>→ Cue players to "pass and move" each time they throw the ball to their partner</li></ul>
<b>Adaptation</b>	<ul style="list-style-type: none"><li>• <b>Simplify:</b> Rather than playing with the whole group among all of the cones, create individual island passing zones for each pair. Set up 3-5 cones per pair in their own space to pass and move to. This will help avoid players bumping into each other and getting hit with another ball, and will help players maintain successful passing distances each time they move to a new cone.</li></ul>

## SOCIAL SKILLS

### Quick Feet and Run!

<b>Equipment</b>	<input type="checkbox"/> <b>Cones</b>
<b>Key Points</b>	<ul style="list-style-type: none"><li>→ Set up 3 cones per player in a straight line<ul style="list-style-type: none"><li>◆ 1 middle cone (starting spot), 1 cone to the right, 1 cone to the left</li><li>◆ Keep cones close enough to shuffle and tap each one from the middle</li><li>◆ All players will start at their middle cone facing the coach</li></ul></li><li>→ Set up a line of cones on the opposite end of the space to create the end zone</li><li>→ When at the middle cone, players perform quick feet on the spot at the middle</li><li>→ The coach will call out commands: "Right" = tap right cone; "Left" = tap left cone</li><li>→ Players return to quick feet in the middle after each call</li><li>→ When the coach yells "Touchdown!" - players print to the far end zone as fast as possible</li><li>→ Emphasize <b>listening ears</b> and <b>eyes glued to the coach</b> so they know which action to do next</li></ul>
<b>Adaptation</b>	<ul style="list-style-type: none"><li>• If working with a larger group, divide players into pairs. Place one hula hoop a few feet behind each agility station. One partner will start at the agility station, while the other waits patiently in the hula hoop behind. Keep the rounds short and keep rotations between partners quick.</li><li>• <b>Progression:</b> Introduce "Catch" as a cue - players stand at the middle cone and jump with arms extended to catch an imaginary ball in the air.</li></ul>

<b>FUN ACTIVITY</b>	
<b>Flag Attack!</b>	
<b>Equipment</b>	<input type="checkbox"/> <b>Flag belts, cones</b> <hr/>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Create a large boundary using cones that players must stay within</li> <li>→ Each player begins with a complete flag belt and players spread out across the boundary</li> <li>→ When the coach says GO, players run freely around the space, trying to pull and collect as many flags as possible</li> <li>→ Encourage players to run, twist, and change direction around the space to protect their flag while trying to take others</li> <li>→ If a player loses both flags, they stay in the game and continue to try and collect flags</li> <li>→ Players cannot block or guard their own flags with their hands</li> <li>→ At the end of the round, the player with the most flags collected + flags still on belt wins</li> <li>→ Play short rounds and reset flags after each round</li> </ul>
<b>WRAP UP</b>	
<b>Huddle &amp; Review!</b>	
<b>Review</b>	<ul style="list-style-type: none"> <li>→ Who can tell me what actions we practiced in football today (i.e. throwing, catching, weaving, dodging)?</li> <li>→ What social skill did we work on today?</li> <li>→ Yes, <b>listening!</b> Can I hear everyone say “<b>listening</b>”?</li> </ul> <hr/>
<b>Cheer</b>	<ul style="list-style-type: none"> <li>• The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY!</li> <li>• Be as LOUD as you can!</li> </ul> <hr/>
<b>Stickers</b>	<ul style="list-style-type: none"> <li>★ Hand out Football and <b>Listening</b> stickers</li> </ul>