

Age: 1.5 - 3		Sport: Flag Football 1	
Duration: 45 mins	Physical Skills: Throwing, catching, agility	Social Skill: Listening	Stickers: Flag Football, Listening

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

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

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

Equipment	<input type="checkbox"/> Footballs, cones
Key Points	<ul style="list-style-type: none"> → Set up two lines of cones across opposite ends of the space (these are the "end zones") → Have each child line on one side with a football to start → On the coach's signal ("GO" or whistle), players run toward the end zone with their football → Encourage the players to hug the ball tight to their body as they run and to run past the line of cones into the end zone → In the end zone, have them touch their football on the ground and do a "touchdown dance" to celebrate → Repeat activity several times to build energy and warm up → Coaches should model a fun and exaggerated touchdown dance

PHYSICAL SKILLS

Throwing & Catching!

Equipment	<input type="checkbox"/> Footballs, hula hoops
Key Points	<ul style="list-style-type: none">→ Each player will pair up with their parent and find their own space in the play area, with one football→ Parents will get to the child's level, i.e. kneeling (if they can)→ Players will practice throwing and catching the football with their parent→ Throwing coaching points:<ul style="list-style-type: none">◆ Encourage throwing with one hand (two hands is okay to start)◆ Body positioned facing their parent, eyes on the target (parent)◆ Encourage reaching throwing arm out to their parent to help follow through→ Catching coaching points:<ul style="list-style-type: none">◆ Hands out in front with fingers spread like a big basket and eyes on the ball◆ Let the ball cradle into their hands/body - it's okay if they trap it against their chest◆ Encourage "Catch and Hug"→ Have them stand very close to practice and gradually increase distance as confidence grows
Adaptation	<ul style="list-style-type: none">● Progression: Give each parent a hula hoop and practice target throws - parents hold the hula hoop for the player to throw their ball through

Sharks and Minnows!

Equipment	<input type="checkbox"/> Flag belts, cones
Key Points	<ul style="list-style-type: none">→ Set up two wide lines of cones across opposite ends of the space. Have each child line on one side, each with a flag belt to start→ The players are the minnows and the coaches are the sharks. Minnows try to run from one end line to the other without their flags getting pulled by sharks→ Once both flags have been pulled, the minnow joins the sharks to help pull others flags→ Ensure that the group runs to the end line, stops, and waits for the coaches to say "GO" to run again→ Encourage dodging, weaving, and looking up while running

SOCIAL SKILLS

What Time is it Mr. Wolf - Flag Edition!

Equipment	<input type="checkbox"/> Flag belts, cones
Key Points	<ul style="list-style-type: none">→ Set up a wide line of cones on one end of the space→ Players will stand along the line, each with a flag belt to start→ When the players call out, "what time is it Mr. Wolf?", the wolf (coach) responds with "it's [time] o'clock", and players proceed to take that many steps towards the wolf→ When the coach yells "lunchtime", all the players have to run back to the starting line and the coach will be trying to grab the flag off their belts→ Emphasize listening by reminding players to turn on their listening ears

Field Goals!

Equipment	<input type="checkbox"/> Cones, footballs
Key Points	<ul style="list-style-type: none">→ Set up one cone per child with a football on top→ Set up a line of 3-4 cones leading up to each cone with a football→ When the coach says "GO", players run and weave through the line of cones to kick the football off the cone, and celebrate!→ Players then retrieve the ball and reset with parent help

FUN ACTIVITY

Obstacle Course!

Equipment

Cones, hula hoops, spot markers

Key Points

- Set up an obstacle course using cones and hula hoops
- Create different pathways for the kids to jump over, weave through, etc.
- Each player will have a football and will hug it close to their body while they run through the course
- At the end of the obstacle course, hold out a hula hoop for the kids to throw their football through

WRAP UP

Huddle & Review!

Review

- Who can tell me what actions we practiced in football today (throwing, catching, weaving, dodging)?
 - What social skill did we work on today?
 - Yes, **listening!** Can I hear everyone say “**listening**”?
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Cheer

- The coach yells ‘GO’ and the kids yell ‘PLAY’ - GO! PLAY! GO! PLAY!
 - Be as LOUD as you can!
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Stickers

- ★ Hand out Football and **Listening** stickers