

<b>Age: 1.5 - 3</b>		<b>Sport: Flag Football 2</b>	
<b>Duration:</b> 45 mins	<b>Physical Skills:</b> Agility, running	<b>Social Skill:</b> <b>Patience</b>	<b>Stickers:</b> Flag Football, <b>Patience</b>

**Review Flag 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 **patience** is and how we use it

<b>Social Skill</b>  <b>Intro</b>	<ul style="list-style-type: none"> <li>• In football, not everyone playing gets to hold the ball at all times.</li> <li>• Players have to be <b>patient</b> while they <b>wait their turn!</b></li> <li>• What does it look like when we are being <b>patient</b>? <ul style="list-style-type: none"> <li>○ Staying calm</li> <li>○ Waiting your turn</li> <li>○ Don't get upset while waiting</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>	<p>★ <b>Running</b></p> <ul style="list-style-type: none"> <li>• Eyes forward - look where you are going</li> <li>• Arms bent - make an "L" with your arms</li> <li>• Opposite arm, opposite leg - right arm with left leg, left arm with right leg</li> <li>• Swing your arms - forward and back (not across your body)</li> <li>• Light feet - run quietly on your toes</li> <li>• Quick steps - short, fast steps</li> </ul>
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**Touchdown Dance!**

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

**PHYSICAL SKILLS**

**Team Colour Run!**

<b>Equipment</b>	<input type="checkbox"/> <b>Football, cones</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Divide players into small teams of 4-5 and line each group up behind their own starting cone. Each line will have one football.</li> <li>→ The coach will call out a color and the first player in line will run, holding the football close to their body, and tap the ball on the cone. <ul style="list-style-type: none"> <li>◆ Make sure to demonstrate tapping the cone with the ball</li> </ul> </li> <li>→ Then they will run back to their line, and pass the ball to the next teammate in line.</li> <li>→ The coach will call out a new color once all lines are ready.</li> </ul>
<b>Adaptation</b>	<ul style="list-style-type: none"> <li>• <b>Simplify:</b> Create a wide starting line using cones for players to spread out across with their parents. Each player will have a ball. Place several tall cones throughout the space in front of the starting line. The coach will call out a color and all players will run at the same time, holding the football close to their body, and tap the ball on any cone of that color then run back to the starting line.</li> </ul>

### Flag Attack! EXAMPLE

<b>Equipment</b>	<input type="checkbox"/> <b>Flag belts, cones</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Create a large boundary using cones</li> <li>→ When the coach says GO, players run around trying to pull as many flags as possible, holding on to all the flags they've pulled. <ul style="list-style-type: none"> <li>◆ OR parents and coaches chase the kids and try to pull off their flags.</li> </ul> </li> <li>→ Players can run, twist and turn to evade flag pullers but cannot block or guard flags from being taken. If both a player's flags have been pulled, they can continue to play.</li> <li>→ Play short rounds, about a minute long, then reset and play again.</li> </ul>

### SOCIAL SKILLS

#### Quick Feet and Run!

<b>Equipment</b>	<input type="checkbox"/> <b>Football, cones</b>
<b>Key Points</b>	<ul style="list-style-type: none"> <li>→ Set up 3-4 stations of cones. At each station: <ul style="list-style-type: none"> <li>◆ Place two cones a few feet apart (e.g., blue on right, red on left).</li> <li>◆ Leave enough space for players to shuffle side to side between them.</li> <li>◆ Place a line-up cone a few feet behind</li> </ul> </li> <li>→ Set up a line of cones across the space as the end zone.</li> <li>→ One player stands between the two cones, facing the coach, holding a ball. Remaining players line up behind the line-up cone.</li> <li>→ The player in the middle does quick feet on the spot. The coach calls out commands: <ul style="list-style-type: none"> <li>◆ "Blue" → touch the blue cone with the ball</li> <li>◆ "Red" → touch the red cone with the ball</li> </ul> </li> <li>→ When the coach calls "Touchdown!", the player runs to the end zone and does a touchdown dance.</li> <li>→ Then, the next player in line steps up and repeats.</li> <li>→ Emphasize <b>patience</b> while players <b>wait for their turn</b></li> </ul>
<b>Adaptation</b>	<ul style="list-style-type: none"> <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>

### Field Goals!

