**5TH AND 6TH GRADE FLAG FOOTBALL SKILLS CHALLENGES**

How are your football skills?! We’ve designed challenges you can do at home to see what skills you know how to do and to help you know what to improve on! Can you complete them all? If you are up for the challenge, complete the activities below, write your results, and return the completed form to the recreation department to receive your football keychain!

Note: Many of the drills will say to use an object. You can use cones, water bottles, t-shirts, boxes, or whatever else your parents say is okay! Distances and skills are different for different ages.

**Warming up is crucial** to prepare your body for self-practice and prevent injuries. Here are two warm-up drills you can do at home before starting the football drills to improve your passing, catching, and running skills

**Jogging:** Start by jogging in place or around your practice area for 5-10 minutes. This will increase your heart rate and warm up your muscles.

**Arm circles:** Stand with your feet shoulder-width apart and your arms extended to the sides. Move your arms in circular motions, first clockwise and then counterclockwise. This will help loosen up your shoulder muscles and improve your arm mobility.

By doing these warm-up exercises, you can increase blood flow to your muscles, reduce the risk of injuries, and prepare your body for a productive self-practice session.

**These challenges are meant to challenge, stretch and improve your skills as a football player! They are meant to be difficult. If you can’t get a challenge done, that’s okay! Keep trying and have fun with it!**

**THROWING:** (Place an item on the ground as a target.) 10 feet away.

\_\_\_Level 1: Hit the target bullseye 10 times in a row

\_\_\_Level 2: Hit the target, just outside of the bullseye, on the right side 10 times in a row.

\_\_\_Level 3: Hit the target, just outside of the bullseye, on the left side 10 times in a row.

**Football Throwing Technique video:** [**https://www.youtube.com/watch?v=WQHtf2Fa5jc**](https://www.youtube.com/watch?v=WQHtf2Fa5jc)

**CATCHING:** Throw the football back and forth with a parent or older sibling, 20 feet apart from each other.

\_\_\_Level 1: 15 catches total, without dropping the ball.

\_\_\_Level 2: 25 catches total, without dropping the ball.

\_\_\_Level 3: 35 catches total, without dropping the ball.

**Football Catching Technique video:** [**https://www.youtube.com/watch?v=803CND760i4**](https://www.youtube.com/watch?v=803CND760i4)

**RUNNING A ROUTE**

\_\_\_Level 1: Run a Post Route, “In” route, and a Curl route

\_\_\_Level 2: Catch a ball running a Post Route

\_\_\_Level 3: 10 catches at each route

**RUNNING:** Carry the football, high and tight. Sprint without stopping

\_\_\_Level 1: Run 50 yards

\_\_\_Level 2: Run 75 yards

\_\_\_Level 3: Run 100 yards

**SPORTSMANSHIP:**

Watch this video and read the paragraph below and write down how you can be a good sport this season with your flag football team. This video is about Soccer, but the same concepts can be applied to every sport:



Sportsmanship: In NLC Rec, we want to encourage good sportsmanship. We are “Focused on Fun & Family Recreation”. We want everyone to try their hardest while being kind. You can choose to have fun whether you win or lose the game!

You can do that by being nice to yourself and others. Instead of comparing yourself to others, just focus on doing your best! If you make a mistake, don’t give up. Have a positive attitude and keep trying! If your teammate makes a mistake, don’t get mad at them. Encourage them to keep trying! If your opponent makes a mistake, don’t make fun of them. Tell them “good game” or “it was fun playing against you.”

How will you be a good sport this flag football season?

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