



Flag Football Camp

How to Get Started

Suggested Description

Are you ready for Some (flag) Football! Overtime Athletics Flag Football Summer Camps focus on flag football education, participation, sportsmanship and FUN. No experience is necessary and EVERYONE plays! Flag Football is open to Boys & Girls. Flag Football is a NON-CONTACT sport. OTA Flag Football Camp will feature skills stations, competitions, and week ending team tournament! Campers will be put in static groups by age for the week. Throughout the week campers will learn the fundamentals of throwing, catching, scrimmage gameplay, de-flagging "tackling" and more! Come for a SEASON'S worth of games in just one week.

Camp Logistics

Half Day or Full Day

5 Day Week, 3 Day Week

Ages/Grade – K-6th, 3rd-6th, 7th – 10th

Location – Outside Field or Inside Turf

Equipment & Gear

Tent, Tablecloth, Table, Yard Sign, Banner

Footballs – Nerf/Foam, Leather

Cones – Stand Up, Circle

Pylons (optional) – Endzone Markers

Flag Belts – At Least Two Different Colors

Score Board/Clock – Electronic, Flip Style

Whiteboard(s)

Whistles

Camp Playbook Hard Copy Binder

Water

Giveaways/Prizes/Awards

Set Up Instructions

Camp Check In/Out Footprint & Signage:

- Tent over table w/tablecloth
- Yard sign stuck in ground beside table
- Table displayed with camp flyer, OTA marketing materials and camp binders
- Sign In & Sign Out Sheets
- Whiteboard communicating to parents any camp announcements, contact info, FAQ's or daily "highlights"

Field Footprint:

- Use cones to create 40yd x 60yd field(s)
 - Drop circle cones every 5 yds on sideline walking out 60yds & four (4) tall/stand up cones for endzone (Pylons)
 - Mark 50yd line with a different color circle cone
- Place flags and balls in piles at each field
- Place scoreboards on sidelines of field(s)

Coaches & Staff

- Staff onsite 30min prior to camp start to set up
- Make sure staff are in uniform – T-Shirt
- Make sure staff have whistle, coach folder, name tag
- Coaches Folder – Hard Copy in Hand for Each Coach

Camp Tips

Establish area for campers to drop bags, snacks, lunches, water bottles

Make sure there is a warm-up activity or ‘beat the coaches’ challenge set up when campers arrive

Have music playing on field upon campers’ arrival

Have whiteboard showing a daily camp “highlight” or game of the day

How to Run Camp

Before playing any kind of game huddle the entire camp up at mid field and divide them up.

Camp games, skills/drills and scrimmage play should always be grouped by ages.

Create leagues/divisions if you have a wide range of camper ages.

Ex. Camp has 50 kids. 25 are K-3rd graders and 25 are 4th-6th graders.

Make an NFL League & NCAA League or East and West Division

Put campers on teams with an assigned coach (7-10 kids per team w 1 coach)

Every game, skill or drill outlined and referenced in the following comes directly from Overtime Athletics Curriculum. To locate all games, skills, drills, and instructions use our online resources.

www.otathletics.com > Instructor Login Portal > Curriculum Resources

Marked in RED are the games OTA knows works. You can plug & play any game that fits your camp needs, style or set up. There is a ‘Fill In’ to add your own games.