

Flag Football Place Kick Challenge

CHALLENGE:

- Students have 5 minutes to make as many successful place kicks through cones as possible as a class.

ORGANIZATION:

- Two or more teams of 5 to 10 participants
- The team is lined up facing the cones 10 yards down field.
- There should be 3 students behind the 10-yard mark to catch the ball and bring it back to the line of students.
- The first player steps forward and must kick the ball over/through/passed the cones.
- The football can be held in place by a teammate, a supervisor, a tee or a round cone.
- As soon as the kick is made, the player becomes a “catcher” and the student who gets the ball will bring it back to the line. Meanwhile the next person can kick their ball.
- The minimum goal to receive one draw credit is: Cycle 1: **5 kicks** Cycle 2: **10 kicks** Cycle 3: **15 kicks** - Bronze Level
- The minimum goal to receive two draw credits is: Cycle 1: **10 kicks** Cycle 2: **15 kicks** Cycle 3: **20 kicks** -Silver Level
- The minimum goal to receive three draw credits is: Cycle 1: **20 kicks** Cycle 2: **25 kicks** Cycle 3: **30 kicks** - Gold Level

EQUIPMENT:

- 2 footballs (per team)
- 2 cones (per team)
- A tee or a round cone (per team)

DURATION:

- 5 minutes

SPORT. EDUCATION. PRIDE.

RSEQ

GMAA