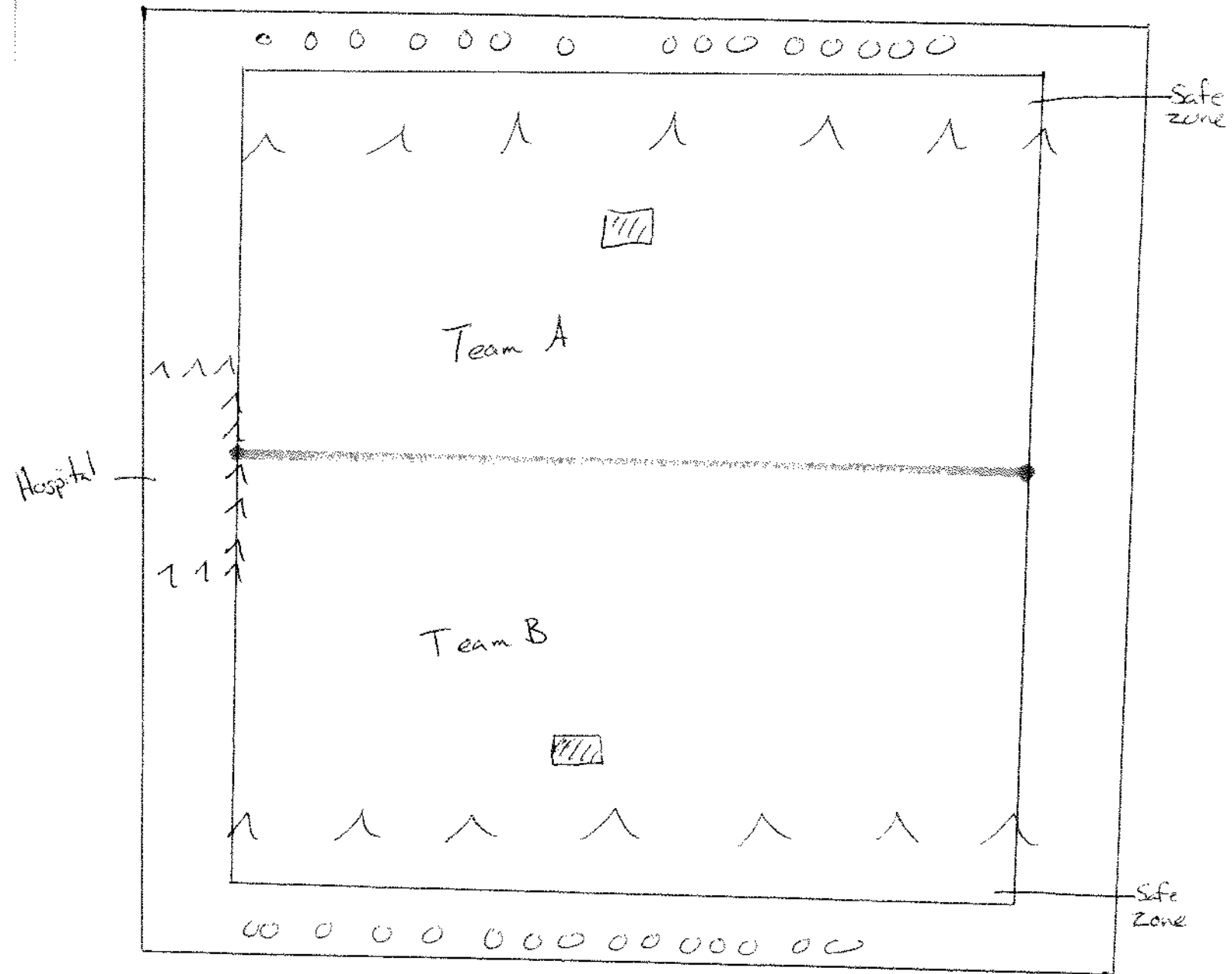


Ultimate Capture the Flag



A = Cones

O = Decks/rings

Recharge Station

Capture the Flag on steroids. If a team gets all 30 of the (Flag) rings or balls on their side wins. If Player A invades Team B and gets tagged they go to the hospital. Perform exercise or answer question to go to the recharge station. 3 seconds on recharge station then return playing. If a player A invades untagged and enters the safe zone. They pick up a single Flag to run back with. Player A must reenter the tagging zone to get back. If they can return without getting tagged, they place the (Flag) down on their side. A player cannot tag another player if they have a (Flag). Puppy guarding is brought up often. Great segueing into talking about how Puppy guarding is called Defense.

Ultimate Capture the Flag Variations

Frisbee - Throwing

Footballs - Throwing
- Running

Basketballs - Dribbling
- passing

Soccer balls - Dribbling
- passing

Floor Hockey - Dribbling
- passing

★ Before adding in a defender have ss practice the skill in the game. when they have the hang of the skill, add defenders.

★ Also no tagging with manipulative skills.

Dribbling - Must dribble without being stolen. Cross the midline and they cannot have their equipment stolen. If their object is stolen by the defense, they go to the hospital.

Throwing - To advance the object, players must work together
+ passing
passing their object. Think Ultimate Frisbee. Cannot move to advance the object, passing to an open teammate only.
Defender can intercept the object and defend the receiver.
No physical contact is allowed.

Players on both sides are engaged in moderate & vigorous activities
Throwing is best done outside on a large field.

Enjoy.

Nich Spencer

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