



# GAME CARD

## FLAG FURY

LEVEL: BEGINNER



### OBJECTIVE

To improve proper flag pulling technique for all players.

#### GAME SETUP

**EQUIPMENT:** 4 Cones, Flag Belts

**PLAYERS:** Any group size

**TIME:** 10-15 Minutes

**SPACE:** 20 x 20 yard grid

#### PRINCIPLES OF PLAY

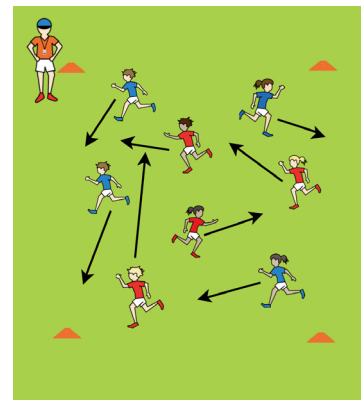
Apply Pressure • Contest Possession

#### FUNDAMENTAL SKILLS

Agility • Coordination • Running • Pulling

### HOW TO PLAY

1. Start the game with every player spread out in a large grid.
2. When the instructor yells, "Go!" each player will attempt to capture as many flags as they can without having their own flags taken.
3. When both flags have been removed from a player's belt they should leave the grid and let the other players continue.
4. Designate a captured flag area during play, where flags may be placed. A progression can be to allow only players with flags left to recapture their team's flags and bring eliminated players back in the game.
5. The game ends when 2-3 players are left with flags still attached.



### GAME PROGRESSIONS

1. Create teams based on color of flag belts.
2. See how many of the opposite team's flags can be capture.
3. Create a competition based on the number of flags captured.



[VIEW VIDEO](#)

#### MODIFICATIONS

- If players are struggling to grab flags, slow down the speed of the game and have players walk. This allows them to improve the skill before speeding it up.

#### KEY CONCEPTS

- Encourage players to work on their evasion skills to avoid contact.
- Encourage players to yell, "Flag!" when they remove another's flag.
- Encourage players to work together to be successful.