



FOOTBALL TEAM CHALLENGE

Participants

Any number of participants.

Time Allotment

5 - 15 Minutes

Activity Level

High

Materials

No materials required

Method

- Divide youth into 4 groups: Offense, Defense, Coaches, and Cheerleaders.
 - Offensive team will march in place,
 - Defense will side shuffle,
 - Coaches will pace back and forth, and
 - Cheerleaders will jump up and down in place.
- Continue for 1 minute and then switch roles. Repeat until all participants have completed all four activities.