



# GRIDIRON GAME TIME!

## *Participants*

Any number of participants.

## *Time Allotment*

30+ Minutes

## *Activity Level*

High

## *Materials*

- A coin (for the coin toss)

## *Preparation*

- Have participants in lines with a minimum of two arms-lengths distance from their neighbor.

## *Method*

- Using the Gridiron Game Steps, move through each sequence.

## *Discussion*

- Talk about some negotiation or compromise that happened while you were deciding what to do.
- Were you all happy with the outcome of what you picked?

## *Pre-Game Referee Warmup*



Have participants place their hands on their hips in the “Offside Defense” position and place the sole of their left foot resting on the inside of the opposite leg (above the knee as they advance). Hold this position for 30 counts. Switch legs and hold for another 30 counts.



Have them slowly move their arms straight out to their sides while bending forward and extending their right foot behind them to land in the “Unsportsmanlike Conduct” position. Have them hold for as long as possible. Remind youth to engage (tighten) their abdominal muscles and focus on a spot on the floor to help them balance. Repeat extending the left foot behind them.



Legs start together. Take one step back with right leg. Bend front (left) knee. Extend arms above the head with palms facing together in the “Touchdown” position. Hold for 30 counts. Switch legs and hold for 30 counts.



Legs start together. Bend over from the waist. Extend left leg behind, no higher than waist level. Arms are in the “Safety” position above the head. Object is to have the body horizontal to the floor while balancing on one leg. Hold for 30 counts. Switch legs and hold for 30 counts.

### ***Coin Toss***

Flip a coin.

- If the coin lands on Heads, do 5 squats;
- If the coin lands on Tails, do 5 elbows to knees (march in place and alternate-lift right knee and touch with left elbow, lift left knee and touch with right elbow).

### ***Game Kick-off***

- Stand on left leg with the right leg straight in front, about to kick a ball. Hold for 30 counts.
- Stand on right leg with the left leg straight in front, about to kick a ball. Hold for 30 counts.

### ***Lineman Push***

Pair up youth. Note, partners can only make contact with one another's hands.

- Partners stand face-to-face and place hands at chest level, feet together. Partners touch one another's hands (palms against each other) and push (no pull) against each other, trying to make partner take a step off balance. Hold for 30 counts.
- Repeat the activity with feet apart. Hold for 30 counts.
- Repeat the activity standing only on the left foot. Hold for 30 counts.
- Repeat the activity standing only on the right foot. Hold for 30 counts.

### ***Quarterback's Touchdown Throw***

- Start with feet together, step back with the right foot. Right arm back, ready to throw. Hold for 30 counts
- Start with feet together, step back with the left foot. Left arm back, ready to throw. Hold for 30 counts

### ***Wide Receiver's Sideline Ball Catch***

- Lean forward and to the side on one foot while pretending to catch the ball. Hold for 30 counts.
- Switch feet and catch the ball on the other side. Hold for 30 counts.

### ***Timeout!***

- Have youth take a deep breath for 5 second count, hold for 5 seconds, breath out for 5 second count. Repeat 5 times.

### ***Back Pedal Freeze***

- Lean Forward on left leg and lift right foot behind body. Hold for 30 counts
- Lean Forward on right leg and lift left foot behind body. Hold for 30 counts

### ***Game MVP Interviews***

- Youth are in pairs; one is the journalist and one is the game MVP.
- The MVP is too busy to sit down for an interview, so the journalist must walk quickly to catch the MVP.
- The pair continues walking while the pretend interview is conducted.
- After 2 minutes, switch roles.

### ***Heisman Trophy***

- Stand on right leg, slightly bend at the waist, raise left knee up parallel to ground, pretend you have a football tucked under your right shoulder, and extend left arm to the front. Hold for 30 counts.
- Stand on left leg, slightly bend at the waist, raise right knee up parallel to ground, pretend you have a football tucked under your left shoulder, right arm extended to the front. Hold for 30 counts.