



Flag Football - Target Pass

TEAM EVENT



EQUIPMENT NEEDED



Designated Markers

(You can use cones, a chair, or any large, stationary object that will not move)



Football

(If you don't have a regular football, you can use a smaller one or a nerf football)



Measuring Tape

If you do not have measuring tape, take big steps (3 big steps = 1 meter)



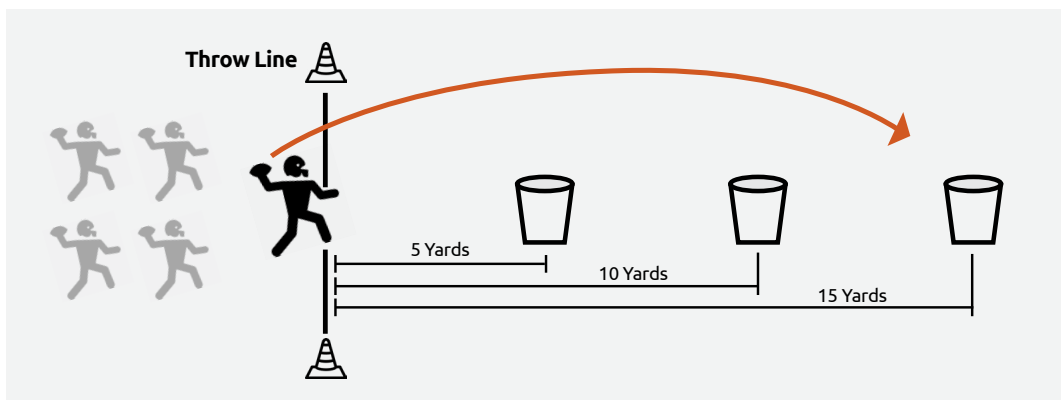
Large Bins or Garbage Cans

RULES

- 1 Gather your team of 5 (A Unified team consists of 3 athletes and 2 partners)
- 2 Place the large bins or garbage cans in a straight line at 5yds, 10yds, & 15yds from throwing line
- 3 You have 5 consecutive attempts to throw the ball into the bin at each distance, for a total of 15 attempts
- 4 Record each individual score on your score card, based on the score chart below (Add all individual scores together to get a total team score)

How accurate are your throws?

SETUP



Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:

#sowavirtualgames

SCORE CHART

0pts awarded if ball does not touch the bin

1pt for hitting the bin but not going in

2pts for the ball landing inside the bin

A Max of 30pts can be awarded per athlete

Flag Football Event Overview

TEAM EVENT

Special Olympics Washington

