



Football With True North (Ages 4-7)

Activity: **Blanket Toss**

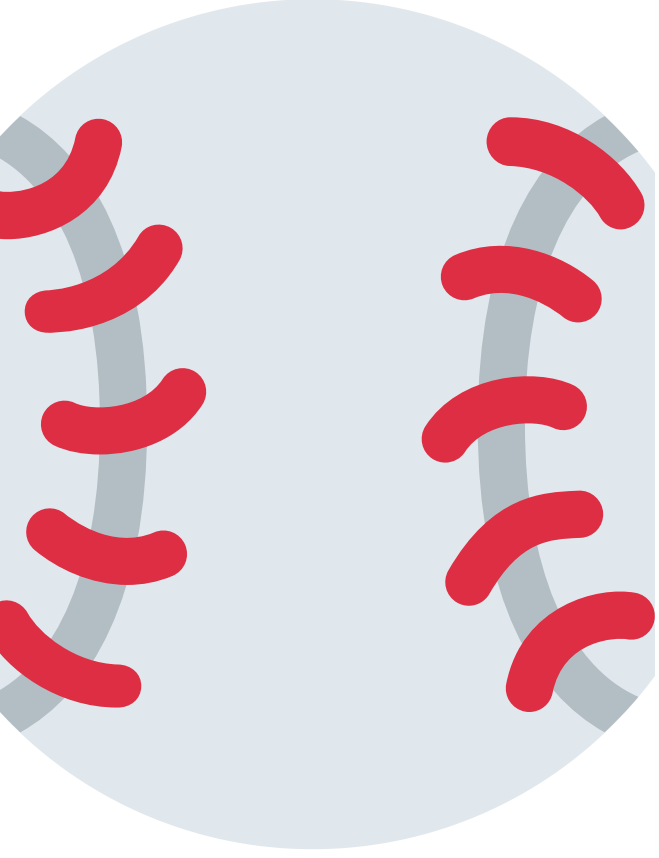
Equipment: A blanket or a towel and a soft ball or balloon

Description: Have two to four people hold the corners of a blanket or towel. Throw a soft ball or balloon onto the blanket and listen to the kids giggle as they bounce the ball up and catch it.

Challenge: How many times can you bounce the ball up and catch it without letting it fall on the ground? Add more than one ball for extra fun!

Activity: **Football Combine**

Equipment: A tape measure, pylons and a football




Description: Similar to the NFL combine, which is an event to showcase the mental and physical abilities of college football players, you'll be creating various events for your child to participate in and measuring their results. For a breakdown of the NFL Combine click [here](#). We've provided a suggested list of events below:

Height: Measure your child's height

Weight: Measure your child's weight

10 Yard Dash: Time how fast your child can run a 10M Dash. The distance can vary. For your reference, NFL prospects compete in a 40 yard dash. For more information on the 40 yard dash click [here](#).

Broad Jump: This event is similar to the standing long jump. Have your child start standing still, then see how far they can jump. Unlike the standing long jump, they must land on their feet. For more information on the broad jump click [here](#).



Vertical Jump: Measure how high your child is able to jump. Start off by measuring your child's reach. Have them stand flat footed with one hand raised; the distance from the ground to the tip of your child's raised hand measures their reach. Have your child stand beside a wall, then, from a stand still, have them jump up and reach as high as they can on the wall. On the wall, mark the highest point of their reach while jumping. Next, measure from the ground to the spot on the wall and subtract their reach. The number you get is their vertical jump. For more information on the vertical jump click [here](#).

3 Teddy Bear Dash: Place 3 teddy bears or stuffed animals in an L shape, each of them being 5 yards apart from each other. Starting at the first teddy bear, your child will run to the 2nd teddy bear and back (the teddy bear directly in front of them). They then run around to the 2nd teddy to the 3rd teddy bear, around the 3rd teddy bear, outside of the 2nd teddy bear and back to the 1st teddy bear. Time your child to see how fast they can complete the 3 Teddy Bear Dash. For an example of the 3 cone drill click [here](#).

Teddy Bear Shuttle: Start by placing 3 teddy bears in a straight line, each of them 5 yards apart. Have your child start at the middle teddy bear. On GO have them run and touch the teddy bear to their right, then run all the way to the far teddy bear, then back to the middle teddy bear where they started. Time your child to see how fast they can complete the Teddy Bear Shuttle. For an example of the shuttle drill click [here](#).

If you want to get creative, record all of your child's scores and have them create their very own scouting report with household arts and crafts. For some inspiration click [here](#).

