



Football With True North (Ages 8-14)

Activity: Knee Tag

Equipment: None

Description: Start in an athletic ready position (feet slightly wider than hip width, knees bent) facing your partner. The goal of the game is to try to tap your partner's knees while avoiding getting your own knees tapped. Every time you tap your partner's knee you get one point. Play to 5 points. For an example of Knee Tag click [here](#).



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

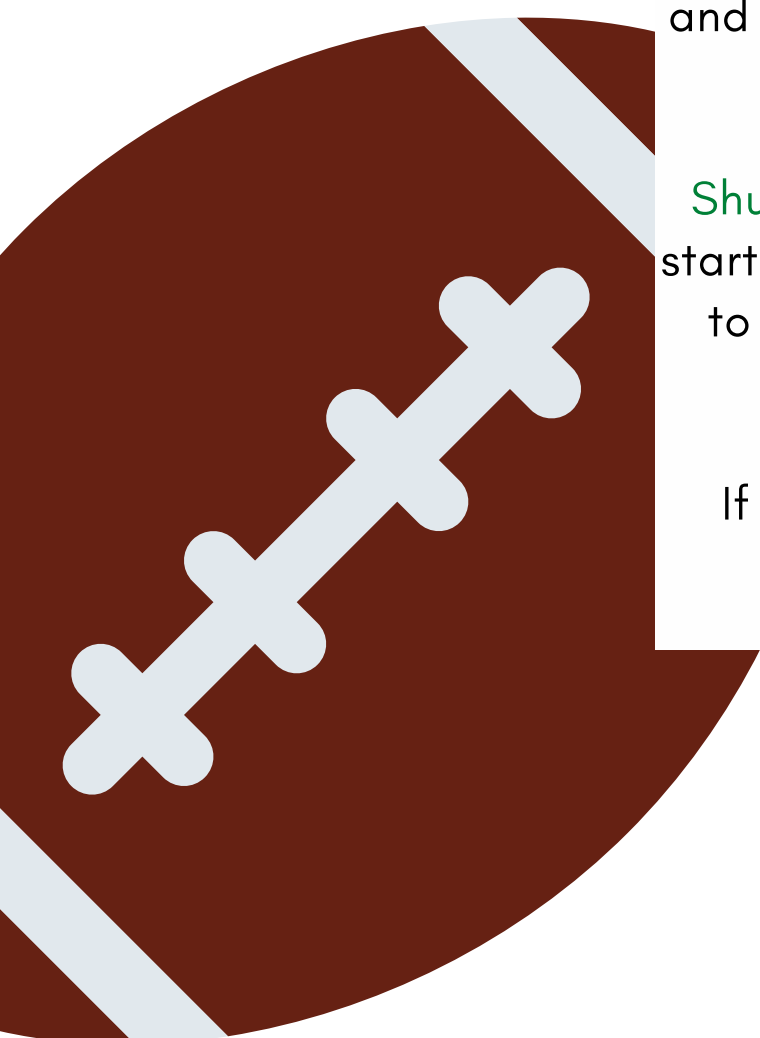
Weight: Measure your child's weight

40 Yard Dash: Time how fast your child can run 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 height. For more information on the vertical jump click [here](#).



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

Shuttle Run: Start by placing 3 cones in a straight line, each of them 5 yards apart. Have your child start at the middle cone. On GO have them run and touch the cone to their right, then run all the way to the far cone, then back to the middle cone where they started. Time your child to see how fast they can complete the shuttle run. 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](#).

