

DOWN, SET, HUT (FOOTBALL)

Game Set-up:

- Find a partner. Keep 6 feet apart while talking and playing.
- Play Rock, Paper, Scissor to see who goes first.
- Remember, you have a “shadow ball” — you are going to pantomime football skills with your partner.

Bronze Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Throw a touchdown pass to your partner — that’s 1 point!
- Your partner will catch the ball and throw a touchdown pass back to you — that’s another point!
- You have 60 seconds. Ready, go!

Silver Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- To score a point: Hike the ball to your partner and run a 6-foot pass route. Your partner will pass the ball to you. Make a move and run back to where you hiked the ball to your partner.
- Repeat 5 times and change roles.
- You have 60 seconds. Ready, go!

Gold Medal Challenge:

- The objective is for you and your partner to score as many points as possible in 60 seconds.
- Punt the ball into the air to yourself and catch it. While running in place, juke to one side, juke to the other, spin, hurdle a defender, and then lateral the ball to your partner. Your partner punts the ball into the air and repeats.
- Score 1 point for each lateral. You have 60 seconds. Ready, go!

For Giggles & Grins:

1. Make up your own Down, Set, Hut challenge using a combination of football skills (hiking, catching, passing, etc.).
2. Touchdown Dance Challenge: Have a contest to see who can come up with the best touchdown dance. For extra fun, do all the touchdown dances in slow motion.