**Quarterback Rescue**

**3-5**

Quarterback Rescue

* This is a great activity to practice throwing and catching in football.
* The object of the game it rescue all of your players from the end zone.

1. Divide the group into 2 teams and e=designate a quarterback for each team.
2. All other players will go stand in the opposite end zone.
3. All equipment should be out on the floor.
4. On the signal the QB will throw a ball to their teammates in the opposite end zone. Quarterbacks cannot cross the center line.
5. If their teammate makes a successful catch they are rescued and leave the end zone to become a QB too.
6. Rescued players also have the option of playing defense and trying to deflect or intercept passes. They may NOT go into the end zone!
7. The team that clears out their end zone first is the winner.

Equipment – 20-30 soft balls (soft and heavy enough to go the distance), 15-20 cones to mark the center line and the end zone.