**Development Goal**

To practice catching and throwing while being defended and defending areas of a field.

**Before You Start**

* Split group into two teams and use different colored jerseys to distinguish each team.
* Remind kids to keep their head and eyes up to prevent running into another person.

**Set Up**

* Designate a large rectangular play area with clear boundaries and four or more zones marked lengthwise by cones.

**How to Play**

* The object of the game is for teams to score 21 points by completing passes in different areas of the field.
* One team begins on the line of scrimmage and attempts to complete a pass within a zone to score points.
* The teams switch from offense to defense after every four passes.
* All players must stay within the field.
* The defending team will cover the offensive team players and try to hold them to as few points as possible.
* The quarterback must stand behind the line of scrimmage.
* Points are scored for a catch at certain positions on the field and are determined by the zone in which the ball is caught, not where the player runs.
* If a defensive team intercepts (catches) the ball from the offensive team, the defensive team scores three points.