

Toilet Paper Football

What you need: roll of toilet paper, pylons

FMS Skill: Throwing and catching

Tactical Focus: Marking an offensive player, leading a teammate with a pass, nonverbal communication, faking to get open

How to play:

1. Find a grassy playing area where you will have room to move freely
2. Use pylons or other markers to create boundaries
3. Tape the toilet paper so that it does not come undone while playing
4. Decide who will start as the quarterback, receiver, and defender
5. The two offensive players start next to each other, while the defensive player is facing them about one metre away
6. When the play starts, the receiver runs forward, trying to beat the defender to get open for a pass
7. The quarterback has five seconds to throw the toilet paper to the receiver
8. If the pass is successful, both the quarterback and receiver get a point
9. The defender gets two points for knocking down the pass or intercepting the toilet paper
10. No points are scored if the pass is incomplete or not made within five seconds
11. After five passes, the players switch roles
12. Play until everyone has played each position



Modifications:

- Create an end zone at one end and play more like normal football, the offensive team has five plays to get from one end of the field into the end zone. Each play ends on an incomplete pass, interception, or when the toilet paper is caught.
- Same as the above modification, except that the receiver can run after catching a pass and must be tagged to end the play.
- Play with another defensive player. This player counts the five seconds in front of the quarterback and then tries to tag the QB to end the play. The QB must still pass the ball and cannot run forwards.