

# Football

## FAMILY NIGHT



*"Two people are better off than one, for they can help each other succeed." -Ecclesiastes 4:9*

Celebrate the great traditions, pageantry, excitement & camaraderie of football with a Football Family Night. The sport of football is a great sport to talk about teamwork and being a dependable "teammate" in the family. Just as football teams have goals for each season, families have goals, too. Ultimately, we want our family to team together to be a championship unit, that wins [and even loses] together!

### gym setup

*decor*

 \$0

 5 minutes

Football Family Night is a great opportunity to deck out the house, inside and outside, with your favorite team's gear. You can also use green butcher paper or construction paper to make your own football field. Plus, there are a lot of options of when you could have the Football Family Night. Schedule it around a child's own game if they play, around your favorite team's game, etc. This also be a great family night to invite extended family or other families for a little fun competition.

Decor Ideas:

- Have everyone in the family wear a jersey or favorite team's gear.
- Team Shakers, Pennants, etc.
- Face Painting, Team Logo Temporary Tattoos
- Play your team's fight songs, Jock Jams or other "get'em fired up" football music.
- Helmets, jerseys, extra clothing, sings, posters, banners, etc.

### diet

*food*

 \$10-15

 20-30 minutes

The options for a football night menu are endless! You can go with the classic tailgate fair of hoagies, chips and soda. You can choose "concession" type food with hotdogs, nachos and popcorn. This is an easy recipe night!

#### **MINI FOOTBALL SUBS**

These are yummy subs shaped like footballs. For directions, follow this link:  
<http://familyfun.go.com/recipes/mini-football-subs-684893/>

#### **DESSERT**

You can choose to decorate chocolate cupcakes to look footballs or cut brownies into the shape of footballs and pipe with white icing for the stitching. For a shortcut, look in the bakery section of your grocery store for pre-done cupcakes.



## building muscle

craft

🛒\$5-15

🕒20 minutes

### DIY FLAGS FOR FLAG FOOTBALL

Here is what you will need:

- Grosgrain Ribbon—one roll per family member
- Velcro dots
- Scissors

1. Measure a length of 1 1/2 inch wide grosgrain ribbon to fit each player's waist and attach adhesive-backed Velcro closures to each end.
2. Make 2 or 3 flags for each belt by cutting 12 inch lengths of ribbon. Let each player decorate his or her own flag belt with fabric markers.
3. Affix a bit of adhesive-backed Velcro to one end of each flag and the belt, then press the flags in place.

You can find instructions for the flags and on how to make your own goalposts using PVC pipe:  
<http://familyfun.go.com/playtime/family-flag-football-706940/>



## cardio

games

🛒\$0

🕒10-30 minutes

### FLAG FOOTBALL

A great tradition to start with your family that encourages teamwork and competition. Divide into teams and play flag football at the park or in your yard. Your kids will love this game!

Indoor option: **TABLE-TOP PAPER FOOTBALL** — If you choose this indoor option, you can also use this as your “Building Muscle” option by having each person decorate their paper football. Play at the kitchen table. Divide into teams or create a tournament.

[http://www.ehow.com/how\\_2107082\\_play-paper-football.html](http://www.ehow.com/how_2107082_play-paper-football.html)



## strength training

devotion

🛒\$0-2

🕒15 minutes

### TWO ARE BETTER THAN ONE

<sup>9</sup>Two people are better off than one, for they can help each other succeed. <sup>10</sup>If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. <sup>11</sup>Likewise, two people lying close together can keep each other warm. But how can one be warm alone? <sup>12</sup>A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.” Ecclesiastes 4:9-12 [NLT]

Football is often described as the ultimate team sport. Use the theme and activities to talk about your favorite teams, team work, etc. to get the kids thinking about teams. Look for an opportunity to talk about teams that you played on as a kid and the lessons you learned about being dependable and helping others accomplish the team's goals or their individual goals. Read Ecclesiastes 4:9-12 as a family. Ask questions from the verse about “two better than one” and the strength of three [“triple-braided cord”] and how they relate to a team.

To take the devotion and conversation a step deeper, talk about your goals as a family. Just like teams set goals prior to the season, take time as family to talk about family goals. If you have younger children, you might talk about your family goals ahead of time as a mom and dad. If your children are older, include them in the brainstorming and refining conversation. Then, with a single or few family goals established, begin to identify “plays” your family can run in the next week[s] that will help the family accomplish the established goals...so, your family can win, together!