Capture the Cup

Introduction:

Divide your students into teams of three to five players and explain that every season, each team in the CFL competes to win the Grey Cup. The teams will then take on the identity of one of the CFL teams. The teams will each have scoring areas staggered on the playing surface, beginning with the easternmost team and ending with the westernmost team. Each team will try to defend their scoring area. Have students work together to set up each team’s area in the correct order from east to west.

Development:

When the game begins, each team will kick a ball from their scoring area towards another team. Teams will be allowed to leave one person behind to defend their area. Offensively, teams will score points by throwing the ball to one another as they approach and attempt to enter the other teams’ scoring areas. Players may not take more than three steps with the ball and may either pass or run the ball into another team’s area to score. If a ball carrier is touched by a defending player or if a pass is knocked down, the defending player will kick the ball away for the offensive team to retrieve. After points are scored, the offensive players will retreat and the defending player will kick the ball away for teams to retrieve. Teams may only be in possession of one ball at a time and will track their own scores.

Conclusion:

At the end of the game, teams will announce their scores and the winning team will be declared the Grey Cup champions.

Lesson extension:

Teams can be asked to complete a cross-Canada journey, scoring on every team from east to west or vice versa, consecutively, in order to be declared the Grey Cup champions. Additionally, have students read the October issue of Canadian Geographic and discuss how the CFL and the Grey Cup represent all Canadians.

Assessment/evaluation:

Evaluate students’ ability to work as a team, leadership skills and their knowledge of Canadian geography.

Additional resources:

Incorporate more CFL rules and regulations in to your game by visiting the CFL website: www.cfl.ca/greycupcentral