
ALL PRO DAD

× THE ×

WEEKEND ZONE

× PLAYBOOK ×

A Fatherhood Guide
for Football Family Fun

× THE ×
WEEKEND ZONE
× PLAYBOOK ×

Couch Potato Kick-off



The Couch Potato Kick-off is a great way to keep your kids from sitting and eating their way through afternoon football games. In addition, it's a great way to get their minds off of the many questionable advertisements they'll see. So, get your little spuds off the couch by using every commercial break as an activity time. You can even divide into teams before the game and keep score. (Reminder: Don't do an activity for every commercial, but for every commercial break, which might include several individual commercials.)

Commercial Break #1 - Tickle-tackle. Tackle your kids and tickle them until they beg you to stop.

Commercial Break #2 - Old school vs. New school dance off. Break out your best old-school dance moves in a competition against your kid's new school moves.

Commercial Break #3 - Vertical jump high-five competition. Hold your hand as high as you can and allow each kid to try to jump and give you a high five.

Commercial Break #4 - Touchdown celebration competition. Have your kids show you their very best touchdown celebration chest bump, high fives, and/or dance moves.

Commercial Break #5 - Wastebasket 3-point shoot-out. Grab a waste basket and some papers and have a 3-point shootout.

Commercial Break #6 - The Couch hail mary. Using a Nerf football, and with mom's approval, toss passes to your kids as they make the catch falling (not jumping) onto the couch.

Commercial Break #7 - Punching bags. Grab a pillow case and/or some boxing gloves and allow your kids to show you their best punching combos punching the pillow or your hands (if they are wearing boxing gloves).

Commercial Break #8 - Sports charades. Have your kids act out a sports' move while everyone else tries to guess what sport (think of a baseball swing, or a swimming motion, or a soccer kick).

Commercial Break #9 - Cool handshake competition. Create a new handshake and have each family member learn and attempt the new handshake during the commercial break. The longer handshake the better.

Commercial Break #10 - Sock baseball home run derby. Roll up some socks and have each kid take a turn trying to knock it out of the ballpark using their hand as a bat.

Total your points for the activities that kept score, and declare a winner. Repeat and enjoy!

× THE ×
WEEKEND ZONE
× PLAYBOOK ×

Father & Kid Hand Signals



Coaches and players often use hand signals to communicate plays or routes to each other when it's too loud to hear or they don't want others to know what they are saying. How great would it be to have secret signals between you and your kids?

Develop hand signals for your own messages. They could be subtle (casually touching your nose) or super advanced (crossing your hands into an eagle shape and having it dive bomb across the sky). **Come up with signals for these expressions...**

EXPRESSION	SIGNAL
Awesome!	
I'm proud of you.	
Let's do it.	
I love you.	

All Pro Dad Tip: It's your job to make sure your kids don't forget the signals. Look for opportunities to use them in your everyday interaction. Maybe your son rips a base hit. Flash him the "Awesome" sign when he looks at you in the crowd from first base. Or, when your daughter is leaving to hang with her friends, show the "I love you" sign.

Don't stop adding to your secret signal library. Dads and kids need inside jokes. When you all find yourself laughing at the same thing, make up a signal to remember it later. You'll laugh every time you make the gesture.

× THE ×
WEEKEND ZONE
× PLAYBOOK ×

Halftime Snacks



Quarterbacks often have to call the shots for the entire team. It can be a big responsibility, but it can also be a ton of fun. This activity takes a little planning, but it will help your child feel some of the responsibility of caring for a team or family.

In the days leading up to the game you are going to watch together, let your child know that they are going to be responsible for the halftime snacks. They can pick out whatever they want, but they have to prepare it for your entire family. Obviously, if they need help with the stove or the grill, that's where you come in. Here are a couple of easy snack recipes your child can prepare.

FOOTBALL RICE KRISPIES® TREATS



Ingredients

- 4 tbsp. butter
- 1 10-oz pkg marshmallows
- 6 cups Cocoa Rice Krispies®
- 1 tube of white frosting
- 1 pkg of M&M's
(pick your team's colors!)

Ingredients: In a large pot, melt the butter on low. Add marshmallows to the melted butter, stirring until completely melted. Remove marshmallow mixture from heat once melted. Stir in Cocoa Rice Krispies® cereal so all pieces are coated. If adding M&M's, do so now. This gets sticky! While letting the mixture cool, butter your hands. Shape mixture into footballs. Decorate with the white icing imitating the stitching.

MEXICAN CHILI BITES



Ingredients

- 3-4 tortilla shells
- 2 (15oz) cans of chili
- 1 cup shredded cheese
- 1 small can black olives
(sliced)
- 3-4 scallions /green onions
(finely sliced)
- 1/2 cup sour cream

Ingredients: Cut circles out of the tortillas using a cookie cutter. Put circles in microwave for 10 seconds. Press them snugly into a mini muffin pan. Pre-heat oven to 425F. Open and drain all liquid from chili. Spoon chili into each tortilla cup. Top each cup with grated cheese, olive slices and sliced green onion. Put the pan in oven for 10-12 minutes, until shells are crisp and the cheese is melted. Serve on a bed of chopped lettuce with a dollop of sour cream on each.

Scientific studies prove that children who eat regularly with their families avoid a lot of normal trouble areas. Make dinner with your family a regular thing. Snack with your kids when you can. Perfect time for conversation. You could even swing by school and take your children out to lunch. Put it on your calendar now, and stick to it. Food + Family = Flourishing Relationships.

× THE ×
WEEKEND ZONE
× PLAYBOOK ×

Touchdown Dance



Have you ever noticed that the first thing running backs do after they score a touchdown is dance? Dad, here is a chance for you and your kids to strut their stuff. Head outside (although, you could do this indoors) and bring the football. Pick a line to represent the goal line. One of you defends the goal line, while the other tries to run in a touchdown.

Once someone scores, the real fun starts. The scoring running back now has to do his best touchdown dance. Get imaginative. What are your best moves? Salsa? Ballet? The robot?

ONLY ONE RULE:

You're not allowed to do the same dance twice.

All Pro Dad Tip: Don't be afraid to get a little wild! Feel free to dance even when you're on defense and your child scores. They will love to see you having fun. Life is full of touchdowns. Your daughter brings home an "A-" on a test for which she studied all night. Your son helps mom bring the groceries in from the car. Break out the dance, Dad. Make it the norm to celebrate the good stuff!