

FOOTBALL



FOOTBALL

STANDARDS

GRADE LEVEL	STANDARD	DESCRIPTION
2ND	PE.2.M.1.7	Move in different directions to catch a variety of objects softly tossed by a stationary partner.
	PE.2.M.1.8	Demonstrate an overhand-throwing motion for distance demonstrating correct technique and accuracy.
	PE.2.C.2.2	Identify safety rules and procedures for selected physical activities
	PE.2.C.2.5	Explain how appropriate practice improves the performance of movement skills.
	PE.2.C.2.6	Apply teacher feedback to effect change in performance.
	PE.2.C.2.9	Define offense and defense.
	PE.2.L.3.3	Identify opportunities for involvement in physical activities during the school day.
	PE.2.R.5.1	Identify ways to cooperate with others regardless of personal differences during physical activity.
	PE.2.R.5.2	List ways to safely handle physical-activity equipment.
	PE.2.R.6.2	Discuss the relationship between skill competence and enjoyment.
	PE.2.R.6.3	Identify ways to contribute as a member of a cooperative group.
3RD	PE.3.M.1.1	Apply locomotor skills in a variety of movement settings.
	PE.2.C.2.2	Identify safety rules and procedures for selected physical activities.
	PE.2.C.2.5	Explain how appropriate practice improves the performance of movement skills.
	PE.2.C.2.8	Explain the importance of warm-up and cool-down activities.
	PE.2.R.5.1	Identify ways to cooperate with others regardless of personal differences during physical activity.
	PE.2.R.5.3	Describe the personal feelings resulting from challenges, successes, and failures in physical activity.
	PE.2.R.6.2	Discuss the relationship between skill competence and enjoyment.
	PE.2.R.6.3	Identify ways to contribute as a member of a cooperative group.

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4TH	PE.4.M.1.7	Move in different directions to catch objects of different sizes and weights thrown by a stationary partner from varying distances.
	PE.4.M.1.8	Throw balls of various sizes and weights to a stationary partner from varying distances using a correct overhand motion.
5TH	PE.5.M.1.7	Catch a variety of objects while traveling and being defended.
	PE.5.M.1.8	Throw a leading pass overhand to a moving partner using a variety of objects.
	PE.5.C.2.6	Compare skills/sports that use similar movement patterns and concepts.
	PE.5.R.5.2	Describe ways to utilize equipment safely during physical activities.

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FOOTBALL RULES

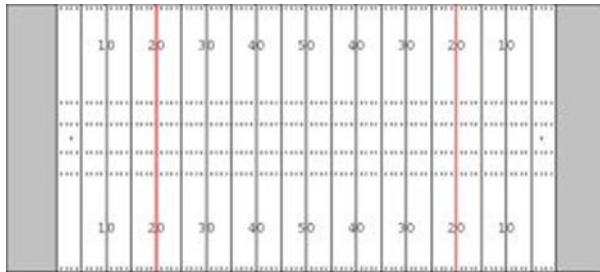
This favorite sport requires little equipment and easily adapted for a few players and any size and playing area that is available.

Perfect for players of all ages and ability levels, these basic flag football rules will help start a pickup game.

OBJECT

Flag football played with two teams of 5-8 players who attempt to score points by moving the ball down the field across the goal line. The team with the most points at the end of regulation time is the winner.

PLAYING AREA



Typical flag football field dimensions are a rectangle around 60-80 yards long and 20-30 yards wide. There is a goal line at each end leading into a 10-yard end zone. The diagram below shows a standard football field, which can modify as necessary.

EQUIPMENT

To play the game, students will need a football and a flag belt for each player. Footballs come in a variety of sizes, colors, and textures, so it is easy to find one that fits the group.

Flags also come in a variety of colors and styles. Some belts have flags that attach with Velcro or plastic fasteners while others have the flags permanently attached allowing the flag to fall off when pulled.



STARTING PLAY

- A coin is tossed before the opening kick-off to determine which team will kick-off first and which goals teams will defend.
- Teams change ends at half-time.
- Play begins with a kick-off at the start of each half and after a score.
- There are no free kicks in flag football; all kicks done by punting.

PLAYING THE BALL

- Players can kick, carry, and throw the ball to move it up the field.
- A defender may knock down a pass that's in the air.
- If the player with the ball has his flag pulled or if he goes out of bounds, he is called "down," and the ball is dead at that spot.
- A down is a period that begins when the center snaps the ball until the ball becomes dead.
- When a team has the ball, it has four downs to advance the ball 10 yards or score. Each time it moves the ball 10 yards down the field, it has awarded a new set of 4 downs.
- If it fails to advance 10 yards, the ball will be given to the other team at the point it became dead at the end of the 4th down.

PASS INTERFERENCE

A player may not contact a pass receiver in an attempt to keep him from catching the ball.

Also, a pass receiver cannot be touched or have his flag pulled before he catches the pass.

It is not passing interference if two players make a simultaneous and genuine attempt to catch or knock down a pass.

If the pass interference by the defense is intentional, the defense penalized 10 yards.

PERSONAL FOULS

Players are not allowed to:

- punch, strip, or steal the ball from the player who has it
- trip an opponent
- make contact with a player who is on the ground
- tackle the runner
- hurdle over a player
- make contact with an opponent either before or after the ball is dead
- deliberately run into a defensive player
- clip an opponent by hitting them behind and below the waist

FOOTBALL SKILLS

Lead Up Skills

- Throwing
- Catching
- Punting

Assessment Skills

- Throwing
- Catching
- Punting

THROWING A FOOTBALL



HAND PLACEMENT

Place hand on the ball with index finger closest to the tip of the ball.

Place middle finger off the end of the white laces.

Place ring finger in between second and third laces from the back.

Place pinky finger between fourth and fifth laces from the back.

Wrap thumb around the ball.

STANCE

Place both feet shoulder width apart with throwing shoulder back.

Raise with both hands to ear level, with laces facing away from the thrower. (with thumbs together)

Face the target with non-throwing shoulder towards the target.

RELEASE

Move shoulders back while raising ball two to three inches.

Drop non-throwing hand from ball to chest level.

Release throwing arm into forwarding motion.

While throwing arm is in forwarding motion, raise ball above head.

While completing step two, three, and four, step forward with leg opposite of throwing hand toward the target.

FINGER ROLL

While releasing the ball out of the hand, let the ball roll off fingers starting with pinky and ending with the index finger.

After letting the ball roll off fingers, end with the index finger pointing toward the target.

FOLLOW-THROUGH

Continue rotating hand until thumb points down while dropping throwing arm down.

Bring back leg forward while dropping the throwing arm to the side.

CATCHING A FOOTBALL



- Show a player how to hold their hands to catch a ball that is waist high or higher.
- Have them hold their hands up in front of their body and spread their fingers.
- Ask them to angle their palms inward, point their pinkies forward and put their index fingers and thumbs together to form a diamond shape.
- Demonstrate how to catch a low ball. Have the kids hold their hands below their waist and open their hands with their palms facing forward.
- Instruct them to point their fingers down and form a basket with their pinkies touching each other.
- Show the kids how to catch the ball with soft hands, to absorb the force like a cushion.
- Tell them it helps to relax their fingers, keep them flexible and to bend and give with their elbows.
- Explain that with stiff fingers and no give, a hard-thrown ball will bounce out of their hands.
- Show the kids how to watch the ball all the way into their hands, quickly lock it between their hand, forearm, and elbow and then squeeze it against their bodies.

PUNTING A FOOTBALL

- Hold the ball out in front, with the laces pointing up.
- Grip with the dominant hand as if giving it a handshake, firmly holding it between the thumb and fingers.
- Extend the dominant arm as far in front of the body, continuing to hold the ball horizontally, with the laces still pointing up, pushing the ball out.
- Angle, the nose of the ball, to point slightly in the opposite direction of the dominant hand (if you are right-handed, point it slightly to the left).
- Take two steps forward.
- Stand in a controlled open stance, with feet about a foot (.3 meters) apart, with one foot about 4 inches in front of the other (10 cm).
- Once feet position, take two steps forward, first with the kicking foot, the second with the other foot, to gain momentum while keeping the kicking foot behind the other foot.
- The forward steps should be smooth and controlled.
- Don't walk or run toward the ball; instead, approach it at a fast pace.
- Take two normal-sized steps.
- Kick the ball right after a drop.
- The ball must be dropped parallel to the ground, so it kicks in the right direction.
- Kick the foot forward and drop the ball at the same time. Kick the ball as late as possible, almost kicking it out of the fingers without actually making contact with the hand.
- Kick the foot straight up so that it hits the ball dead on, instead of kicking it across the body, as many people tend to do.
- Toes pointed forward, kick the ball with the top of the kicking foot.
- Move the dominant hand away to the side and lift another hand in the air to help the follow through and gain momentum.
- It should make contact at the height of the knee.

FOOTBALL ACTIVITIES



BALL CARRYING DRILLS

Space: Field Area

Equipment: 1 ball per 3 students and four cones for lines

- Create two parallel lines, ten paces apart
- Form groups of 3; each group with a ball
- Two students in face-off formation, the 3rd with a ball, standing next to either of the others
- Ball carrying skills
 - Keep forearm under the ball
 - Cover tip of the ball with hand
 - Put another tip of the ball in the bend of forearm and elbow
 - Keep arm close to the body
- Skill cues for hand-offs
 - Keep arms parallel, like 12 inches apart
 - Keep top arm below shoulders, elbows up
 - Keep bottom arm above the belly button
 - Begin running, then shift to a ball-carrying position
- On signal, students with the ball run across the area to a group, hand the ball off and take their place
- The new Ball Carrier runs back across to a group, hands off the ball and takes their place.
- All players in the group take turns being the Ball Carrier
- Continue handing off and running with the ball until the signal (2 minutes).

ELEMENTARY FLAG FOOTBALL

Space: Field Area

Equipment: flag belts for each team, footballs, cones for boundaries

There are five players on a team

The game is started by a kick-off (punting or place kick) from the middle of the field

The opposing team must be in its half of the field

The object of the game is to get the ball over the opponent's goal line

THE BALL MAY BE PASSED ANYTIME, ANYWHERE, AND UNDER ANY CONDITIONS

The receiving team attempts to advance the ball down the field by passing it or carrying it

If the ball goes out of bounds at kickoff, place the ball in play at that spot where it went out of bounds at kickoff.

4 DOWNS (chances) are allowed in each half of the field

If the offensive team advances the ball across midfield in 4 downs, they receive a first down; otherwise, the ball goes to the other team

Fumbles happen when the ball touches the ground, it is considered dead and will lose a DOWN (chance)

Football flag belts are used for students to stop the players from running the ball down the field

A student may grab a flag from the player with the ball and the play stops

The next DOWN will start where the player got their flag pulled

After each down, the ball is put into play by the center, who will hand the ball to the quarterback (the student who is throwing the ball)

The opposite team must be at least 3 yards away

If a team makes it all the way to their end zone before 4 DOWNS, they will receive 6 points, which is called a TOUCHDOWN.

FLAG PULLING DRILLS

Space: Field Area

Equipment: 1 football per 2 students, one flag belt, and four cones for boundaries

- Form 2 groups: Ball Carriers and Defenders
- Ball carriers hold the ball and wear the flag belt and stand along one sideline
- Defenders spread out in the middle of the area
- The object is for the Ball Carriers to run from one sideline to the other to score a touchdown, without having their flag pulled
- Students with a ball will run across the field to the other line when the teacher says, "Down, set, hike."
- Defenders may not push, grab or shove the Ball Carriers and must stay on feet when trying to pull a flag
- Ball Carriers are "down" if you fall, move out of bounds or if a Defender pulls your flag
- If the Ball Carrier makes it across without having their flag pulled, it is 6 points
- If the Ball Carrier's flag gets pulled, first, retrieve the flag, then hold it above the head to signal "downplay" and walk across the opposite sideline to get ready for the next play
- Teams switch from Ball Carriers to Defenders after four plays

FLICKERBALL

Space: Field Area

Equipment: football and bases

- The object of the game is for each team to pass the football to teammates down the field without missing the ball
- The ball is thrown to the goalie, who is standing on a base 5 yards behind the end line
- The scoring is as follows:
 - 2 points when the goalie catches the ball on the base
 - 1 point if the goalie touches the ball while standing on the base
 - 0 points when goalies are off the base
- After the football is thrown to the goalie, the goalie must give the ball to the opposing team
- Opposing players can intercept or bat the ball away from the passing team
- If this occurs, the opposing team keeps possession of the ball
- No player may advance the ball by running forward
- No opposing player may guard the passer
- Any ball that is dropped by the throwing team becomes the opponent's ball
- No player except the goalies can cross the end line
- The game begins with a coin toss, and the football is given to a player at their end line

FOOTBALL – VOLLEY

Space: Court Area

Equipment: Football and volleyball net

- Students must make at least three passes to three different teammates before the ball can be thrown over the net
- The players scattered on each side of the volleyball court
- The object of the game is to pass the football over the net in such a manner that it will hit the court on the other side of the net, and to prevent a ball thrown by the opposing team from landing on the court
- The ball is passed back and forth over the net until it touches the court
- When the ball has touched the ground, the opposing team scores one point
- The team that did not score picks the ball up and passes the football over the net immediately, starting a new point
- Scoring
 - 15 points win the game
 - A team must win by 2 points
 - A ball that hits the line is in bounds, and 1 point is scored for the throwing team
- The player must pass the football overhand from the place where the ball was caught

FOUR DOWNS

Space: Field Area

Equipment: 1 football, three cones, and one beanbag per group

- Divide the class into groups of 3 (quarterback, receiver (offense) and defender (defense))
- Two on offense and one on defense
- Set out three cones, each 10 yards apart
- Starting at the first cone, have the offense place the ball on a beanbag which represents the line of scrimmage
- From there, the offense runs their play that they made up with the receiver running to an open space
- The quarterback has 5 seconds to throw the ball to the receiver once they are in an open space
- If caught, the receiver places the ball at the spot where they caught the ball
- They now move the beanbag up to where the receiver caught the ball
- If the beanbag is past the first cone on the field, they get another first down or four more tries
- If the beanbag is not past the first cones, it becomes second down and so on
- If the pass is not caught, the beanbag does not get to be moved up, and the ball comes back to the same place (line of scrimmage) for the next down or try
- If they do not get the ball to the next cone by completing the passes in four tries or if the defender intercepts the ball, the defender and one of the offensive players becomes the offense and start from the first cone again
- Have students rotate positions so that everyone gets to play all three positions
- Give 3 points to the offensive players when a touchdown is scored

MOVE BACK

Space: Field Area

Equipment: Footballs

- Partners stand facing each other 6 feet apart in a line
- One player throws the ball overhand, using correct form to his partner
- The second player throws it back
- The first player takes one step backward and throws again
- They continue throwing and catching, taking one step backward each time until one of them misses the ball
- When they miss the ball, they return to the start, and the game begins again

TEACHER

Space: Field Area

Equipment: Football, softballs, or playground balls

- The players stand in a line, facing the one who has been chosen to be the teacher
- Starting with the first person on the teacher's left, the teacher tosses the ball, overhand to each student in turn
- Anyone who misses the ball must go to the end of the line, where they will get a second turn
- If the teacher misses, the teacher is not penalized and continues throwing to each player
- After throwing to the last one in line, the teacher throws the ball to the first person and that player becomes the new teacher

ZONE FOOTBALL

Space: Field Area

Equipment: 6 footballs, four hula hoops, and eight cones per group

- Divide the class into four groups of eight
- Have each group stand inside one of the four zones, marked by cones (10' area)
- Place four players on defense and each player must stand in a hula hoop strategically inside the zone
- The other four players are on offense, and one is the quarterback who stands behind line 8-10 yards from his/her zone
- The other three are in the zone

FOOTBALL VOCABULARY

Vocabulary Word	Definition
Blocking	What the offensive team does to prevent a defensive player from tackling the player with the football.
End Zone	The area at the end of the football field where the offensive team must have possession of the football to score a touchdown.
Extra point	After a football team has scored a touchdown, they have the opportunity to score additional points. They can kick an extra-point for 1 point or try a 2-point conversion for 2 points.
Fair catch	By signaling with a wave, the football player making a kick return can choose to catch the football and take possession of the ball where he made the catch. He will not get tackled, but he also will not be allowed to run with the football.
Field goal	A three-point score, when the kicker kicks the football above the crossbar and between the uprights of the goalpost.
Fumble	When a football player drops the football, the ball is available for any other player to gain possession for his team.
Holding	A penalty where a football player grabs an opponent.
Interception	A football player on the defense catches a pass.
Line of scrimmage	The location on the field where the football is spotted, and the next play begins.
Offside	A penalty that occurs when any part of a football player's body is beyond his line of scrimmage as the football snaps.

Punt	A football kick to the other team to give them the ball downfield rather than lose the football on downs.
Quarterback	The football player that starts each play, and he takes the snap from the center and either run with it, hands off the football, or passes it.
Receivers	The football players who catch the football.
Sack	A quarterback tackled behind the line of scrimmage.
Snap	Also called the hike, the snap starts the football play. The center hands or passes the football between his legs to the player standing behind him (usually the quarterback).
Tackle	When a football player causes the player carrying the ball to touch the ground such that they are considered down.
Touchdown	When a player has control of the football within the end zone, it equals six-points.