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PRE-TEACHING ASSIGNMENT-50 points

Section 1: Flag Football (2 points)

Flag football became popular during World War Two as a way for people in the military to get exercise and have fun without getting hurt. Fort Meade in Maryland is considered to be the birthplace of flag football since it has the first records of it. Recreational leagues soon developed in the late 40's and early 50's.

Section 2:(20 points total)

Objective of the game: is to score more points than the other team by running or passing the ball into the end zone. (1 point)

How a winner is determined: The team who has the most points at the end of the game is the winner.

-Touchdown (passing or running) is worth 6 points

-Running in an extra point is worth 2 points attempted from the 3rd yard line

-Throwing an extra point is worth 1 point attempted from the 3rd yard line

Time: Two 20-minute halves. The last one-minute of each half the clock will be stopped on each dead ball. Clock stopped for time-outs.

Officials will call a time out to discuss options with captains when a penalty has been called. Once the yardage has been marked off and the ball placed on the ground, the clock will be started.

Time-out: Each team is given two, 1-minute time-outs per half. Five minutes is given at half time.

Tie game - No clock (Except for 30 sec. huddle)

Both teams will have four downs from same 20 yard line to make a touchdown with try for points if touchdown made.

One time out is allowed per team in over time. (1 point)

Rules:

1. First down: 4 downs to advance the ball to the next zone. On or over the line is a first down.
2. Kick off will be made from the kicking team's goal line. (No re-kicks):

a. Out of bounds untouched: spot opposite out of bounds, except end zone or beyond:
Touchback

b. Touchback: Can only occur from kick or punt -Taken out to 20 yd line.

c. In-bounds untouched - Point where it hits the ground, but it must be touched.

3. Protected scrimmage kick - Punt must be snapped.

a. Must be announced and offensive players cannot leave the line of scrimmage until ball is punted.

b. If ball is fumbled on the snap it is a dead ball. Loss of possession.

4. Play stops if:

- Ball hits the ground

-Carrier - one knee touches ground

- Flag removed

- Official whistle

-Fumble - dead ball and goes to the team last in possession.

- Huddles: 30 sec with 7 players in huddle (No sleeper play)

-Passes: All non-lineman players are eligible to receive a pass

*Pass interference: Contact during a down in which a legal forward pass is thrown, contact which interferes with an eligible receiver unless it occurs when two or more eligible receivers make a simultaneous and legitimate attempt to reach, catch, or bat a pass.

7. Flag Belt Removal:

-No article of clothing may cover any portion of a player's flag.

-Each player must wear a one-piece belt at the waistline with three flags permanently attached. One flag on each side and one in the center of the back.

-When the flag belt is clearly taken from the ball carrier the down shall end and the ball is declared dead.

-Ball carriers shall not guard their flags to prevent the opportunity for an opponent to pull or remove flag belt and by blocking with arms or hands. (15 yards)

- The defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the action of removing the flag belt (15 yards)

8. Scoring:

-Touchdown: 6 points

-Safety: 2 points

-Try-For-Point (Point-after attempt):

*Running in an extra point is worth 2 points attempted from the 3rd yard line

*Throwing an extra point is worth 1 point attempted from the 3rd yard line

9. Try-for Point: Team is given one choice that cannot be changed even if a penalty should occur. If an offsetting foul occurs while the ball is ready for play or during the down, the down shall be replayed. When a distance penalty is incurred during a successful try, the offensive team has choice of score or penalty. The penalty shall be from the spot of the next kick off.

10. Safety:

-If the attacking team is responsible for the ball being downed on or behind the goal line.

-If ball hits ground in the end zone during an offensive snap or fumble behind goal line.

5-yard penalties

-Delay of game

-Article of clothing covering portion of players' flag

- False start or illegal act by the snapper

- Intentional grounding

- Free Kick Infractions

- Offside

- Less than 4 players on line at snap

-Forward pass in front of the line of scrimmage

-Illegal motion

-Illegal formation

10-Yard Penalties

- Offensive pass interference - when offensive player interferes with defensive player while trying to intercept a pass - 10 yards FROM LINE OF SCRIMMAGE + loss of down.

-Defensive pass interference - when defensive player interferes with the offensive player when he is trying to catch a pass. This includes face guarding. First down from point of infraction.

15 yard Penalties and possible disqualification for use of excess force, unsportsmanlike conduct, and/or multiple penalties:

- Tackling

-If pass interference by either player is intentional or unsportsmanlike conduct, team will be penalized an additional 15 yards.

-Illegal block - No player shall block in a manner that would cause their feet, knees, or legs to strike an opponent. All screen clocking shall be done with feet in contact with ground. A player may not leave his feet in an attempt to block an opponent. No blocking below the belt regardless of where the first contact was made.

-Holding

*No jumping or leaping with the ball, but spin moves are okay

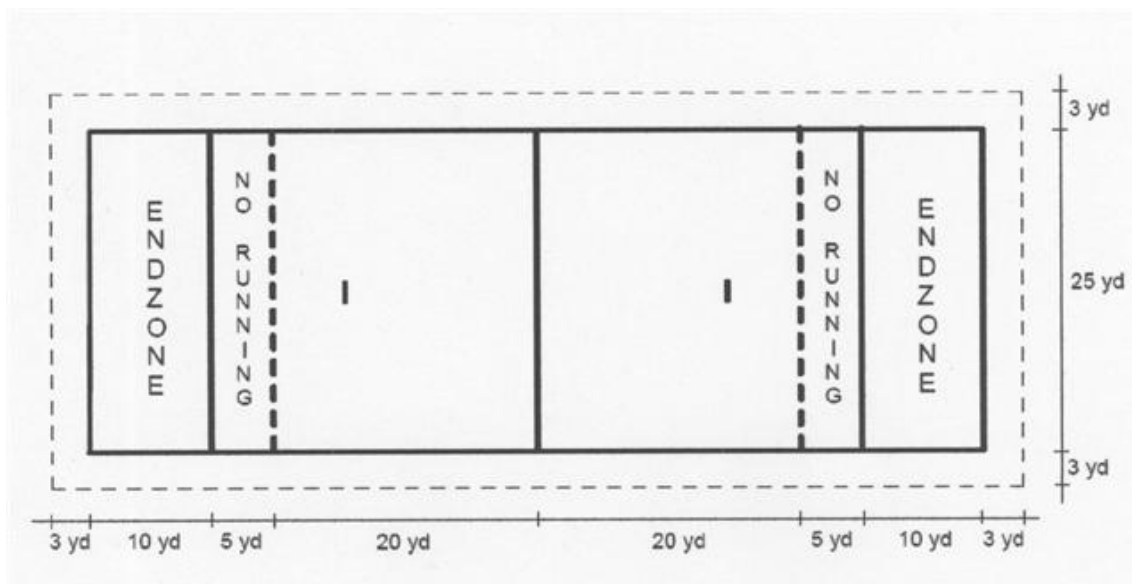
- Striking, Kicking, Kneeing (also disqualification)

- Tripping, striking head or neck with heel, back or side of hand

- Roughing the passer or ball carrier

- No tackling (10 points)

Diagram of playing field with measurements: (5 points)



Field is 60 yards long by 31 yards wide. Endzone is ten yards long. The no running zone will be excluded

Equipment needed:

Cones for the endzones and markers for the different yardlines will be needed.

Teams must wear jerseys of the same color and flags of the same color.

A football will also be needed. (1 point)

Number of players on a team:

Usually it is played with seven players on each team. With four on the offensive line and three at least on yard back. For our class we will divide the teams evenly according to the number of students present each day. (1 point)

Guidelines for the officials: The officials must be constantly be moving around. The officials are responsible for making fair and even calls and not being afraid to blow the whistle. Since there are only two of us, one will watch the line and do the pass rush count while the other one will watch down field. (1 point)

Section 3: (25 points)**Day 1: (Workout Day)**

Start by having the class do basic warm-up which includes skipping for height and distance, high knees, jump rope, and butt kicks.(3 minutes)

Next we will have the student's partner up to do certain exercises. The first partner exercise will be side plank pass. Here the students will have a 5 pound weight and be in plank position facing the same way and will pass the weight to one another under then over. Then they will switch positions. (5 minutes)

Then, in partners, we will do the roundhouse kick. This is where one student squats while the other kicks their leg over their partner's hands. (3 minutes)

After, we will do rotational twist. This one we will have the partners stand back to back and using their abs twist their upper body to hand off a medicine ball to their partner. (3 minutes)

Next we will do a med ball waltz. This is where the students face each other and lunge towards one another passing a medicine ball between them. (3 minutes)

Then, we will have the students put the medicine balls away and with their partner they will get into plank position facing each other. They will raise opposite arms and high five each other and then rotate.(3 minutes)

We will then have the students work do fire hydrants and forward and backward fire hydrants. We will continue to show the students how to do dips and certain stretching drills with the medicine balls. (3 minutes)

Afterwards, we will circle up, stretch, and critique.

Day 2: Attendance - Dominique will take attendance while Kristen sets up the equipment needed for that day. We will also teach the class the rules and the positions played in flag football.

Positions Include:

Quarterback. In flag football, the quarterback will start off with the ball in their hands or have the ball snapped to them by the center. It is the job of the quarterback to decide whether or not to throw the ball to a wide receiver, toss the ball to a running back, or run with the ball himself. The quarterback identifies the start of a play by yelling "Hike!"

Running Back. The running back will stand behind the quarterback. The quarterback may toss the ball over to the running back. If a pass play has been called, the running back may run down the field as a receiver or stay with the quarterback to help block for him.

Wide Receiver. There will always be at least one wide receiver on the field in flag football. It is the job of the wide receiver to run down the field and catch the ball that is thrown to him/her. It requires having speed and skill since the wide receiver needs to be able to catch the ball while being chased by a defensive back.

Offensive Linemen. In flag football, the offensive linemen consist of the center and possibly other linemen, depending on how many people are playing. It is the job of the center to snap the ball to the quarterback. Offensive linemen are used to block for the quarterback to prevent him from being rushed or tackled by the defensive lineman.

Defensive Linemen. The job of the defensive linemen is the exact opposite of the job of the offensive linemen. Defensive linemen are one of the most important flag football positions because they are required to line up across from the quarterback and attempt to stop the quarterback by pulling his/her flag and cause him/her to fumble the football. In the event of a running play, defensive linemen should chase after the running back and attempt to pull his flag.

Defensive Backs. Defensive backs line up across from wide receivers. Defensive backs are assigned to a specific wide receiver and are instructed to chase after the wide receiver in an attempt to intercept the football or pull the wide receivers flag as quickly as possible.

Go over basic rules and player positions from the day before. Then begin drills to focus on mechanical skills.

We will start with a unique warm-up that incorporates basic flag football skills.

(Warm Up):

First, sprint to first cone. then side-step to second cone. next, backpedal to third cone. Finally, sprint back to beginning of line. Later in the week we will incorporate throwing a football to them as they finish. (3 minutes)

Physical Set Up: One cone will be placed at both sides on the base line and half court line. Students stand on base line while Kristen and Dominique demonstrate drill.

Class Organization: They will line up on base line and wait to begin.

Equipment Needed: Four cones.

Objective of Drill: Improve balance, footwork, and change of direction.

Drill 1:

Sharks vs. Minnows (about 5 minutes)

The game starts with one player chosen as the shark. The shark will be on defense. The rest of the players are the minnows and will be on offense. The shark has to grab the flag of the minnows. Once a minnow has their flags pulled off, they then become a shark and attempt to grab the flags from the other minnows. At the beginning of the game the minnows will be on the run; avoiding the sharks. The game ends when there is only one minnow remaining.

Physical set up: Students will stand on base line while Kristen and Dominique explain the rules and objectives of drill. When told to do so students will then grab a flag belt and put it on.

Class organization: Everyone will participate and one volunteer will be the shark while the rest are minnows. The students will start on the base line and run to the other baseline when told to do so.

Equipment Needed: Flag belts.

Objective of Drill: to learn and be comfortable with flag grabbing, for defense, and running back skills for offense.

Drill 2:

Running with the ball. (about 10 minutes)

For this drill the students will pair up. One will be the DB and one the RB. The DB will be behind the RB and chasing the RB. The RB's will be carrying a football. Each RB starts off at the either end of the playing area. The DBs start aproximatly five yards behind the RBs. When one of the leaders blows their whistles the RB must start running(while DB is chasing them) and attempt to pass through all the mini endzones without getting their flags pulled off. Any endzone can be passed through there is no order.

Physical Set Up: Cone with be placed two yards apart to represent mini endzones.

Class Organization: Student will be paired up.

Equipment needed: 14 cones(or as many that are available), footballs and flags.

Objective of Drill: To develop running skills and avoid having their flags pulled off.

Drill 3

Passing (10 Minutes)

Students will be put into pairs. Leaders will pick someone to demotrte as Dominique explains. To throw a football students should place their three fingers(middle, ring, and pinky) into the laces on the football. Their pointer finger should not be in the laces instead in front of it. Students

should only hold it with their fingers and not rest the football in their palm, just like dribbling a basketball. Students will also be taught how to catch a foot ball properly. To catch a football above the waist the student will make a triangle with both of the pointer fingers and thumbs. To catch a football below the waist the students will put their hands with their fingers facing down. They will place their pinky fingers together. Students will line up across from each other and proceed to throw for about a minute then they will back up and proceed to throw from there for a minute. We will keep doing this till they are about 25 yards away.

Physical Set Up: Will need a good amount of room in order for them to be able to throw.

Class organization: Students will be put into pairs and told to stand across from each other about five yards away. One partner will stand on one of the endzone line. The other will stand across from them five yards away. Leaders will put a cone on each line so it is clear to the students where they should stand. When told to the students will back up to farther away from their partner.

Equipment needed: Footballs

Objective of Drill: To teach the students the proper way to throw so that they will be able to incorporate it into the real game.

Day 3:

We will start with a unique warm-up that incorporates basic flag football skills.

(Warm Up):

First, sprint to first cone. then side-step to second cone. next, backpedal to third cone. Finally, sprint back to beginning of line. As they finish one leader will throw a football to them to stimulate a game situation.(3 minutes)

Physical Set Up: Students stand on base line while Kristen and Dominique demonstrate drill.

Class Organization: They will line up on base line and wait to begin.

Equipment Needed: Four cones.

Objective of Drill: Improve balance, footwork, and change of direction.

Drill 1:

Handoffs (5 minutes)

This drill will teach the students the proper way to do a handoff in flag football. Dominique will explain while we have two volunteers demonstrate. When doing a handoff in football one player will put the ball out the side of them holding the ball with one hand. The other player will come and get the ball but putting one and on top and one hand on the bottom of the ball. They will cradle it in their arms. In this drill the students will get partners and practice doing hand offs. One partner will be told to stand on the baseline while the other stands about five yards away from them. One students will hold the ball out while the other one runs to get the handoff. When told to both partners will switch so both have an opportunity to practice a hand off.

Physical set up: Students will line up on the sideline while Kristen explains the drill.

Class organization: One partner will line up on the baseline and the other partner five yards away.

Equipment Needed: Footballs

Objective of Drill: Teach the correct way to receive a hand off.

Drill 2:

Zone Defense(10 minutes)

Zone defense is the easiest way to defend in flag football. In zone defense each player has a zone on the field that he or she has to defend anytime a player on the other team enters their zone he or she must defend them. There are multiple set ups for zone defense. There is a two one two, a one two two, a two three, or a three two. It is up to the teams to decide which one they would like to run in the game. For this drill we will have students split into their team (The teams will be predetermined based on skill).One team will be on offense and one on defense. Defense will set up into a two one two. Offense will walk through the different zones while passing the ball. This is done at a walking pace at first to make sure everyone on defense is doing it correctly. We will switch offense and defense. Once the students get the hang of it we will speed up the pace.

Physical Set Up: Cones will mark the were the line of scrimmage is. This is were the teas will begin.

Class Organization: Students will be out into their predetermind teams.

Equipment needed: 14 cones(or as many that are avialable),footballs and flags.

Objective of Drill: To develop the defense skills and help them understand how to run a proper zone defense.

Drill 3

Running Patterns. (10 minutes)

In flag football running patterns help the receivers get the defense away from them. Kristen will explain three different types of running patterns while two volunteers demonstrate.

1. Cross pattern: For this pattern the player will run about ten yards then run on an angle towards the center of the field. Once they get to a good distance from the player that is throwing the ball they will stop and turn so he or she can properly catch the football.
2. Dig: The player will run about ten yards then come back at about a 45 degree angle.
3. The Bomb: For this pattern the player will run straight down the field to catch the football. How far they run depends on the throwing abilities of the other player throwing the ball. If they don't have a good arm it is not necessary to run all the way down to the end of the field.

In this drill students will get into three lines. Each line will be designated for each running pattern. The leaders will tell the students to line up on the baseline. Once they are in their lines a football will be given to each group. The first person in the line will be the receiver, second person will be the quarter back. The quarter back will say hike!, when that is done the receiver will run the pattern. Once the students get a hang of the patterns a defensive player will be added. For this part the quarter back and the receiver must decide on which pattern to run. This gives the quarter back a chance to practice being a quarter back..

Physical Set Up: Will need a good amount of room in order for them to be able to throw and run.

Class organization: Students will be put into three groups and told to line up on the baseline.

Equipment needed: Footballs

Objective of Drill: To teach the students the different kind of running patterns and to get the students to feel comfortable with game situations.

Day 4

(Warm Up):

First, sprint to first cone. then side-step to second cone. next, backpedal to third cone. Finally, sprint back to beginning of line. As they finish one leader will throw a football to them to stimulate a game situation. (3 minutes)

Physical Set Up: Students stand on base line while Kristen and Dominique demonstrate drill.

Class Organization: They will line up on base line and wait to begin.

Equipment Needed: Four cones.

Objective of Drill: Improve balance, footwork, and change of direction.

Drill 1:

Kicking (10 minutes)

Kristen will explain how to kick a football and when it is used in a game. One student will be picked to demonstrate how to kick the football. To kick a football there is one player who holds the ball with their pointer finger. It is necessary to ask the kicker which foot they will be kicking with to ensure that no one gets hurt. If a kicker is kicking with their right foot the person holding the ball will position themselves on the right side of the kicker they will get down on one knee and extend their arm out so they are not too close to the ball while it is being kick. When kicking the ball it is necessary to have the laces of the football facing the direction that the ball is being kicked. When kicking a football a player would want to kick it with the inside of their foot. To get the ball to go higher, kicker must kick the ball near the bottom of the football. Before kicking the ball a player will want to take two giant steps back away from the ball and slightly to the side. The player can either take two steps for three before kicking the ball. If they choose to take two steps the must start with the foot they are kicking with. If they choose three steps they start with the foot they are not kicking with. The students will line up with their partners on the sideline. One will be the kicker and one will hold the ball. When told to they will kick the ball. The person that kicked the ball will then go retrieve the ball when everyone has kicked the ball. The leaders will tell them when it is safe to. Then they will switch.

Physical set up: Class will be told to line up on the sideline with their partner.

Class organization: They will get into partners.

Equipment needed: Footballs(amount depends on the size of the class).

Objective of drill: To develop kicking skills.

Drill 2

Punting (10 minutes)

Students will be told to get into partners. Kristen will explain how to punt while a volunteer demonstrates. Punting a football is like kicking a football except you drop the ball to yourself. To begin a player can either take two or three steps to get momentum. The player will hold the ball horizontally in front of them with the laces facing up. They can either hold it with one or two hands. Which ever feels more comfortable. It is important that the player does not throw the ball up but simply drop it. It is important to try to limit the distance that the ball falls. Once a player kicks the ball it is important to get a good follow through. One student will stand on the side line while the other student stands across from them about 15 yards away. Each student will punt the ball to their partner.

Physical Set Up: Student will be told to line up across from their partner while on stands on the sideline and the other 15 yards away.

Class Organization: Students will be paired up.

Equipment needed: footballs

Objective of Drill: To develop the punting skills.

Drill 3:

Teams (15 minutes)

Students will be put into two teams, these are the teams they will be in on game day. The teams will be predetermined based on skill. The two teams will work on making plays using all the techniques they have learned over the past week. Leaders will explain how students should line up on the line of scrimmage. Since our class is so small there will be two defencemen, one quarterback, and two blockers. Quarter back will be in the middle with the two blockers on either side. The two receivers will be on the outside(R,B,Q,B,R). Leaders will go around and help the teams come up with plays if needed. It is best if the teams come up with at least three plays.

Physical set up: Cones will be needed to mark the field.

Class organization: Students will be placed into their teams.

Equipment needed: We will need two footballs and cones.

Objective of Drill: To get the students comfortable with running their plays so that they are ready for game day.

Day 5:

Kristen will take attendance while Dominique leads student in a warm up.

We will briefly go over the rules again to make sure students know them.

Mini game:

Students will be split into two teams. They will be paired up with someone else on the other team. That is who they will be defending. The object of this mini game is for the team with the football to pass the ball to teammates without dropping the ball, while moving the ball towards the endzone. The player with the ball has ten seconds to pass or pitch the ball to a teammate. The ball can be passed forward, sideways or backwards. The player with the ball can only take two

steps. The offensive plays without the ball can be anywhere on the field. Six points are awarded for each touch down. After a touchdown, the team that was on defense get possession of the ball and starts on their own five yard line. If the ball is dropped possession of the ball goes to the other team from that position on the field.

Day6: Game day

Attendance will be taken by Kristen, while Dominique leads the class in the warm ups that we have done the other days.

How will teams be determined: Split up class into teams that have already been determined based on skills throughout the week. Also remind students about the rules.

How many playing areas needed: One football field will be needed.

Equipment needed: A football, pennies, flags, and cones for the end zones.

When is game over: There will be two halves, each ten minutes.

How many games will be played: Only one game will be played.

Section 4: During this lesson of flag football it is Kristen and Dominique's duty to properly teach the class the basic yet correct way to play. We will encourage good sportsmanship and correct mistakes made. It is also our job to teach the proper mechanics used while playing flag football. After this lesson the students are expected to know what flag football is and how it is played. They are also expected to know how to catch, carry, and throw a football. In addition, they should know scoring rules and proper techniques.