

FLAG FOOTBALL UNIT
9/29-10/24
14 DAYS WITH 4 CARDIO DAYS

FLAG FOOTBALL OVERVIEW, SKILLS, GUIDELINES AND RULES

Football is widely recognized around the world yet can be a very dangerous sport. By participating in this flag football unit, students can play a game they love in a safe environment. This unit will focus on refinement of skills and game play. Students will practice and use skills such as; passing, running pass routes, receiving and defensive coverage. After reviewing, and practicing the above skills, students will have the opportunity to use those skills in a game situation.

By the end of this unit the students will:

Be able to perform flag football skills focused on in this unit including; passing, receiving, running correct routes and offensive and defensive strategies.

Understand basic rules and strategies of flag football
Understand the importance of offense and defense

Show good sportsmanship
Be able to perform within a team concept
Use appropriate communication skills
Respect teammates and equipment being used

RULES

There will be NO kickoff, the ball will be placed on the 20 yd line
7 players per team
Each defensive player is responsible to defend an offensive player
The defense CANNOT “rush” the quarterback
The QB has 5 sec to pass or handoff the ball to a teammate
After 5 sec the defensive player assigned to the QB may rush
The QB CANNOT run, he/she must hand off or pass
There is NO blocking
The ball must be “snapped” to the QB
There can only be 1 first down made (located at mid field)
The ball carrier or receiver is down at the point where the flag was pulled
A fumbled ball is dead where it hits the ground and goes to the defense

SKILLS

PASSING

Grip ball at the end with 2 to 3 fingers on laces

Ball should be held in fingers not palm

Fingers should be relaxed and well spread

Index finger should be pointed towards the rear of the ball

Front shoulder should be pointed at target

Step with opposite foot from throwing hand

Rotate hips for power

Follow through with throwing arm

RECEIVING

If pass is chest high or higher thumbs should touch w/fingers up

If pass is below pinkie fingers together and fingers down

Catch with hands

PASS PATTERNS/RUNNING ROUTES

All routes must be run full speed

Make quick sharp cuts

DEFENSE

Begin play in athletic position

Do not allow receiver to get behind defender

Keep all ball carriers in middle of field

Do not let your assigned offensive player to get around the end

PASS PATTERNS

Curl – 10-15 yd. sprint straight, stop and curl back toward QB

Square in – 10-15 yd. sprint and make a sharp cut toward middle of field

Square out – 10-15yd. sprint and make a sharp cut to outside of field

Post – deep pattern, sprint down sideline and cut toward goal post

Flag – deep pattern, sprint down middle of field and cut toward flag

VOCABULARY

DEFENSE- the team that does not have the ball

OFFENSE- the team in possession of the ball

END ZONE – the area between the goal line and end line where TD's occur

FAKE – a move made by a player for the purpose of deceiving an opponent

FIRST DOWN – first of four attempts to move the ball to the endzone or midfield

FUMBLE – the ball carrier drops the ball while in their possession. Fumbles
Become dead and cannot be advanced by the opposing team

HANDOFF – an exchange of the football from the QB to a teammate

INTERCEPTION – a pass that is intended for the offense is caught by the defense

LINE OF SCRIMMAGE – imaginary line drawn from the front tip of the football
To each sideling

OFFSIDE – movement across the line of scrimmage before the ball is snapped

SAFETY – removing the flag from an opponent w/the ball behind the goal line

TOUCHDOWN – an offensive player with possession of the football in the
Opponents endzone

RECEPTION – a legal catch of a forward pass

Cardiovascular Fitness– the ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles.

Benefits of good Cardiovascular Fitness:

- Stronger and **more efficient heart**
- **Lower heart rate** at rest, during exercise, and recovery
- **Lower blood pressure** at rest, during exercise, and recovery
- **lower cholesterol** (lower total, raise HDL)
- **Improved body composition**, burn fat
- Improved **ability to perform work**, faster recovery
- Maintenance of a **healthy heart** and cardiovascular system
- Reduced risk of health related issues (e.g. diabetes, heart disease, etc.)

Cardiovascular Fitness Guidelines:

Frequency – How often should you do CV exercise?

- 3 to 5 times per week

Intensity – How hard (vigorous/intense) should CV exercise be?

- Should be moderate to vigorous physical activity.
- Brisk walking is moderate. 60% of max heart rate
- Jogging and running is vigorous 80% or higher of max heart rate

Time (duration) – How long should CV workouts last?

- Minimum of 2 hours and 30 minutes (150 minutes) weekly of Moderate or...
- 1 hour and 15 minutes (75 minutes) weekly of vigorous

Progression – a gradual increase of frequency, intensity, and time

- as fitness level improves, increase intensity or time.