



NFL FLAG FOOTBALL CURRICULUM



 **SHAPE** SOCIETY
America OF HEALTH
AND PHYSICAL
EDUCATORS®
health. moves. minds.

nflflag.com



FLAG

ELEMENTARY SCHOOL CURRICULUM

nflflag.com



 **SHAPE** SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®
America
health. moves. minds.



**BE A PART OF
NFL FOOTBALL**

PLAY NFL FLAG

**FIND A LEAGUE NEAR YOU
NFLFLAG.COM**

NFL FLAG Football

Elementary School Curriculum

This NFL FLAG Football curriculum was created for use in elementary school physical education classes. The activities in this curriculum are appropriate for use with students between grades 3-5 (ages 8-10) and are designed to be delivered during a standard 40 minute physical education class over the course of two weeks (or 10 lessons). The lessons included in this curriculum use a combination of individual and small and large group skill development activities that are in alignment with SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education.

This unit is specifically designed to help all students:

- Develop & refine motor skills & movement patterns as they relate to flag football;
- Apply developmentally appropriate concepts and strategies related to skills necessary to play flag football;
- Achieve & maintain a health-enhancing level of physical fitness;
- Exhibit responsible personal & social behavior;
- Recognize the value of physical activity for health, enjoyment, challenge & social interaction.

NFL FLAG Football

Elementary School Curriculum

The elementary school years represent a time in which students should be developing, refining and mastering fundamental motor skills and movement patterns. This unit will focus specifically on developing, refining and mastering the following motor skills and movement patterns as they relate to flag football:

Motor Skills

- Running
- Jumping

Fundamental Movement Patterns

- Throwing
- Kicking
- Catching

Movement Concepts

- Spatial Awareness
- Pathways
- Directions
- Levels

NFL FLAG Football

Elementary School Curriculum

National Standards & Grade-Level Outcomes Addressed in this unit

Standard	Grade-Level Outcome	Description
Standard 1	S1.E6.4	Combines traveling with manipulative skills
Standard 1	S1.E14.4a	Throws overhand using mature pattern while stationary
Standard 1	S1.E14.4b	Throws overhand to a partner with reasonable accuracy
Standard 1	S1.E15.5a	Throws with accuracy while both partners are moving.
Standard 1	S1E16.3	Catches a gently tossed hand sized ball from a partner
Standard 1	S1.E16.4	Catches a thrown ball at various levels while stationary
Standard 1	S1.E16.5b	Catches ball with accuracy while both partners are moving
Standard 1	S1.E16.5c	Catches with reasonable accuracy in small-sided tasks
Standard 1	S1.E21.1	Continuously approaches and kicks a stationary ball
Standard 1	S2.E21.4	Punts using a mature pattern
Standard 2	S2.E3.3	Combines movement concepts with skills
Standard 2	S2.E5.3a/b	Applies strategies & tactics in chasing and fleeing activities
Standard 4	S4.E4.3a	Works cooperatively with others
Standard 4	S4.E5.4	Exhibits etiquette and adherence to rules
Standard 5	S4.E6.4	Works safely with peers and equipment

Reference

Society of Health and Physical Educators. (2014). National standards & grade-level outcomes for K-12 physical education. Champaign, IL: Human Kinetics.

NFL FLAG Football

Elementary School Curriculum

Elementary School NFL FLAG Football Unit Block Plan

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
<p>Skill: Running</p> <p>Context(s): Running at various speeds & pathways while holding a football</p> <p>Activities: Flag tag, Snake Run & Team Touchdowns</p>	<p>Skill: Throwing</p> <p>Context(s): Stationary overhand throw to stationary target in small and large-sided games</p> <p>Activities: Rain makers, partner poly pass & battleship</p>	<p>Skill: Catching</p> <p>Context(s): Catching a ball while stationary</p> <p>Activities: YAC, catching low, medium, high, Power I relay</p>	<p>Skills: Running & Throwing</p> <p>Context(s): Stationary throws to moving targets</p> <p>Activities: Box Drill, Hook, slant & go, touchdown city</p>	<p>Skills: Running & Catching</p> <p>Context(s): Catching a thrown ball while moving in small and large sided games.</p> <p>Activities: Hot Potato, snake run & catch, Rain makers two</p>
Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10
<p>Skills: Kicking & Punting</p> <p>Context(s): approaching and kicking stationary ball/dropped ball</p> <p>Activities: Box Drill, place-kicking & punting practice, kick return tag.</p>	<p>Skills: Running, Catching Throwing</p> <p>Context(s): Dynamic small-sided games and skill practice</p> <p>Activities: Flag tag, running lanes, play action pass</p>	<p>Skills: Running, Catching Throwing</p> <p>Context(s): Dynamic small-sided games w/defense</p> <p>Activities: Play action practice, team practice & strategy</p>	<p>Skills: Running, Catching, Throwing, Kicking, Punting</p> <p>Context(s): Dynamic small-sided invasion games w/defense</p> <p>Activities: YAC, small-sided game play</p>	<p>Skills: Running, Catching, Throwing, Kicking, Punting</p> <p>Context(s): Dynamic small-sided invasion games w/defense</p> <p>Activities: Hot Potato, small-sided game play</p>

NFL FLAG Football

Elementary School Curriculum

Lesson 1 Running with the Football

Grade Level:

3-5 (U12)

National Standards & Grade-level

Outcomes:

S1, E6.4, S1.E7.1, S4.E1.3 & S4.E5.3

Lesson Objective(s):

By the end of this lesson the students will be able to correctly demonstrate and describe the proper cues for carrying a football while moving and pulling an opponent's flag off.

Lesson Length:

40 Minutes

Equipment Needed:

Nerf football, hula hoops, flag belts

Essential Question (related to objective):

Why is it important to cover both tips of the football? What can I do to make it easier to pull off the opponent's flag?

Safety Standard:

S4.E5.4 – Exhibits etiquette and adherence to rules

S4.E6.4 – Works safely with peers and equipment

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Flag Tag: Each student enters the gym and puts on a flag belt. . . . When a student has both flags pulled they must step out of bounds and reattach them to their belt before they reenter the game. Game ends on teachers signal.	Cues for Flag Pulling: <ul style="list-style-type: none"> • Eyes on hips • Stay low, stay square (breakdown position) • Reach for the hip 	
Skill Development Activity	10 min	Snake Run: Students divided into groups of 5 and placed at the start of a series of zig-zagged cones, and at each cone. 1 student will run through the series of cones demonstrating the correct skills for carrying a football while the other students will be positioned at each cone and try to swipe the football from the carrier as they go by.	Cues for securing the football: <ul style="list-style-type: none"> • Outside hand (away from defense) • Cover the tips • Tuck to the chest Remind ball carrier to hold ball in outside hand away from the defender.	Peer assessment feedback and opportunity for multiple trials to apply feedback

NFL FLAG Football

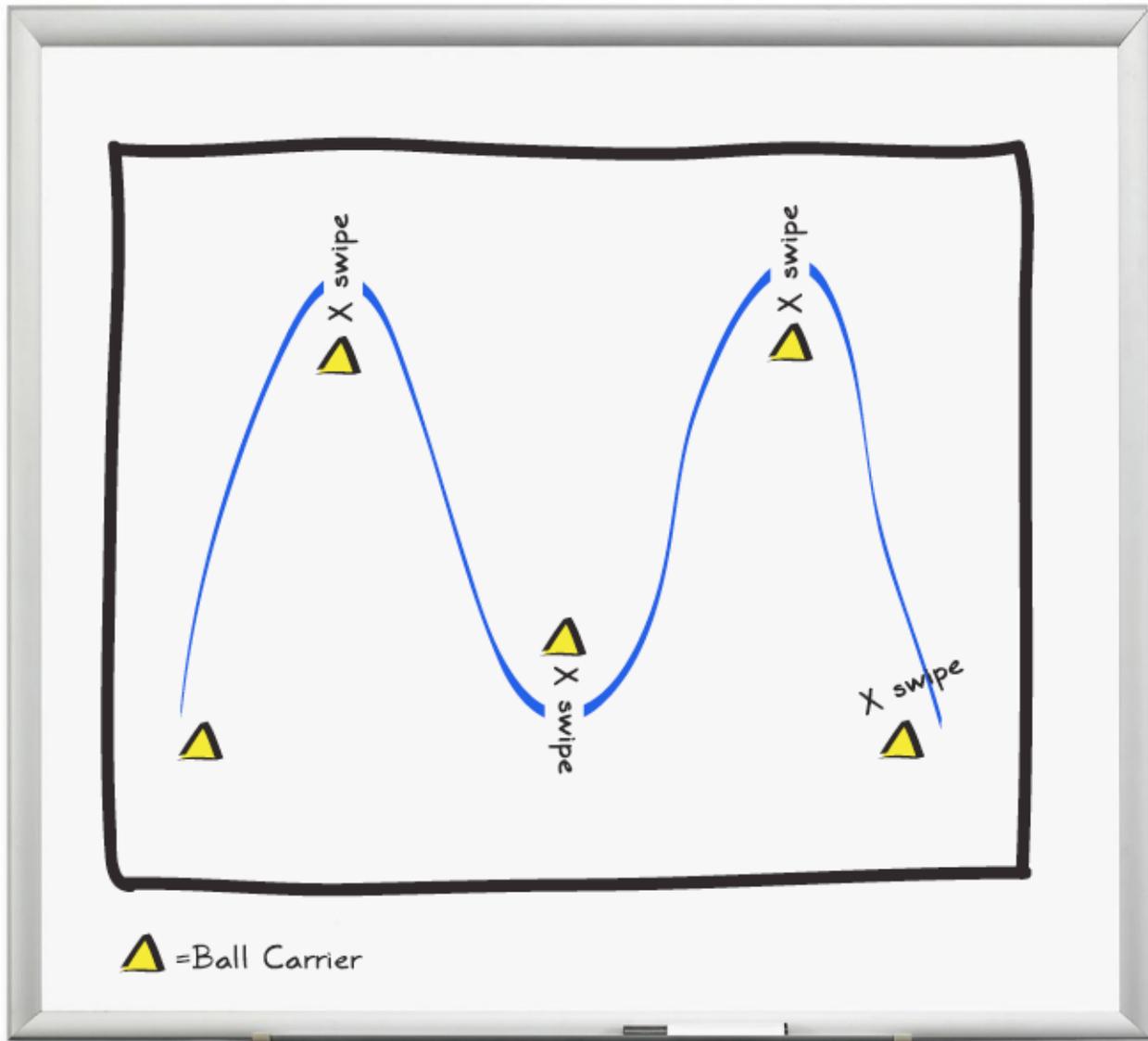
Elementary School Curriculum

Lead-up Game	20 min	<p>Team Touchdown – The students will be divided into 2 teams on opposite sides of the gym. Each team wears a different color flag. The object is to run with the football into the other teams’ territory and place the football into their end-zones (hula hoops) scoring a touchdown. When in the opponents’ territory, they can pull the students flag. When a student’s flag is pulled he/she must give the ball to the opposing team and return to their own side.</p>	<p>During gameplay, periodically remind the students of the cues for ball-carrying and flag pulling.</p> <p>Cues for Flag Pulling:</p> <ul style="list-style-type: none"> • Eyes on hips • Stay low, stay square • Reach for the hip <p>Cues for securing the football:</p> <ul style="list-style-type: none"> • Outside hand • Cover the tips • Tuck to the chest 	<p>Place hula hoops in various positions, right, center, and left of the field, but in front of the end zone. Assign points based on distance from the end zone, i.e., 10 yards, 15 yards, 20 yards.</p>
Closure	5 min	Skill Recap & Check for Understanding	<p>Refer back to objectives and ask students to explain to a peer the cues for proper ball-carrying & flag pulling. Also ask for an answer to the essential questions.</p>	<p>Ask each student to demonstrate the cues prior to dismissal.</p>

NFL FLAG Football

Elementary School Curriculum

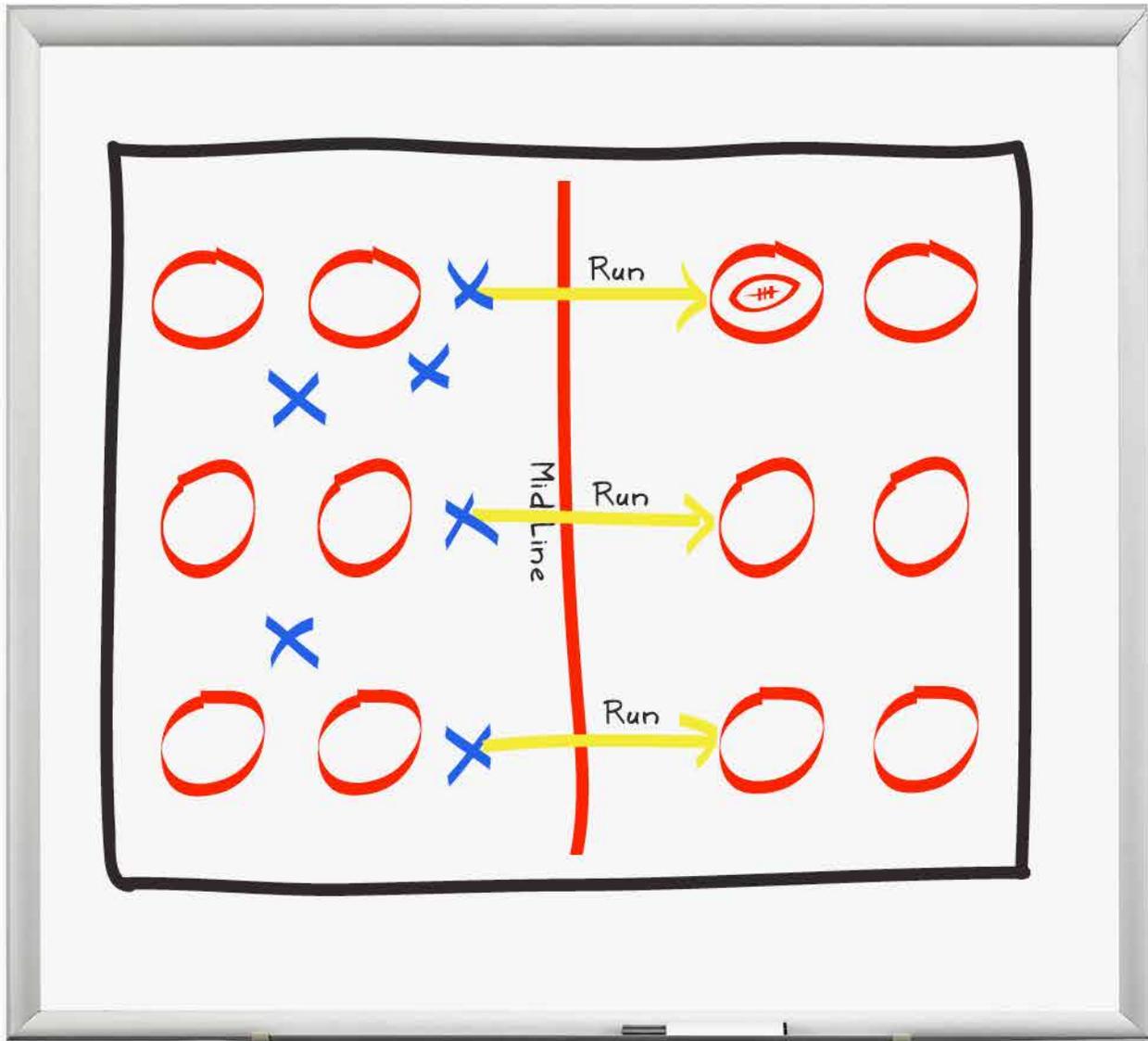
Lesson 1 Snake Run



NFL FLAG Football

Elementary School Curriculum

Lesson 1 Team Touchdown



NFL FLAG Football

Elementary School Curriculum

Lesson 2 Throwing

Grade Level:

3-5 (U10)

National Standards & Grade-level Outcomes:

S1.E14.4a, S1.E14.4b

Lesson Objective(s):

By the end of this lesson, the student will be able to correctly describe and demonstrate the cues for properly gripping & throwing a football, through verbal response and successful participation in partner poly pass & battleship.

Lesson Length:

40 Minutes

Equipment Needed:

Soft foam footballs – goals of some kind, bowling pins, floor mats

Essential Question (related to objective):

Why is it important to hold the football towards the back of the ball?

Why is important to step towards your target when throwing the football?

Safety Standard:

S4.E5.4 b Exhibits etiquette and adherence to rules

S4.E6.4b Works safely with peers and equipment

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Rain Makers – As students enter the gym, teacher creates two randomly selected teams. Object is to make as many goals as possible before time expires without crossing into the other team’s territory.	The gym will be split down the middle and students will be divided into two teams with multiple goals on each side. This is the very first introduction to formal throwing instruction. Cues will be provided after this activity in the skill development activity.	Add multiple goals to each side to keep the game spread out and enhance chance of making a goal. Have enough balls available that all students are active.
Skill Development Activity	10 min	Partner Poly Pass – Each student will get a partner, poly spot and 1 football per set of partners. Partners will place poly spots 5 yards apart from each other and pass the football back and forth. Partners will begin throwing from a knee with opposite forward. Challenge the students to see how many successful throws they can make in a row.	Gripping the football: <ul style="list-style-type: none"> • Index finger near the back tip of the ball • Middle and 3rd finger across the laces • Thumb on the opposite side Throwing cues: <ul style="list-style-type: none"> • Side to target • Arm up & back • Step towards target with opposite foot • Rotate Hips • Follow through and across 	Students will exhibit throwing progression skills from a kneeling position to a standing position. A successful throw is a throw that makes it to their partner in the air, above their belt line.

NFL FLAG Football

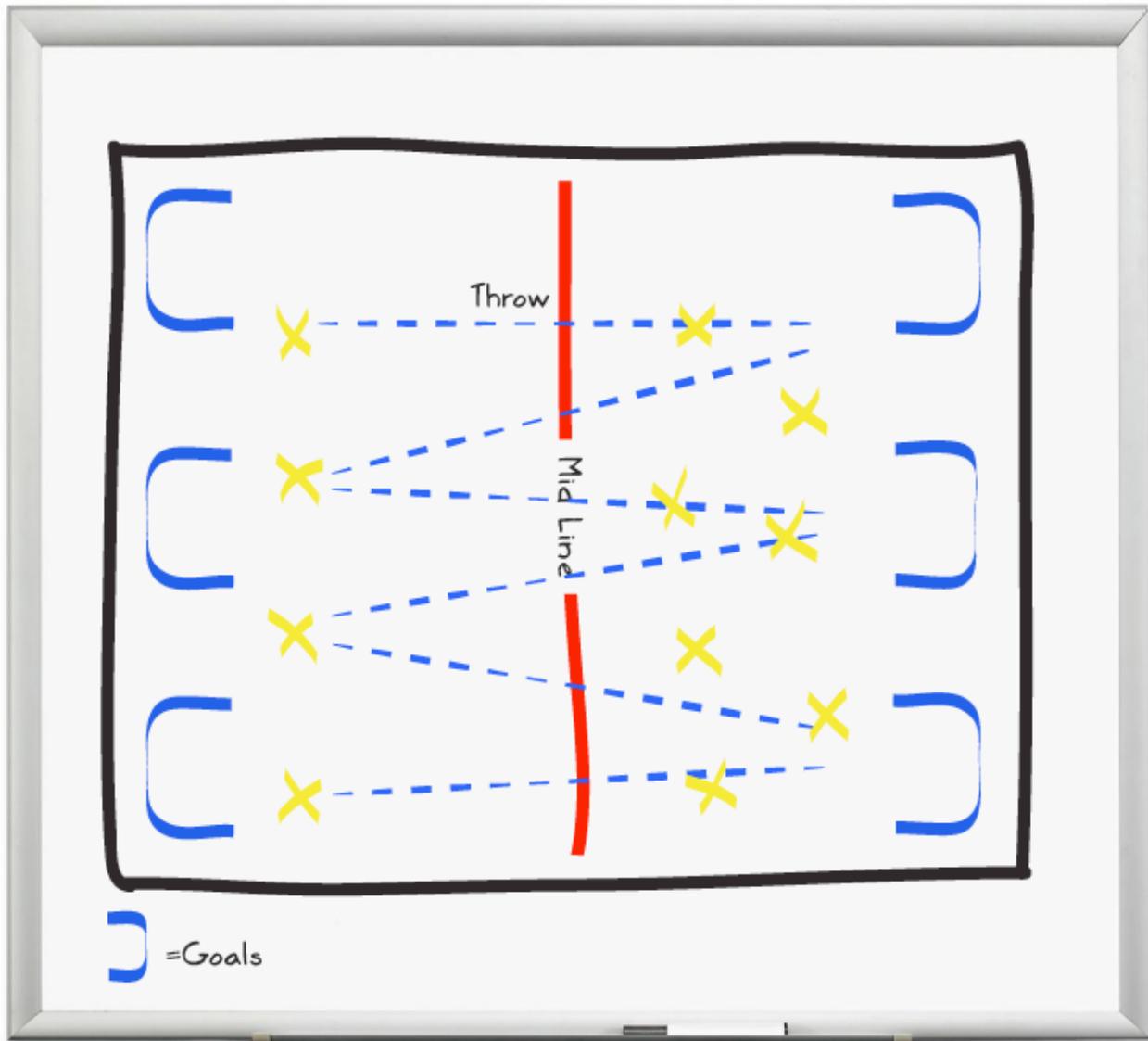
Elementary School Curriculum

Lead-up Game	20 min	<p>Battle Ship – Students are divided into teams of 3. One student will be the thrower, one student will be the retriever and one student will be the defender. The thrower and defender must remain on their mat (ship) surrounded by 4 bowling pins (buoys) in each corner of the mat. The retriever can run in the free space and pick up free footballs and return them to their thrower.</p> <p>The object of the game is to sink the other battleships without sinking yourself. Retrievers are free to run in open space to collect balls and bring back to their thrower. Rotate roles each time.</p>	<p>During the activity the teacher should float around to help provide positive and constructive feedback to the throwers reminding them of the cues for proper throwing technique:</p> <ul style="list-style-type: none">• Side to target• Arm up & back• Step towards target with opposite foot• Rotate hips• Follow through across the body	<p>Add more buoys (pins) around each ship (mat).</p>
Closure	5 min	<p>Skill Recap & Check for Understanding</p>	<p>Refer back to objectives and ask students to verbally repeat the cues for proper throwing technique. Also ask for an answer to the essential questions.</p>	<p>Ask all student demonstrate the cue properly as they say it.</p>

NFL FLAG Football

Elementary School Curriculum

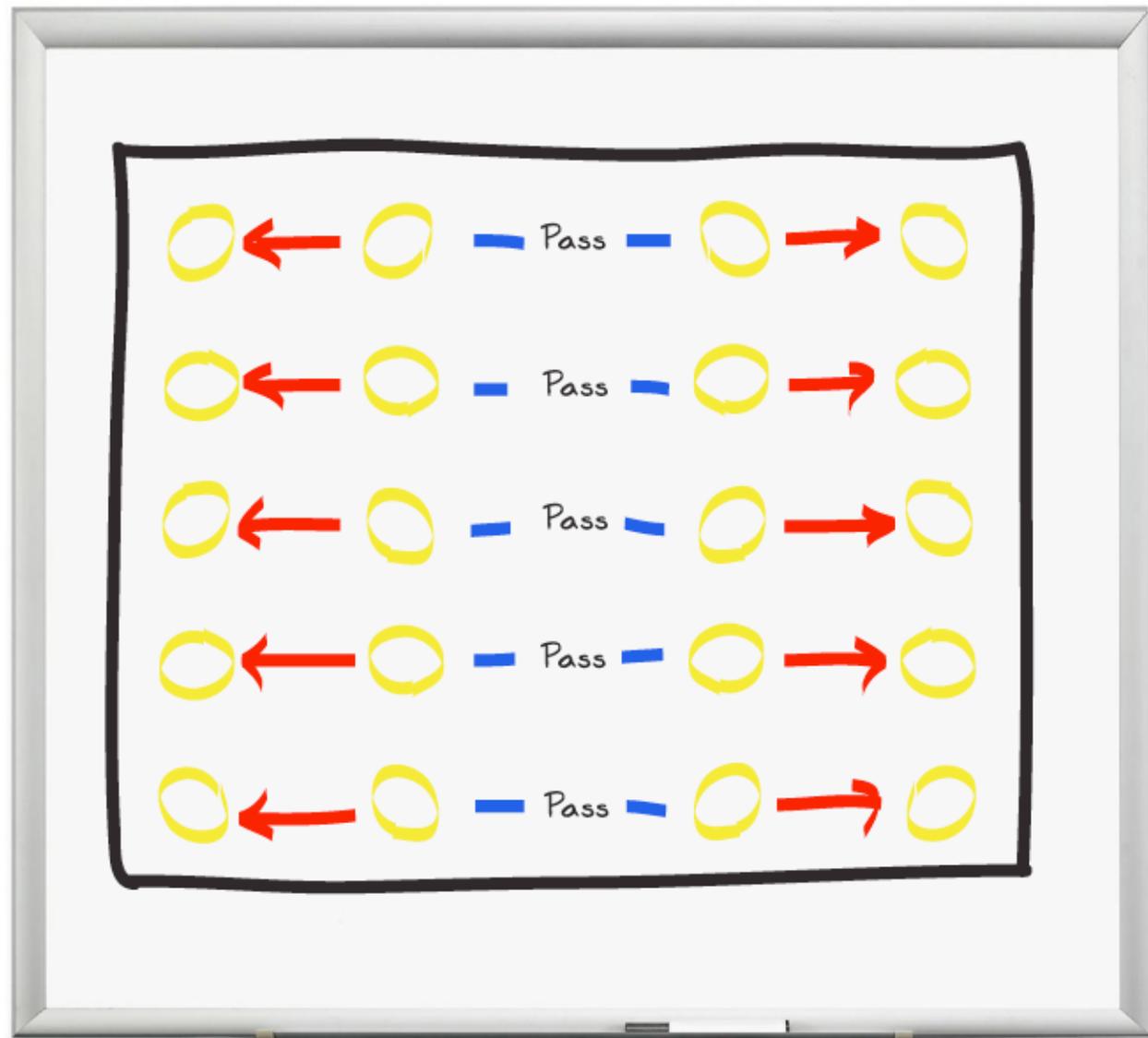
Lesson 2 Rain Makers



NFL FLAG Football

Elementary School Curriculum

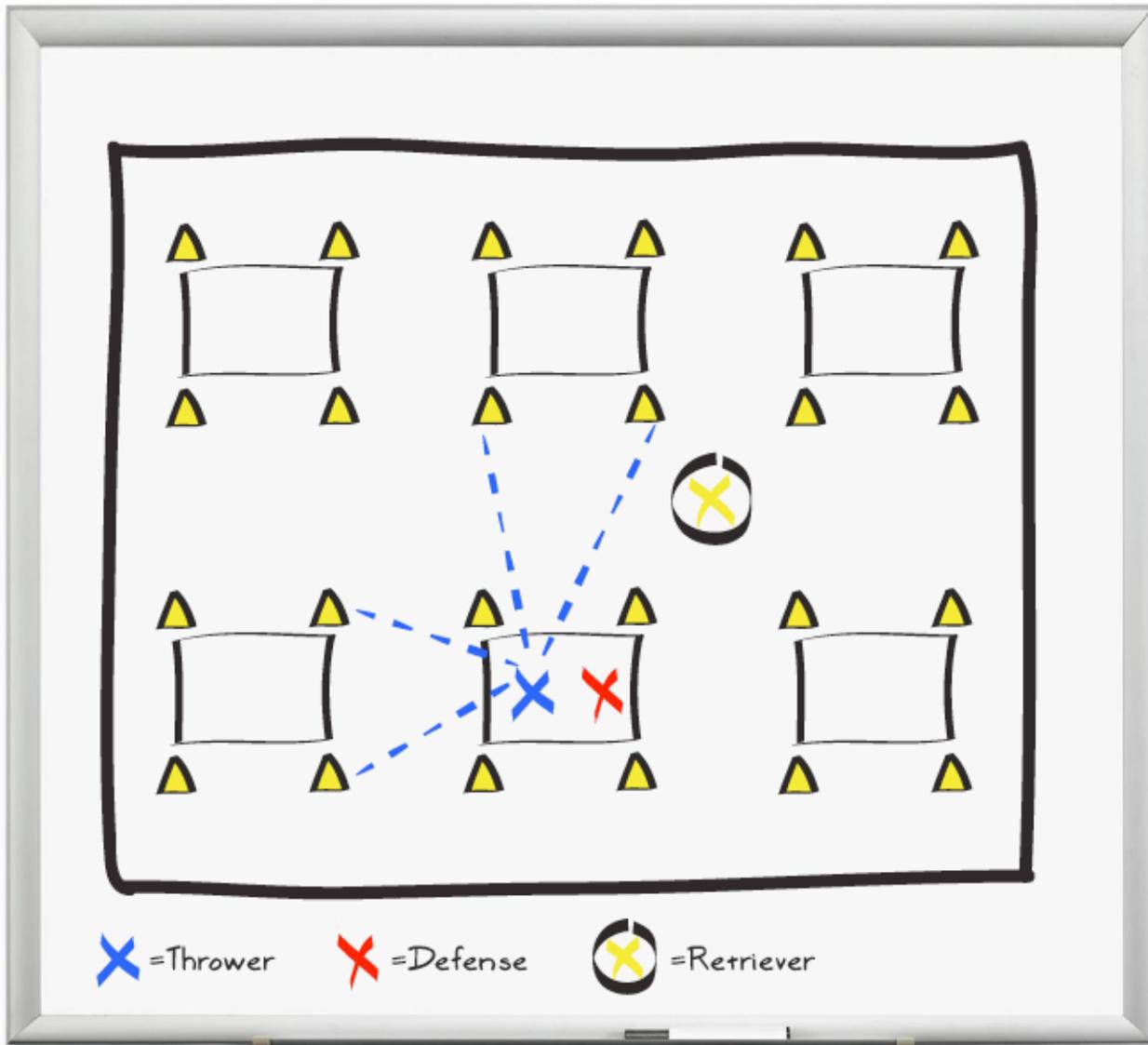
Lesson 2 Partner Poly Pass



NFL FLAG Football

Elementary School Curriculum

Lesson 2 Battleship



NFL FLAG Football

Elementary School Curriculum

Lesson 3 Catching

Grade Level:

3-5 (U10)

National Standards & Grade-level

Outcomes:

S1.E16.3, S1.E16.4, S1.E16.5b, S1.E16.5c

Lesson Objective(s):

By the end of this lesson the students will be able to describe and demonstrate the proper cues for catching a football, by teacher-prompted verbal descriptions and successful participation in class activities.

Lesson Length:

40 Minutes

Equipment Needed:

Soft foam footballs – goals of some kind, bowling pins, floor mats

Essential Question (related to objective):

Why is it important to secure the ball first before running with it?

Why should the tip of the ball poke through our diamond when we try to catch?

Safety Standard:

S4.E5.4 b Exhibits etiquette and adherence to rules

S4.E6.4b Works safely with peers and equipment

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	<p>YAC: YAC standards for yards after catch. In football, when you catch it, you run with it! As students enter the gym, they will get a partner, a flag belt and a football. The teacher will play music for 30 second intervals while the students play catch. When the music stops, the student who has the ball must run from their partner, who will try to pull their flag off. Allow 30 seconds for each “chase” before starting the music again.</p>	<p>Introduce the basic cues for catching a football properly:</p> <p>Cues for Catching a football (medium & high):</p> <ul style="list-style-type: none"> • Make a diamond (thumbs together, index fingers together) • Diamond out at chest height. • Squeeze then tuck <p>Cues for catching a Football (low):</p> <ul style="list-style-type: none"> • Make a rake (pinkies together) • Squeeze then tuck <p>Instruct students to squeeze first then tuck.</p> <p>It’s important to catch the ball first before running with it.</p>	<p>Teacher provides feedback while observing class.</p>

NFL FLAG Football

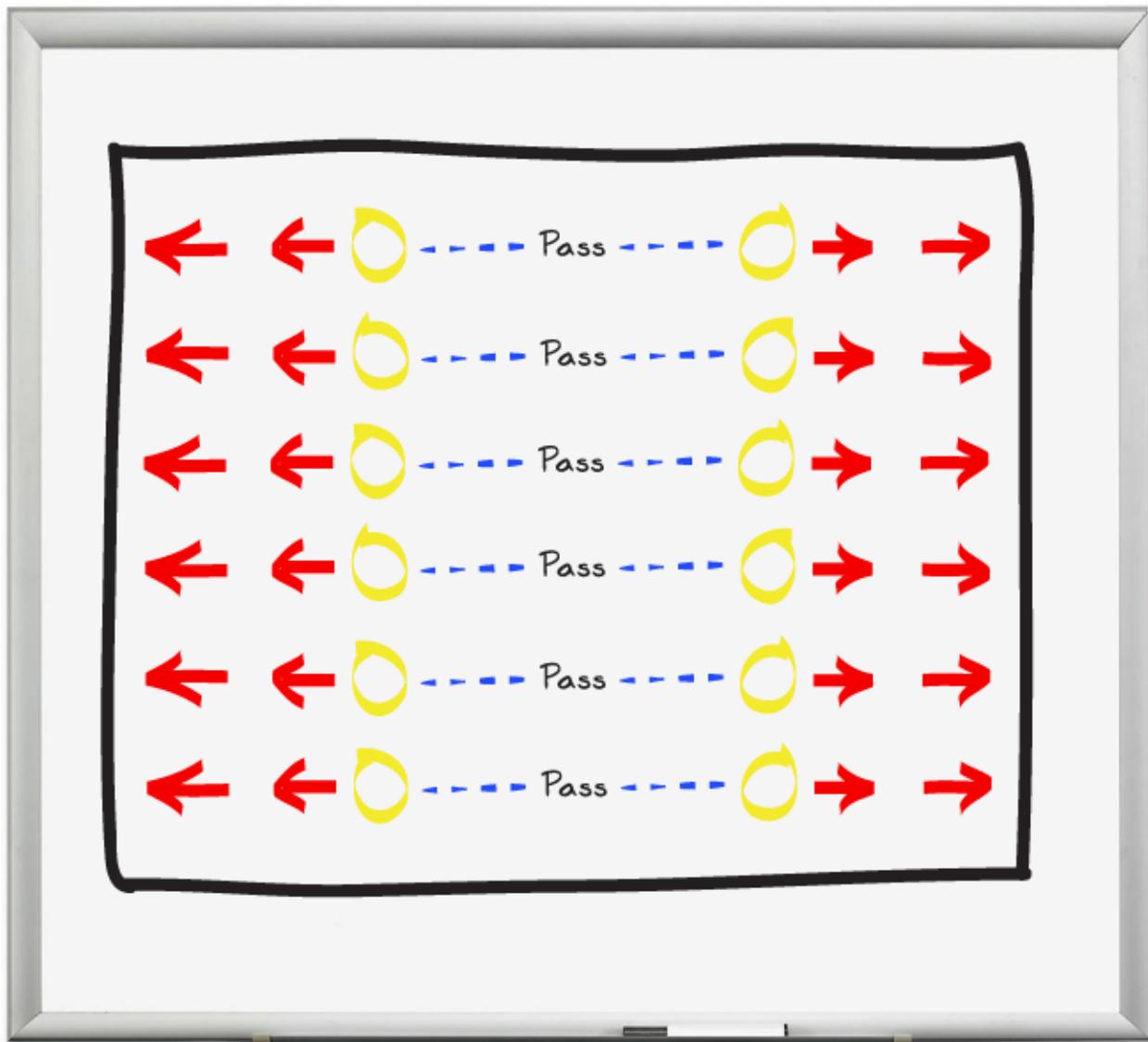
Elementary School Curriculum

Skill Development Activity	10 min	Catching Low, Medium & High: Students will grab a partner, a poly spot, and a football (1 per set of partners). Students will begin playing catch on a knee and transition to standing, and longer throws. Practice catching low, medium and high levels at each progression.	<p>Cues for Catching a Football (medium & high):</p> <ul style="list-style-type: none"> • Make a diamond (thumbs together, pointers together) • Diamond out at chest height. • Squeeze then tuck <p>Cues for catching a Football (low):</p> <ul style="list-style-type: none"> • Make a rake (pinkies together) • Squeeze then tuck 	Emphasize catching the ball first and then tucking it into the hip to secure it tightly.
Lead-up Game	20 min	Power I Relay: Students will be divided up into teams of 4 and will be in a line that spans the length of the gymnasium. The object is to successfully complete passes down the line and place the footballs in a hula hoop to score touchdowns. The first team to score all five touchdowns wins. Rotate up to the next position so that every student gets a chance to score the touchdown for their team.	<p>Cues for Catching a Football (medium & high):</p> <ul style="list-style-type: none"> • Make a diamond (thumbs together, pointers together) • Diamond out at chest height. • Squeeze then tuck <p>Cues for catching a Football (low):</p> <ul style="list-style-type: none"> • Make a rake (pinkies together) • Squeeze then tuck 	Remind students of the cues for throwing and catching that will help them help their team succeed.
Closure	5 min	Skill Recap & Check for Understanding	Refer back to objectives and ask students to verbally describe the cues for catching a football at the low, medium and high levels. Also ask for an answer to the essential questions.	Have students review the cues for catching and throwing a football with a partner.

NFL FLAG Football

Elementary School Curriculum

Lesson 3 Catching Low, Medium, High



NFL FLAG Football

Elementary School Curriculum

Lesson 4 Running and Throwing

Grade Level:

3-5 (U10)

National Standards & Grade-level Outcomes:

S1.E6.4, S1.E14.4b, S1.E16.5b, S1.E16.5c

Lesson Objective(s):

By the end of this lesson the students will be able to demonstrate and describe three basic pass patterns; the hook, slant & go, through verbal description and successful participation in class activities.

Lesson Length:

40 Minutes

Equipment Needed:

Soft foam footballs – goals of some kind, bowling pins, floor mats

Essential Question (related to objective):

Why is it important for the receiver to be able to run different pass routes?

What is the name of the imaginary line that offensive players use to start the play?

Safety Standard:

S4.E5.4 b Exhibits etiquette and adherence to rules
S4.E6.4b Works safely with peers and equipment

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Box Drill: Set up a few stations of four sets of cones set up in a square with each cone 5 yards apart. As students enter the gym, have each student get a partner, a flag belt and one football. Each set of partners should go to a square. One student starts with the football on offense while their partner is on defense. They have 15 seconds to try and pull the offensive player's flag. Offensive player has to carry the football and stay within the cone square. Students switch roles when flag is pulled.	<p>During the game, remind students of the cues for successful ball-carrying and flag pulling.</p> <p>Cues for securing the football:</p> <ul style="list-style-type: none"> • Outside hand • Cover the tips • Tuck to the chest <p>Cues for Flag Pulling:</p> <ul style="list-style-type: none"> • Eyes on hips • Stay low, stay square (breakdown position) • Reach for the hip 	<p>Make the space big enough for the students to successfully flee their partner, but small enough that they need to continually move and change direction.</p>

NFL FLAG Football

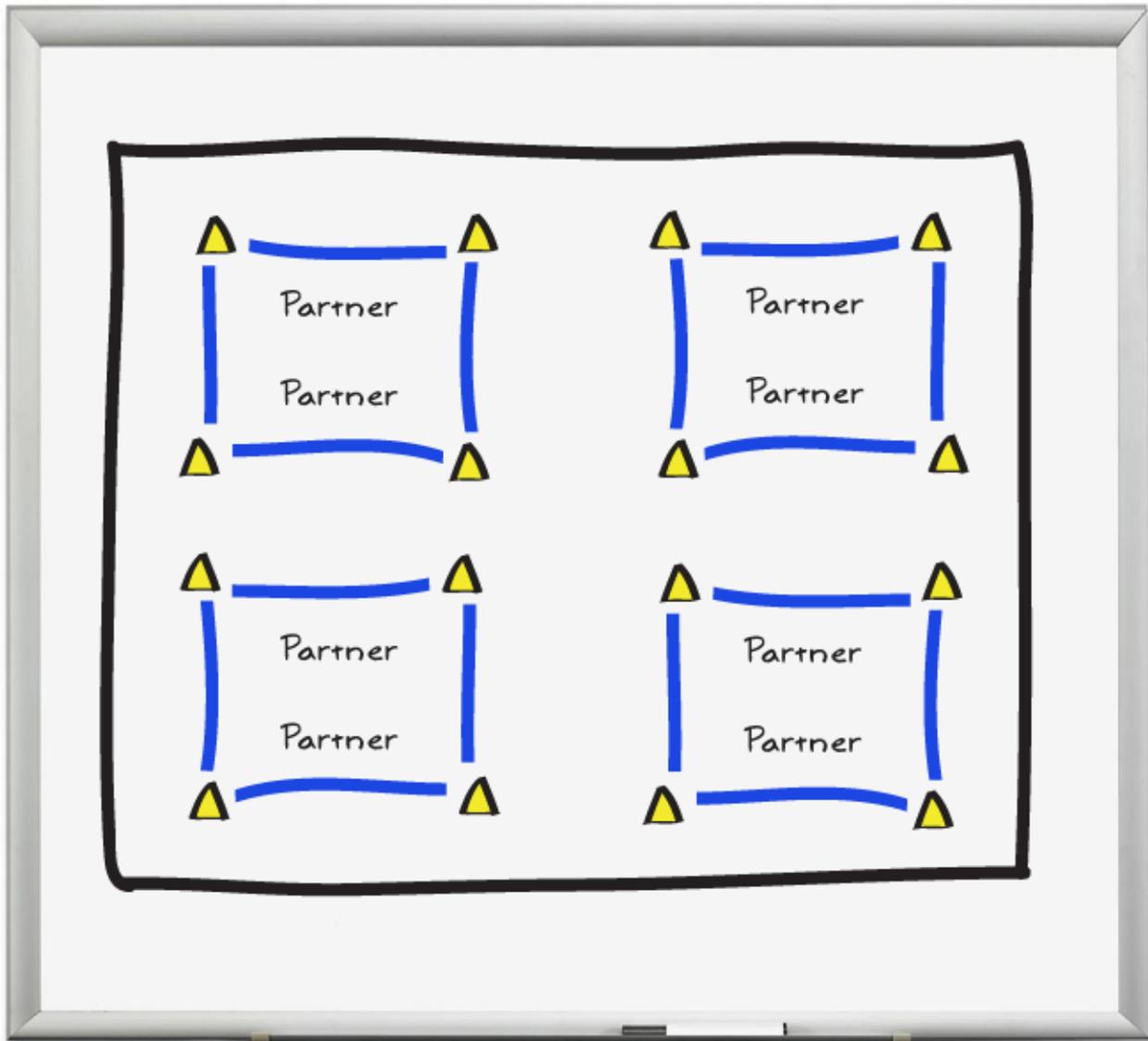
Elementary School Curriculum

Skill Development Activity	10 min	<p>Hook, Slant, Go: Each student will get a partner and a football and head to a set of cones. Cones should be set up to map out the passing routes of a hook, a slant, and a go route. The students will alternate being the quarterback and the receiver.</p> <p>QB and WR will line up on the line of scrimmage, QB will give the cadence "Set, Hut" and the receiver will run either a hook, a slant or a go.</p>	<p>Introduce the cadence for the students to learn how to begin a play.</p> <p>Also introduce the concept of line of scrimmage so students understand how pre-play alignment should be.</p>	<p>Make the routes short distance-wise to increase the likelihood of student success in terms of completing passes.</p>
Lead-up Game	20 min	<p>Touchdown City: Divide students into teams of three. One student will be the QB and the other two will be the WR's. One WR goes at a time. Students will rotate roles each pass. QB to WR2 to WR 1 to QB. Each group needs five footballs.</p> <p>The object is to successfully complete passes and score touchdowns. The team that scores all five touchdowns first wins. To score a touchdown, after a successful pass and catch, the student must run and place their football in a hula hoop and return to their team.</p>	<p>Remind students of the cues for successful throwing and the concept of leading their partner.</p> <p>Throwing cues:</p> <ul style="list-style-type: none"> • Side to target • Arm up & back • Step towards target with opposite foot • Rotate Hips • Follow through and across <p>"Successfully leading your partner will make it easier for your WR to catch the ball and will help your team score quicker."</p>	<p>After each round, the teacher will instruct the students on which pass route they will run each time. Play at least 3 rounds so that students can get dynamic practice with all three pass routes.</p> <p>Have peers provide feedback to receivers on running the correct route.</p>
Closure	5 min	Skill Recap & Check for Understanding	<p>Refer back to objectives and ask students to verbally describe what each passing route looks like. Also ask for an answer to the essential questions.</p>	<p>Ask a student to demonstrate different routes to a partner.</p>

NFL FLAG Football

Elementary School Curriculum

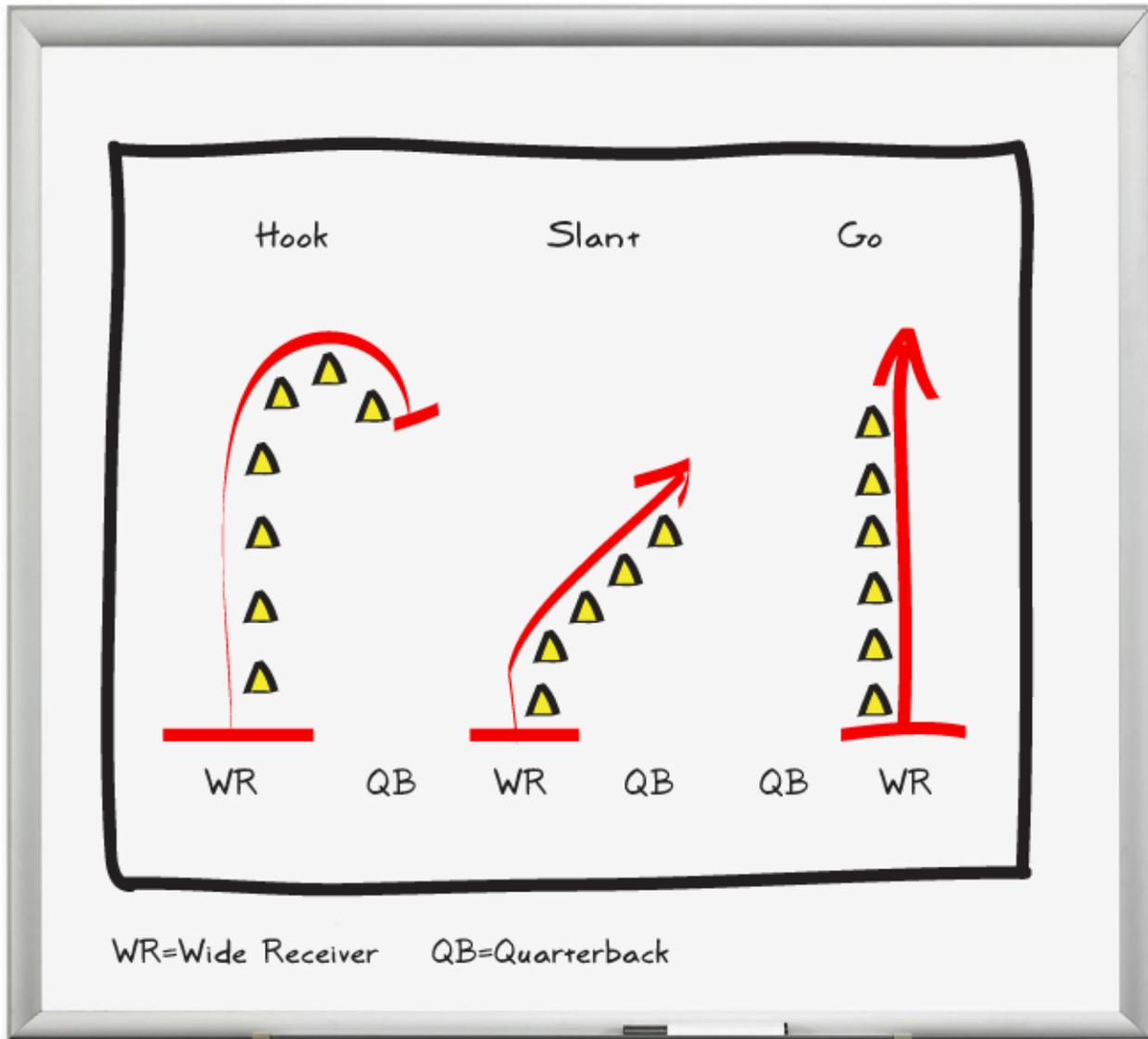
Lesson 4 Box Drill



NFL FLAG Football

Elementary School Curriculum

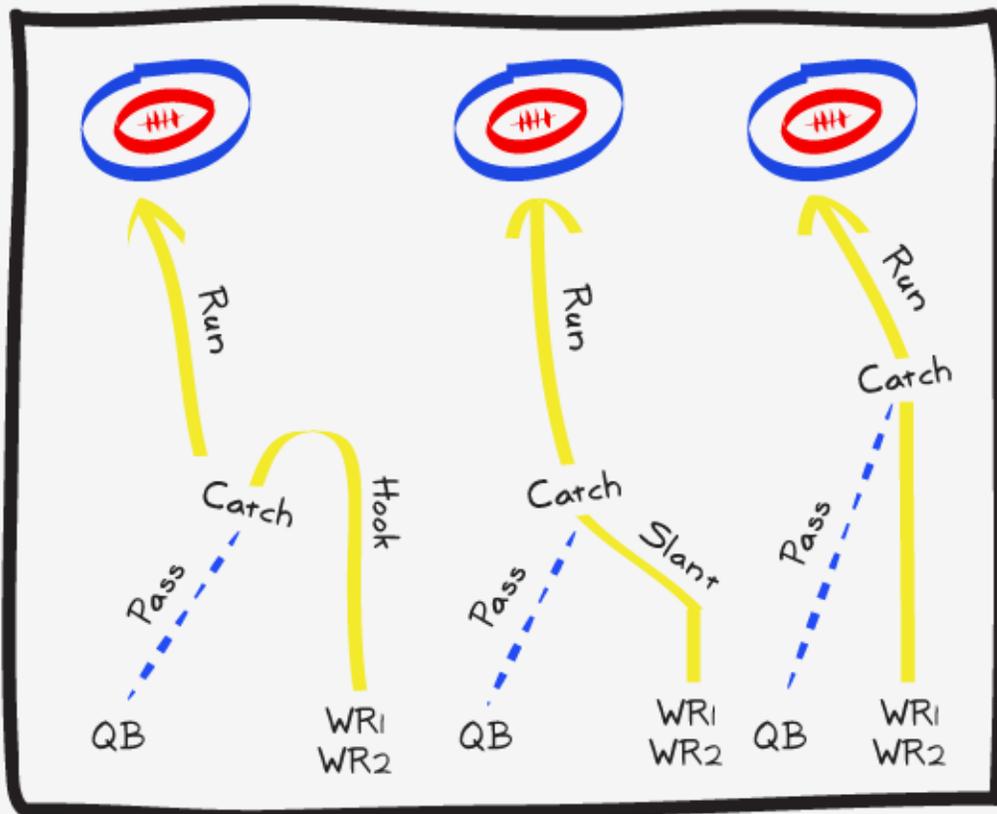
Lesson 4 Hook, Slant, Go



NFL FLAG Football

Elementary School Curriculum

Lesson 4 Touchdown City



WR=Wide Receiver QB=Quarterback

NFL FLAG Football

Elementary School Curriculum

Lesson 5 Running and Catching

Grade Level:

3-5 (U10)

National Standards & Grade-level Outcomes:

S1.E16.3, S1.E16.4, S1.E16.5b, S1.E16.5c

Lesson Objective(s):

By the end of this lesson the students will be able demonstrate a mature catching pattern by successfully catching at least of three thrown balls during today’s skill development activity; snake run and catch.

Lesson Length:

40 Minutes

Equipment Needed:

Footballs, cones, hula hoops

Essential Question (related to objective):

When catching a ball, should I have my thumbs together or pinkies together?

Safety Standard:

S4.E5.4 - Exhibits etiquette and adherence to rules
S4.E6.4- Works safely with peers and equipment

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Hot Potato: As the students enter the gym they will grab a partner and a football. (One football per set of partners). The students will practice catching low by getting 5 yards apart from their partner, bending at the waste and tossing the ball to their partner at a low level, the students will have 20 seconds to complete as many catches as they can. If they drop they start over.	<ul style="list-style-type: none"> • Feet wide apart • Bend at the waist • Make a rake (pinkies together) • Squeeze the ball 	To make this activity more difficult, students can get further away from each other.

NFL FLAG Football

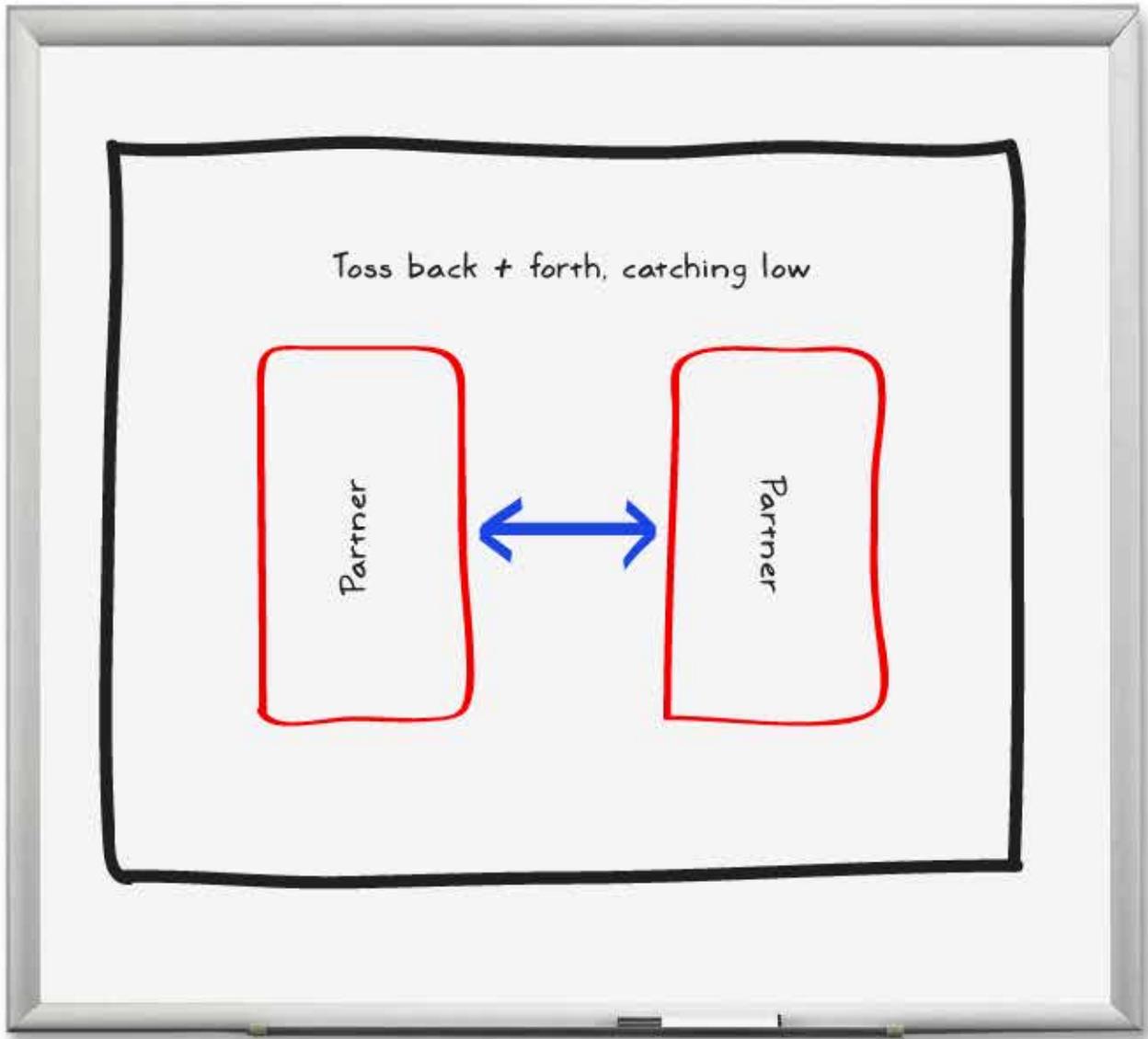
Elementary School Curriculum

Skill Development Activity	10 min	Snake Run and Catch: Students will partner up, get 3 footballs and get to a series of cones. One student will be the QB and the other, the WR. The students will line up on the line of scrimmage, on the QB's cadence, the WR will run to the first cone, catch a pass, run and drop the ball in the hula hoop, run to the next cone and catch a pass, run and drop the ball in the hula hoop and then run to the last cone and catch the pass. Students will switch roles so each student gets practice throwing and catching.	<p>Throwing cues:</p> <ul style="list-style-type: none"> • Side to target • Arm up & back • Step towards target with opposite foot • Rotate Hips • Follow through and across <p>Cues for Catching a Football (medium & high):</p> <ul style="list-style-type: none"> • Make a diamond (thumbs together, pointers together) • Diamond out at chest height. • Squeeze then tuck 	Challenge the students to throw passes at the chest level to make it easier for successful completion.
Lead-up Game	20 min	Rain Makers Two – Students will be divided into two teams. Object is to make as many goals as possible before time expires without crossing into the other team's territory. THE TWIST: a successful (defensive) catch results in removing one ball from the other team's goal.	<p>The gym will be split down the middle and students will be divided into two teams with multiple goals on each side.</p> <p>Introduce the concept of an interception now that the twist has been added to the game.</p> <p>Make sure that there are enough footballs in the field of play to keep all students opportunities for engagement (at least 1 football per student).</p>	Teacher provides individual feedback while observing students in action.
Closure	5 min	Skill Recap & Check for Understanding	Ask for an answer to the essential question. Remember, the correct answer depends on where the ball is thrown! Make students differentiate between catching high, medium and low.	Ask a student demonstrate the cues properly as they give an answer to the question.

NFL FLAG Football

Elementary School Curriculum

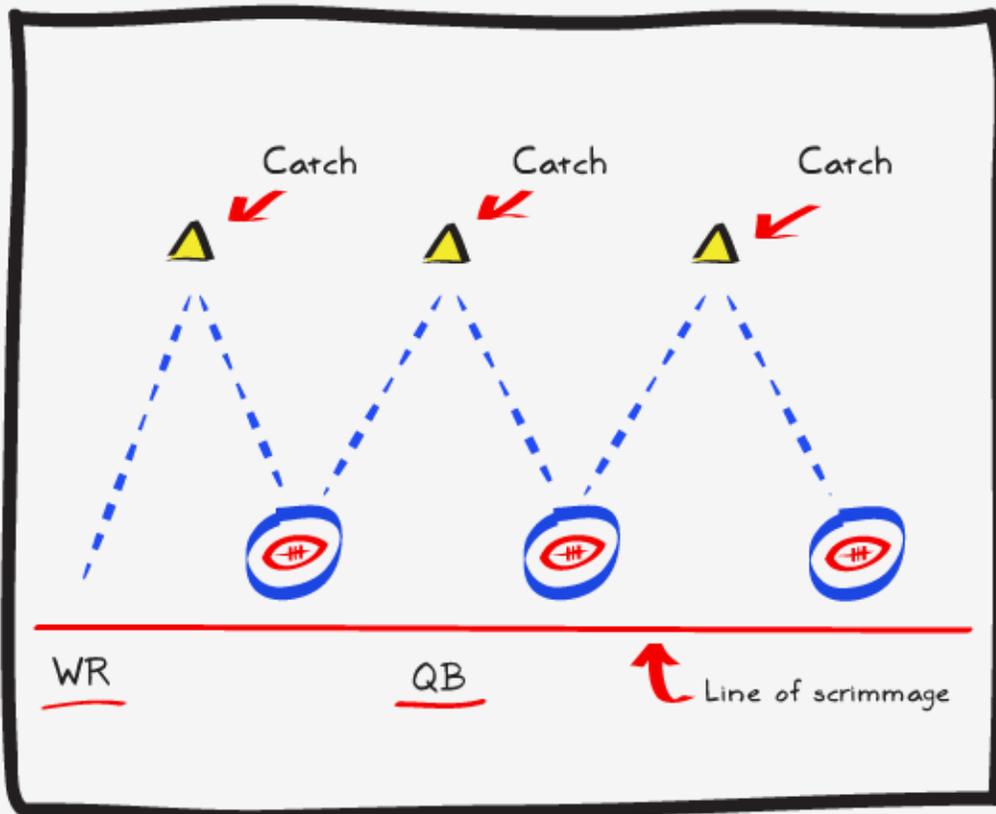
Lesson 5 Hot Potato



NFL FLAG Football

Elementary School Curriculum

Lesson 5 Snake, Run & Catch



WR=Wide Receiver QB=Quarterback

NFL FLAG Football

Elementary School Curriculum

Lesson 6 Kicking & Punting

Grade Level:

3-5 (U10)

National Standards & Grade-level

Outcomes:

S1.E21.1, S1.E21.4

Lesson Objective(s):

Why is it important to contact the ball out in front of my body with the laces (or top part of my foot)?.

Lesson Length:

40 Minutes

Equipment Needed:

Football, Cones, Flag belts, kicking tees

Essential Question (related to objective):

When catching a ball, should I have my thumbs together or pinkies together?

Safety Standard:

S4.E5.4 - Exhibits etiquette and adherence to rules

S4.E6.4- Works safely with peers and equipment

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Box Drill: Set up a few stations of four sets of cones set up in a square with each cone 5 yards apart. As students enter the gym, have each student get a partner, a flag belt and one football. Each set of partners should go to a square. One student starts with the football on offense while their partner is on defense. They have 15 seconds to try and pull the offensive player's flag. Offensive player has to carry the football and stay within the cone square. Students switch roles when flag is pulled.	<p>During the game, remind students of the cues for successful ball-carrying and flag pulling.</p> <p>Cues for securing the football:</p> <ul style="list-style-type: none"> • Outside hand • Cover the tips • Tuck to the chest <p>Cues for Flag Pulling:</p> <ul style="list-style-type: none"> • Eyes on hips • Stay low, stay square (breakdown position) • Reach for the hip 	Make the space big enough for the students to successfully flee their partner, but small enough that they need to continually move and change direction.

NFL FLAG Football

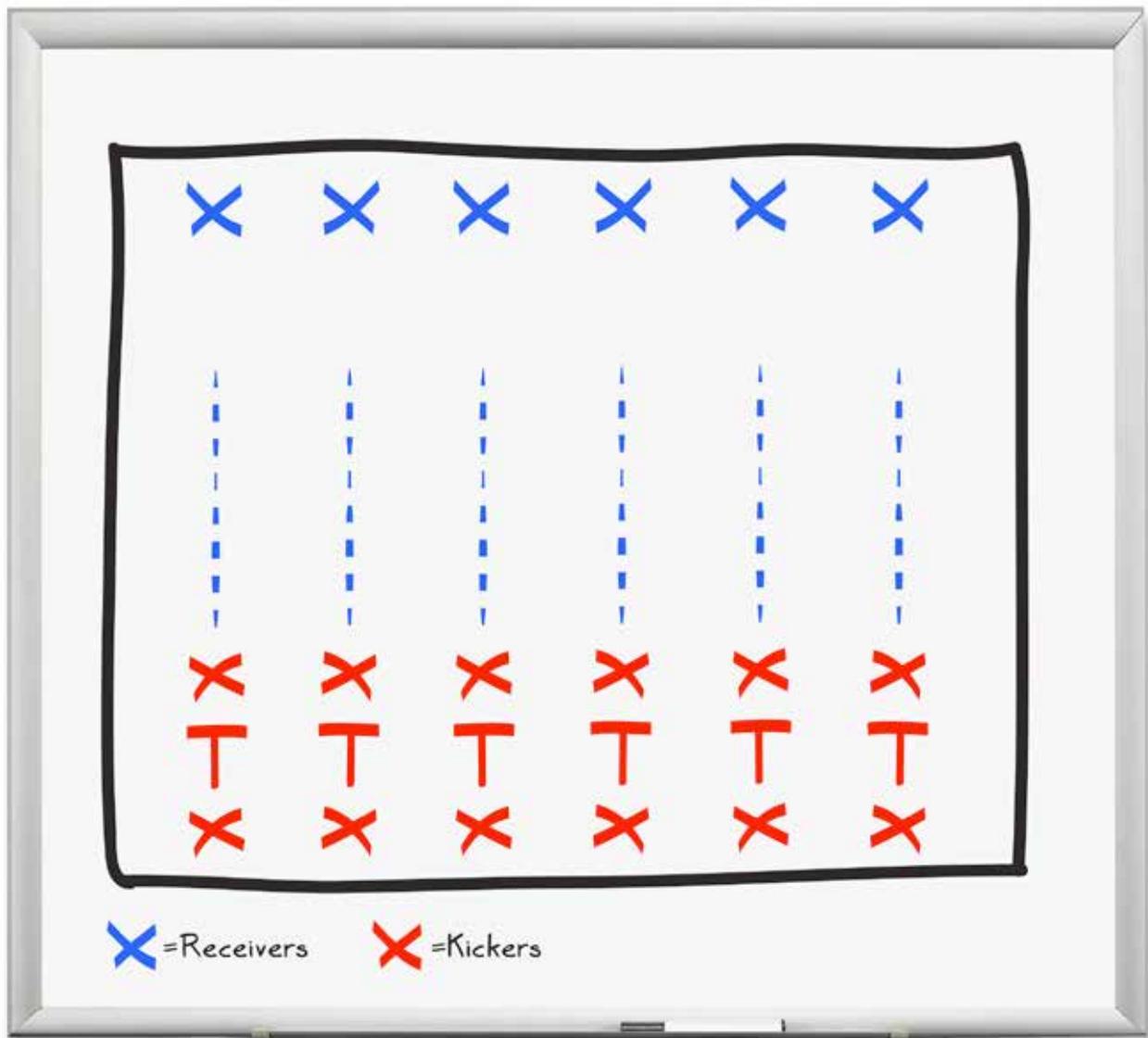
Elementary School Curriculum

Skill Development Activity	10 min	Place Kicking Practice: Students will partner up, grab a football, a flag belt, and any disc with a hole in the middle (can use a kicking tee as well if available). And line up across from each other 20 yards apart. One partner will be the kicker and the other partner will catch/field the kick and run it back to the tee. Students will switch roles each time.	Cues for place-kicking a football: <ul style="list-style-type: none"> • Approach ball • Extend arms • Plant opposite foot even with ball • Kick lower third of the ball • Contact ball with shoe laces • Lean back (slightly) as you kick • Upward & forward (kicking leg follow-through) • 	
Skill Development Activity	10 min	Partner Punting Practice: Students will partner up, grab a football and a flag belt and line up across from each other 20 yards apart. One partner will be the punter and the other partner will catch/field the kick and run it back to the tee. Students will switch roles each time.	Cues for punting a football: <ul style="list-style-type: none"> • Arms out • Laces up • Step & drop • Contact ball with shoe laces • Upward & forward (kicking-leg follow-through) 	If students have difficulty kicking the football successfully, use a different (bigger) type of ball.
Lead-up Game	20 min	Kick/Punt Return Tag: Students will use the same set up, only this time when the ball is kicked/fielded, the kicker will chase the returner and try and pull their flag. Once their flag is pulled (or the teacher stops play after 30 seconds of chasing) the students will switch roles and get ready to start another round. After each student has place-kicked, instruct the students to punt the football to the returner.	Remind the students to use the proper cues for kicking/punting a football. Give the returner the cue of “elbows in” for catching the high kick/punt.	If students have difficulty kicking or punting the football, use a different (bigger) ball to increase chances of success.
Closure	5 min	Skill Recap & Check for Understanding	Refer back to objectives and ask students to verbally describe the cues for kicking & punting a football. Also ask for an answer to the essential questions.	Ask a student demonstrate the route properly as they say it.

NFL FLAG Football

Elementary School Curriculum

Lesson 6 Place Kicking and Punting Practice



NFL FLAG Football

Elementary School Curriculum

Lesson 7 Running, Catching & Throwing

Grade Level:

3-5 (U10)

National Standards & Grade-level Outcomes:

S1.E14.4b, S1.E15.5a, S1.E16.5c

Lesson Objective(s):

By the end of this lesson the student will be able to describe and demonstrate the proper cues for giving and receiving a handoff from the perspective of the QB and RB through successful participation in class.

Lesson Length:

40 Minutes

Equipment Needed:

Footballs, Cones, Flag belts, kicking tees

Essential Question (related to objective):

Why is my first step as a QB important before handing the ball off?
 Why is my first step important as an RB before receiving a handoff?

Safety Standard:

S4.E5.4 - Exhibits etiquette and adherence to rules
 S4.E6.4- Works safely with peers and equipment

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	10 min	Flag Tag: Each student enters the gym and puts on a flag belt and joins the game. The object of the game is to not get your flags pulled. When a flag is pulled; the student must hold it in their hand and remain playing until their second flag is pulled. When a student's second flag is pulled they must stay in place and try and pull the flags of other students running by. Everyone is "it."	Cues for Flag Pulling: <ul style="list-style-type: none"> • Eyes on hips • Stay low, stay square (breakdown position) • Reach for the hip 	Teacher provides feedback when observing class in action.

NFL FLAG Football

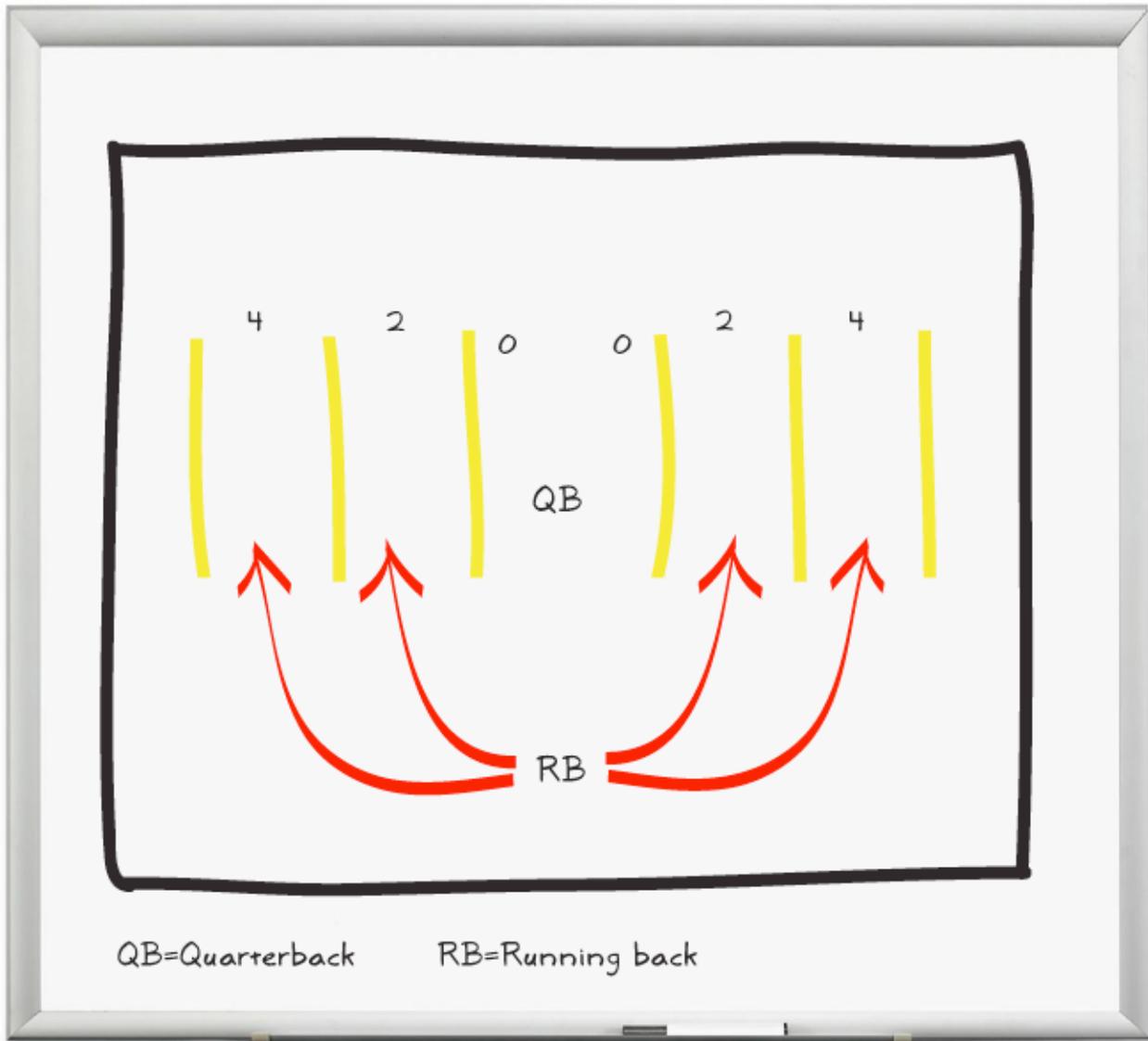
Elementary School Curriculum

Skill Development Activity	10 min	Running Lanes: Students will be partnered up and go to a set of running lanes. One partner will be a RB and the other the QB. QB will call out a lane (hole) and a side and practice making the appropriate handoffs while the RB practice receiving the handoff and running through the proper lanes (holes). Example: "2 right," "4 left." Play will begin on the QB's cadence "Set, Hut"	<p>Cues for handing off a football:</p> <ul style="list-style-type: none"> • Turn & face side line • Step diagonal • Extend arms • Place ball firmly in running back's stomach <p>Cues for receiving a handoff:</p> <ul style="list-style-type: none"> • Step diagonal towards hole • Inside elbow up, outside elbow down • Don't reach for the ball with your arms, let the QB place the ball in your "pocket" • Receive, tuck & run! 	Prior to activity, teacher must diagram the 0, 2, 4 lanes (holes) and cues for handing off the football as the QB & receiving the handoff as the running back.
Skill Development Activity	15 min	Play Action Pass: Students will be set up the same way as previous activity. This time the QB will call a lane and a side and fake the handoff and the wide receiver will run through the lane and run an out route.	<p>Combine elements of running, throwing, catching, play calling, line of scrimmage and cadence.</p> <ul style="list-style-type: none"> • Introduce the play action pass. • Encourage execution of the same cues to sell the fake. • Introduce the out route. 	Allow the students to run hooks, slants, go's and out routes.
Closure	5 min	Skill Recap & Check for Understanding	Refer back to objectives and ask students to verbally describe the cues for giving and receiving and handoff. Also ask for an answer to the essential questions.	Ask all students to demonstrate the handoffs properly as they say cues out loud to a partner.

NFL FLAG Football

Elementary School Curriculum

Lesson 7 Running Lanes & Play Action



NFL FLAG Football

Elementary School Curriculum

Lesson 8 Running, Catching & Throwing

Grade Level:

3-5 (U10)

National Standards & Grade-level

Outcomes:

S1.E14.4b, S1.E15.5a, S1.E16.5c

Lesson Objective(s):

By the end of this lesson the students will be able to diagram, describe & execute at least three different football play that utilizes a C, QB, RB, and WR.

Lesson Length:

40 Minutes

Equipment Needed:

Cones, footballs, flip charts & Markers.

Essential Question (related to objective):

Why is it important for each player to know and execute their responsibility?

Safety Standard:

S4.E5.4 - Exhibits etiquette and adherence to rules
S4.E6.4- Works safely with peers and equipment

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Play Action Practice: Upon entering the gym, the students will get a partner and a football and spread out in open space and practice the play action pass.	Remind students to: <ul style="list-style-type: none"> • Line up properly • Use a QB cadence • Sell the fake 	Students can also practice giving and receiving handoffs.
Skill Development Activity	10 min	Team Practice: students will be divided into groups of four. One student will be the C, QB, RB and WR. Students will switch roles each repetition. The students will practice running plays from different positions.	Introduce the responsibilities of the center position. Remind students of skill cues, line of scrimmage and cadence to begin plays. Teacher calls out the following plays: <ul style="list-style-type: none"> • Handoff 2, left • Fake handoff, RB out, WR go, C hook • Fake handoff 2 right. WR slant, C go, RB hook 	Teacher provides feedback when observing the class in action.
Group Activity	10 min	Team Strategy: During this time each group of 4 will get a flip chart and a marker. Each group will diagram and practice at least three plays in which the C, RB and WR all run different routes.	During this time the teacher will filter around to each group to ensure students are on the right track.	Each group of 4 will need a flip chart and a marker to diagram their plays
Closure	5 min	Skill Recap & Check for Understanding	Have each group show their play diagrams & demonstrate each play to the class.	Prompt students for answers to the essential question.

NFL FLAG Football

Elementary School Curriculum

Lesson 9 Small-sided Game Play

Grade Level:

3-5 (U10)

National Standards & Grade-level

Outcomes:

S1.E6.4, S1.E15abc, S2E3.3, S2.E5.ab, S4.E4.3a, S4.E5.4, S4.E6.4

Lesson Objective(s):

By the end of this lesson the student will understand and be able to describe the importance of working cooperatively with teammates as it relates to team success.

Lesson Length:

40 Minutes

Equipment Needed:

Footballs, cones, flags .

Essential Question (related to objective):

Why is it important for the huddle to occur?

Safety Standard:

S4.E5.4 - Exhibits etiquette and adherence to rules

S4.E6.4- Works safely with peers and equipment

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	YAC: YAC standards for yards after catch. In football, when you catch it, you run with it! As students enter the gym, they will get a partner, a flag belt and a football. The teacher will play music for 30 second intervals while the students play catch. When the music stops, the student who has the ball must run from their partner, who will try to pull their flag off. Allow 30 seconds for each “chase” before starting the music again.	Remind students of the basic cues for throwing and catching a football properly	Instruct students to squeeze first then tuck. It’s important to catch the ball first before running with it.
Skill Development Activity	10 min	Pre-Game: During this time the students will get into the same teams of four and practice drawing up and executing new plays to play in their games against a defense.	Encourage students to run plays that include passing routes for the C, WR and RB. Introduce the concept of the huddle as the chance for the offense to get together and decide what play they are going to run.	Teacher feedback while observing the class.

NFL FLAG Football

Elementary School Curriculum

Small Sided Game Play	20 min	<p>Small-sided Game Play: Divide the gym into four 'fields of play' that are no more than 20 yards long. Use cones to mark the end zones on each side. Student will play 4v4 with a C, QB, RB & WR. Students must rotate positions every play. The object of the game is to score touchdowns. The offense gets 4 chances to score a touchdown regardless of interceptions or fumbles.</p>	<p>Teachers, allow games to go for 5 minutes and then rotate each team to the field to their left so they get to play different teams.</p> <p>Explain that the line of scrimmage can change each time and is determined by where a player's flag is pulled off. Where one play ends, the next play begins.</p> <p>Give the defense the following cue to help them not let the receivers get past them:</p> <ul style="list-style-type: none"> • Keep a cushion <p>Remind students that safety is key and they are not allowed to physically touch the opposing team.</p>	<p>Teacher feedback while observing the class.</p> <p>Encourage positive feedback between students.</p> <p>IE. "Great catch!" "Nice throw!"</p>
Closure	5 min	Skill Recap & Check for Understanding	<p>Refer back to objectives and ask students to verbally describe the cue for playing good defense. Also ask for an answer to the essential questions.</p>	

NFL FLAG Football

Elementary School Curriculum

Lesson 10 Small-sided Game Play w/new teams

Grade Level:

3-5 (U10)

National Standards & Grade-level

Outcomes:

S1.E6.4, S1.E15abc, S2E3.3, S2.E5.ab, S4.E4.3a, S4.E5.4, S4.E6.4

Lesson Objective(s):

By the end of this lesson the student will understand and be able to describe the importance of working cooperatively with teammates as it relates to team success.

Lesson Length:

40 Minutes

Equipment Needed:

Footballs, cones, flags

Essential Question (related to objective):

Why is it important for the defender to keep a cushion between them and the WR?

Safety Standard:

S4.E5.4 - Exhibits etiquette and adherence to rules
S4.E6.4- Works safely with peers and equipment

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Hot Potato: As the students enter the gym they will grab a partner and a football. (One football per set of partners). The students will practice catching low by getting 5 yards apart from their partner, bending at the waste and tossing the ball to their partner at a low level, the students will have 20 seconds to complete as many catches as they can. If they drop they start over.	<ul style="list-style-type: none"> • Feet wide apart • Bend at the waist • Make a rake (pinkies together) • Squeeze the ball 	To make this activity more difficult, students can get further away from each other.
Skill Development Activity	10 min	Pre-Game: Divide the students into new teams of 4 so students get to have new teammates. During this time, the students will practice drawing up and executing new plays to play in their games against a defense.	Encourage students to run plays that include passing routes for the C, WR and RB.	Introduce the concept of the huddle as the chance for the offense to get together and decide what play they are going to run.

NFL FLAG Football

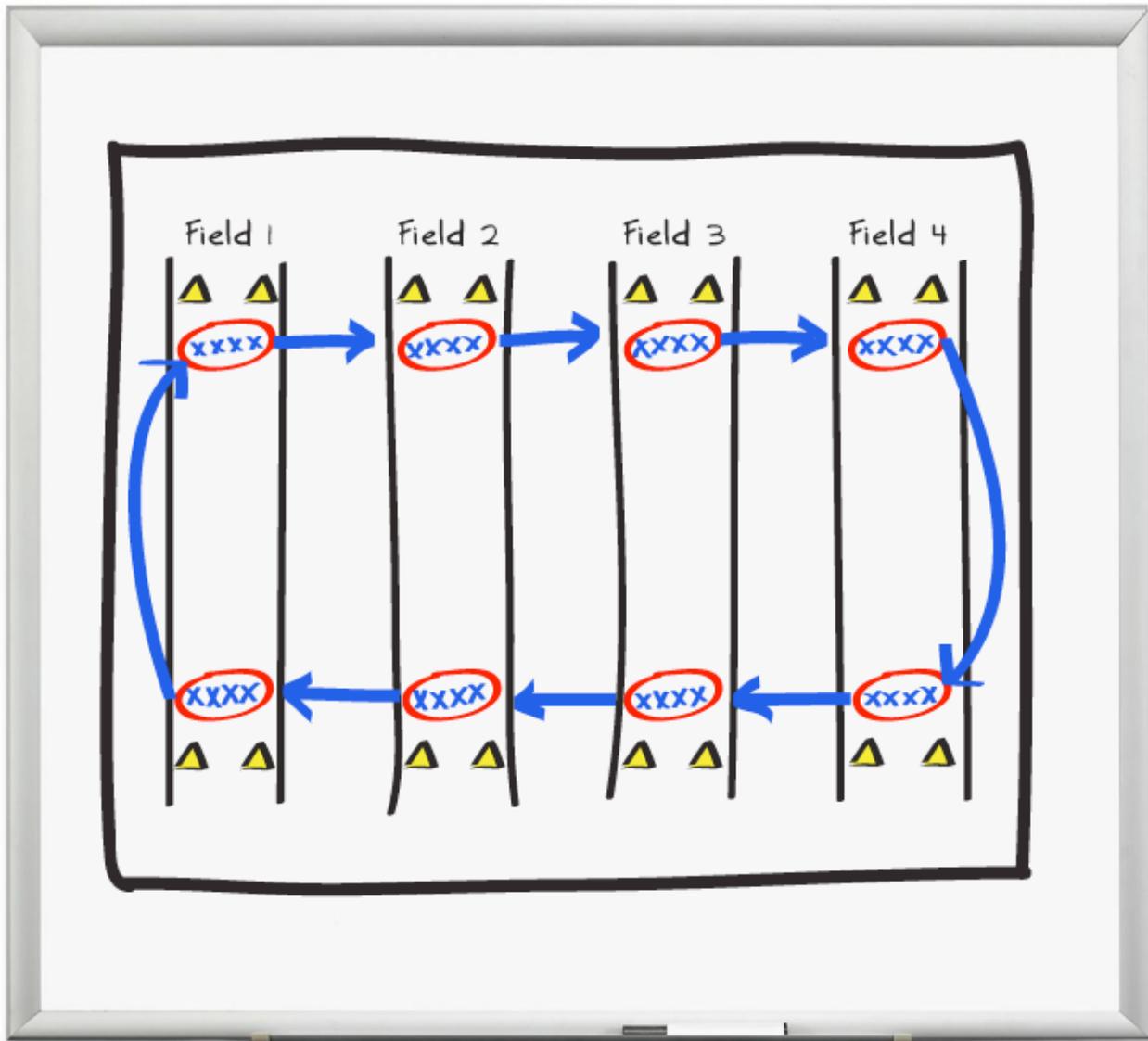
Elementary School Curriculum

Small Sided Game Play	20 min	<p>Small-sided Game Play: Divide the gym into four 'fields of play' that are no more than 20 yards long. Use cones to mark the end zones on each side. Student will play 4v4 with a C, QB, RB & WR. Students must rotate positions every play. The object of the game is to score touchdowns. The offense gets 4 chances to score a touchdown regardless of interceptions or fumbles.</p>	<p>Teachers, allow games to go for 5 minutes and then rotate each team to the field to their left so they get to play different teams.</p> <p>Explain that the line of scrimmage can change each time and is determined by where a player's flag is pulled off. Where one play ends, the next play begins.</p> <p>Give the defense the following cue to help them not let the receivers get past them:</p> <ul style="list-style-type: none"> • Keep a cushion <p>Remind students that safety is key and they are not allowed to physically touch the opposing team.</p>	<p>Teacher feedback while observing the class.</p> <p>Encourage positive feedback between students.</p> <p>IE. "Great catch!" "Nice throw!"</p>
Closure	5 min	Skill Recap & Check for Understanding	<p>Refer back to objectives and ask students to verbally describe the cue for playing good defense. Also ask for an answer to the essential questions.</p>	

NFL FLAG Football

Elementary School Curriculum

Lesson 10 Game Play & Field Rotations





FLAG

MIDDLE SCHOOL CURRICULUM



 **SHAPE America** SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®
health. moves. minds.

nflflag.com



**BE A PART OF
NFL FOOTBALL**

PLAY NFL FLAG

**FIND A LEAGUE NEAR YOU
NFLFLAG.COM**

NFL FLAG Football

Middle School Curriculum

This NFL FLAG Football curriculum was created for use in middle school physical education classes. The activities in this curriculum are appropriate for use with students between grades 6-8 (ages 11-14) and are designed to be delivered during a standard 40 minute physical education class over the course of two weeks (or 10 lessons). The lessons included in this curriculum are broken down into four sections that mimic actual NFL player preparation processes; Mini Camp, OTA's, Pre-Season and Regular Season. Each lesson uses a combination of individual and small and large group skill development activities that are in alignment with SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education.

This unit is specifically designed to help all students:

- Develop & refine motor skills & movement patterns as they relate to flag football;
- Understand & apply concepts and strategies that will enhance student success in flag football;
- Achieve & maintain a health-enhancing level of physical fitness;
- Exhibit responsible personal & social behavior;
- Recognize the value of physical activity for health, enjoyment, challenge & social interaction.

NFL FLAG Football

Middle School Curriculum

The middle school years provide a platform for students to refine their previously learned fundamental motor skills and movement patterns and begin to apply them in a wide variety of physical activity contexts. The students are now ready to learn more complex, sport-specific skills, concepts and strategies that will allow for success in small and large-sided or modified games. This unit will focus on developing, refining and mastering the following skills, concepts and strategies as they relate to flag football:

Concepts & Strategies

- Basic Offense
- Basic Defense
- Line of Scrimmage
- Down & Distance
- Player Positions
- Decision Making

Skill Progressions

- Throwing/Passing
- Catching
- Kicking/Punting
- Ball Carrying
- Route Running
- Defense

NFL FLAG Football

Middle School Curriculum

National Standards & Grade-Level Outcomes Addressed in this unit

Standard	Grade Level Outcome	Description
Standard 1	S1.M2.7	Throws with a mature pattern for distance or power in a dynamic environment.
Standard 1	S1.M3.7	Catches with a mature pattern from different trajectories in small-sided game play.
Standard 2	S2.M3.7	Creates open space by staying spread on offense and cutting and passing quickly.
Standard 2	S2.M5.7	Reduces open space by not allowing the catch or anticipating the speed of an object for the purpose of deflection or interception.
Standard 2	S2.M6.7	Transitions between offense and defense quickly by communicating with teammates.
Standard 2	S2.M11.8	Reduces open spaces in the field by working with teammates to maximize coverage.
Standard 4	S4.M1.6	Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors.
Standard 4	S4.M1.7	Exhibits responsible behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates.
Standard 4	S4.M3.8	Provides encouragement & feedback to peers without prompting from the teacher.
Standard 4	S4.M5.7	Problem-solves with a small group of classmates during small group initiatives or game play.
Standard 4	S4.M7.7	Independently uses equipment appropriately and safely.
Standard 5	S5.M3.7	Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with group challenges.
Standard 5	S5.M6.6	Demonstrates respect for self and others in activities and games by following the rules, encouraging others and playing in the spirit of the game or activity.

Reference

Society of Health and Physical Educators. (2014). *National standards & grade-level outcomes for K-12 physical education*. Champaign, IL: Human Kinetics

NFL FLAG Football

Middle School Curriculum

Middle School NFL FLAG Football Unit Block Plan

Mini Camp Day 1	Mini Camp Day 2	Mini Camp Day 3	Mini Camp Day 4	Mini Camp Day 5
Skill: Passing	Skill: Passing & catching	Skill: Running Routes	Skill: Ball Carrying	Skill: Kicking & punting
Context(s): As a quarterback	Context(s): As a quarterback and wide receiver	Context(s): As a wide receiver	Context(s): As a running back	Context(s): Place kicking and punting
Activities: Star drill, partner practice, fish in a barrel	Activities: Ladder drills, partner practice, small group practice	Activities: Passing & catching practice, route running practice	Activities: Twist off, snake run, angle of pursuit	Activities: Kingpin, partner kicking/punting, special teams tag
OTA's Day 6	OTA's Day 7	OTA's Day 8	Pre-season Day 9	Reg - Season Day 10
OTA's Day 6	OTA's Day 7	OTA's Day 8	Pre-season Day 9	Reg – Season Day 10
Skill: Basic Offense	Strategies: Basic Defense	Strategies: Team Strategies	Strategies: 5 v 5 Games	Strategies: 5 V 5 Games
Context(s): Small-sided modified games	Context(s): Small-sided modified games	Context(s): Small-sided modified games	Context(s): Small-sided modified games	Context(s): Small-sided modified games
Activities: Ladder drills, bump & go, offensive play design	Activities: Buzz & Rip, Shadow Routes, Defensive play design	Activities: Partner passing, play design, 5 v 5 walkthrough	Activities: Keep away, Play design, 5 v 5 game play	Activities: Cognitive Assessment, 5 v 5 game play

NFL FLAG Football

Middle School Curriculum

Lesson 1 Mini Camp - Passing

Grade Level:

6-8 (14U)

National Standards & Grade-level Outcomes:

S1.M2.7, S1.M3.7

Lesson Objective(s):

By the end of this lesson the students will be able to demonstrate and describe the proper cues for throwing a football as a quarterback.

Lesson Length:

40 Minutes

Equipment Needed:

Footballs, poly spots, 3 large buckets

Essential Question (related to objective):

Why is it important for the QB to step towards their target when they throw?

Safety Standard:

S4.M7.7 – Uses class equipment appropriately and safely

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Star Drill – One student will begin in the middle of the star. He/she will sprint forward to cone, and backpedal to the middle, sprint to the next cone to the right, back pedal back to the middle. Repeating until they have gone all the way around. Once a whole rotation is complete, another student hops into the middle and take their turn.	Paint the picture that students are playing defense and they need to move/change directions quickly. When back pedaling, use these cues: <ul style="list-style-type: none"> • Short choppy steps • Keep center of gravity. 	Modify task by taking students to the side of the group and having them respond to verbal direction to change direction 1:1 with the teacher allowing for different speeds and distances.
Skill Development Activity	10 min	Passing & Catching Practice – During this time students will partner up and practice passing and catching in their own space. Encourage the students to use a three step drop before passing the football.	Quarterback Throwing Cues: <ul style="list-style-type: none"> • Get a grip • Side to target • Ball to ear • Step to target (with opposite foot) • Rotate the hips & extend throwing arm • Follow through (down and across body) 	Prior to partner work, teacher may also demonstrate a three step drop for the quarterbacks. Practicing this will help simulate a more authentic (dynamic) form of practice.

NFL FLAG Football

Middle School Curriculum

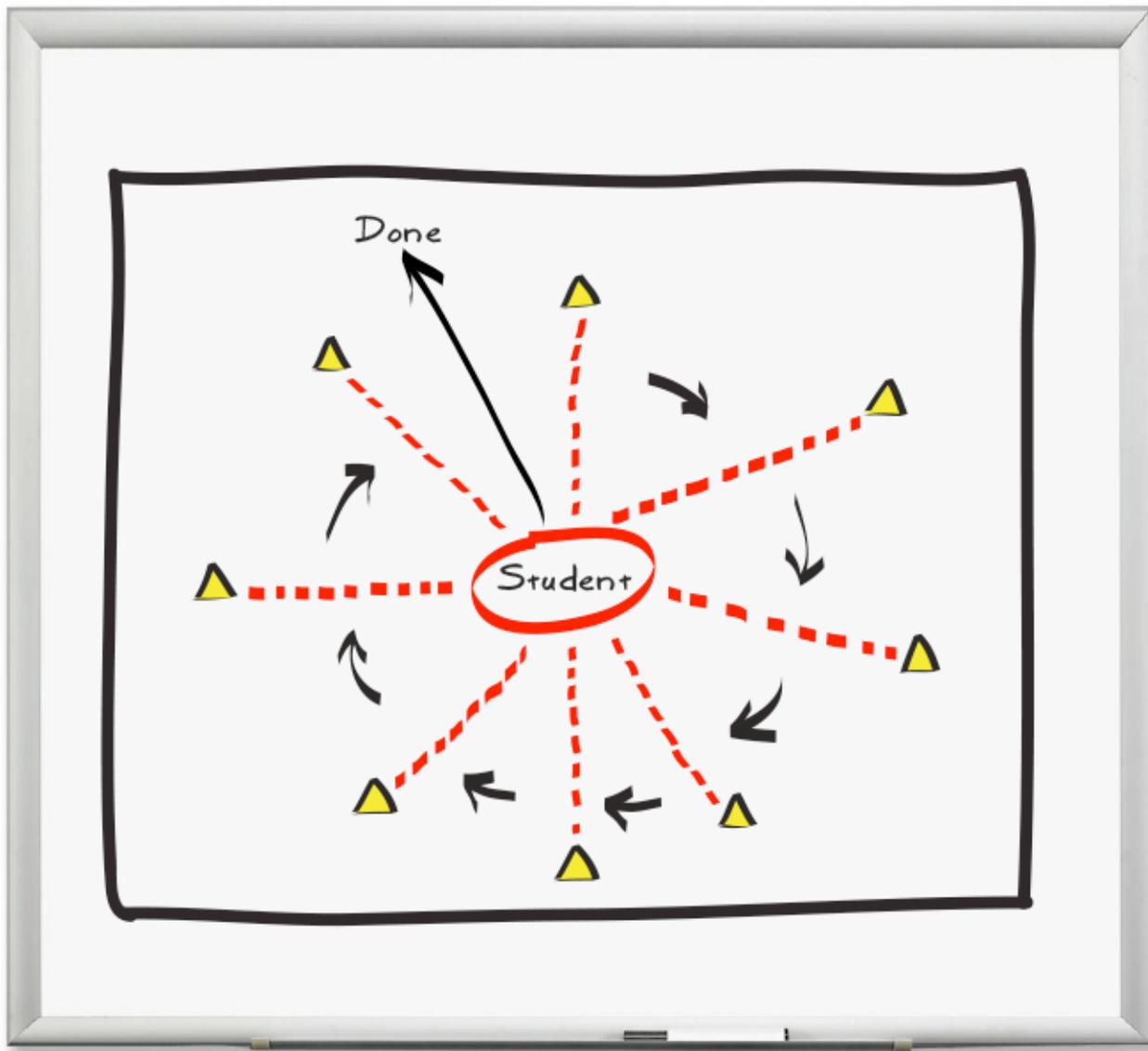
Lesson 1 Mini Camp – Passing

Small group work	20 min	Fish in a Barrel: Divide the students up into groups of 4 and have each team designate a 'team space' on the outside edge of the gym. Place a three large buckets in the middle of the gym. Spread lots of poly spots around the buckets at various distances. When play begins students will grab footballs, go to poly spots, and try and throw the football into the barrel. If they make it in, they pick up the poly spot and take it back to their team space. The team with the most poly spots at the end of play wins.	In between each round of play, remind students of the cues for throwing that will help them succeed: <ul style="list-style-type: none"> • Get a grip • Side to target • Ball to ear • Step to target (with opposite foot) • Rotate the hips & extend throwing arm • Follow through (down and across body) 	Add more buckets
Closure	5 min	Skill Recap & Check for Understanding	Refer back to objectives and ask students to verbally repeat the cues for proper passing.	Ask and observe all students to demonstrate the cues properly as they say them aloud.

NFL FLAG Football

Middle School Curriculum

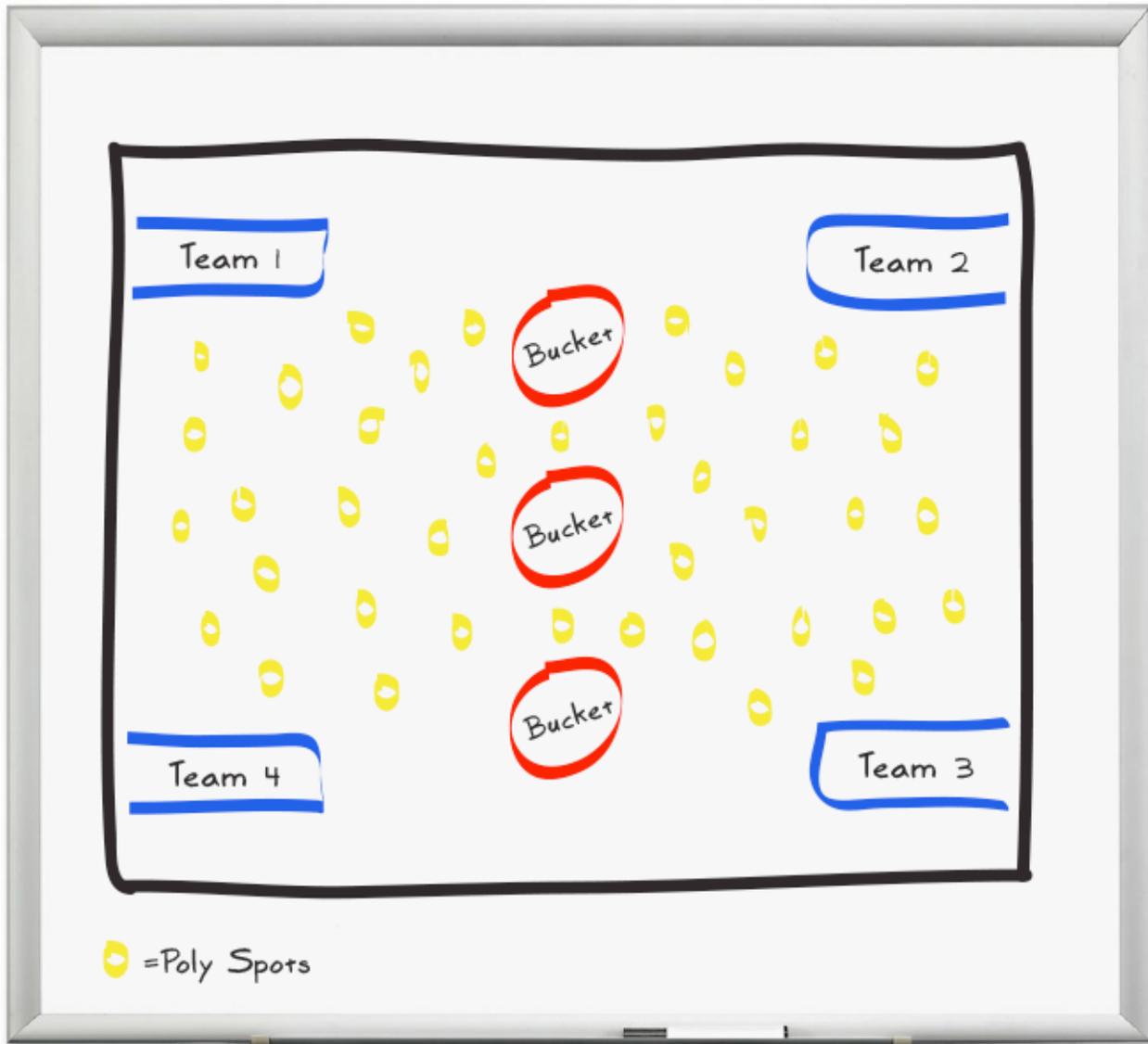
Lesson 1 Star Drill



NFL FLAG Football

Middle School Curriculum

Lesson 1 Fish in a Barrel



NFL FLAG Football

Middle School Curriculum

Lesson 2 Mini Camp: Offensive Positions

Grade Level:

6-8 (14U)

National Standards & Grade-level Outcomes:

S1.M2.7, S1.M3.7,

Lesson Objective(s):

By the end of this lesson, the students will be able to correctly demonstrate and describe the cues for successfully throwing and catching a football, by verbal responses and participation in class activities.

Lesson Length:

40 Minutes

Equipment Needed:

Flag belts, cones, footballs, diagrams of pass patterns

Essential Question (related to objective):

Why is it important for the WR to keep their hands up?

Safety Standard:

S4.M7.7 – Uses class equipment appropriately and safely

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Ladder Drills: As students enter the gym, have them go to a speed ladder and practice their footwork. Facing the ladder, have the students place two feet in and two feet out of each rung of the ladder while moving to their right. One student goes and then another goes when the first student is at least halfway through.	Cues for successful ladder drill participation: <ul style="list-style-type: none"> • Short and choppy • Pump the arms • All the way in all the way out 	To challenge students, have different patterns/pathways for the students to pass through the ladder drills.

NFL FLAG Football

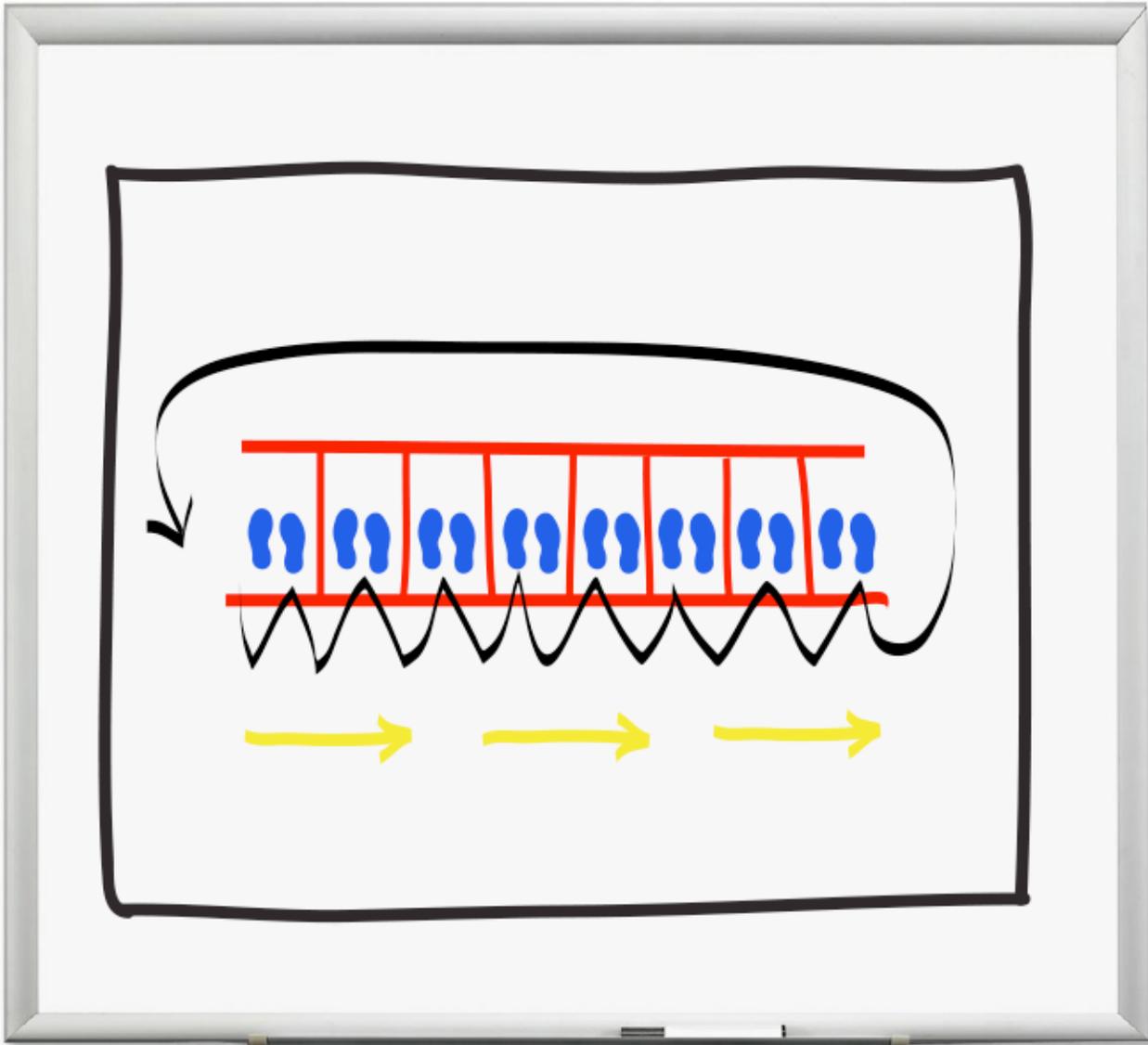
Middle School Curriculum

Skill Development Activity	10 min	<p>Passing & Catching – During this time students will partner up and practice passing and catching in their own space.</p> <p>Encourage the students to use a three step drop before passing the football.</p>	<p>Quarterback Throwing Cues:</p> <ul style="list-style-type: none"> • Get a grip • Side to target • Ball to ear • Step to target (with opposite foot) • Rotate the hips & extend throwing arm • Follow through (down and across body) <p>Receivers Catching Cues:</p> <ul style="list-style-type: none"> • Thumbs together, pointers together • Diamond at chest height extended • Adjust hands to size of the ball • Squeeze on impact • Tuck & go 	Teacher will provide feedback based on observation.
Lead-up Game	20 min	<p>Crazy Catch: Students will be organized into groups of 4. 4 students will grab a football and stand in a square, and one student will stand in the middle of the square. On the teachers go, the student in the middle will catch a pass from one student on the outside and throw it back to the same person, then half-turn to the right to catch a pass from the next student in the square, and so on so the person in the middle has caught a pass from each of the four outside students. Continue rounds until each student has been in the middle.</p>	<p>Receivers Catching Cues:</p> <ul style="list-style-type: none"> • Thumbs together, pointers together • Diamond at chest height extended • Adjust hands to size of the ball • Squeeze on impact • Tuck & go 	<p>To make this activity more difficult, have the student in the middle start with a football and begin using the same pattern of throwing and catching to the outside, only add a second ball.</p> <p>In this modification, the students on the outside do not start with a football.</p>
Closure	5 min	Skill Recap & Check for Understanding	Ask students to verbally repeat the cues for proper throwing & catching.	Ask all students to demonstrate the cues/ routes properly as they say them aloud.

NFL FLAG Football

Middle School Curriculum

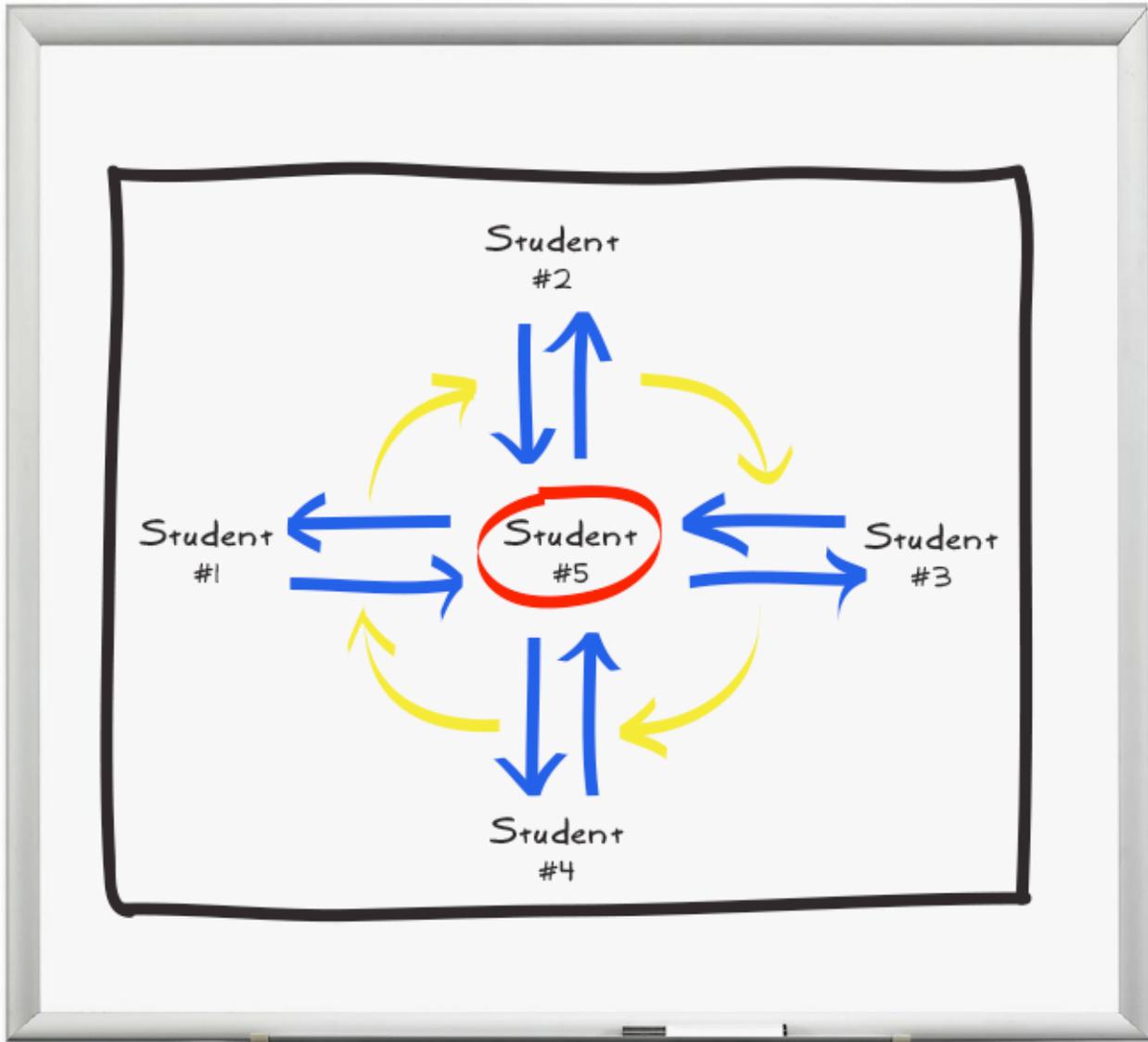
Lesson 2 Ladder Drill



NFL FLAG Football

Middle School Curriculum

Lesson 2 Crazy Catch



NFL FLAG Football

Middle School Curriculum

Lesson 3 Mini Camp: Route Running

Grade Level:

6-8 (14U)

National Standards & Grade-level Outcomes:

S1.M2.7, S1.M3.7

Lesson Objective(s):

By the end of this lesson, the students will be able to correctly identify and describe three new pass routes; the Post, Flag and Drag.

Lesson Length:

40 Minutes

Equipment Needed:

Flag belts, cones, footballs, diagrams of pass patterns.

Essential Question (related to objective):

When should the WR plant with their inside/outside foot?

Safety Standard:

S4.M7.7 – Uses class equipment appropriately and safely

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Ladder Drills: As students enter the gym, have them go to a speed ladder and practice their footwork. Facing the ladder, have the students place two feet in and two feet out of each rung of the ladder while moving to their right. One student goes and then another goes when the first student is at least halfway through.	Cues for successful ladder drill participation: <ul style="list-style-type: none"> • Short and choppy • Pump the arms • All the way in all the way out 	To challenge students, have different patterns/pathways for the students to pass through the ladder drills.

NFL FLAG Football

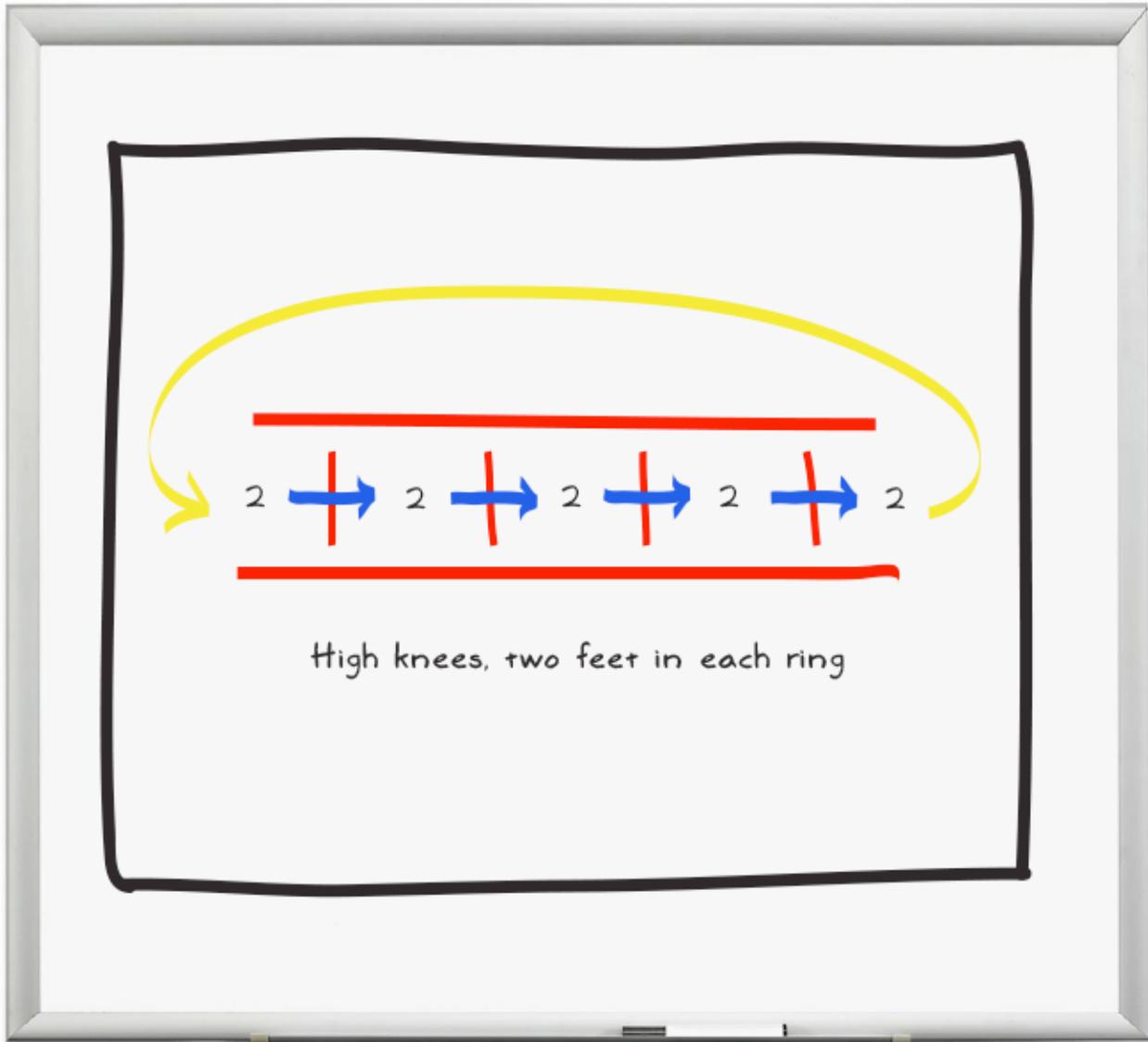
Middle School Curriculum

Skill Development Activity	10 min	<p>Passing & Catching – During this time students will partner up and practice passing and catching in their own space.</p> <p>Encourage the students to use a three step drop before passing the football.</p>	<p>Prior to partner work, teacher may also demonstrate a three step drop for the quarterbacks.</p> <p>Quarterback Throwing Cues:</p> <ul style="list-style-type: none"> • Get a grip • Side to target • Ball to ear • Step to target (with opposite foot) • Rotate the hips & extend throwing arm • Follow through (down and across body) <p>Receivers Catching Cues:</p> <ul style="list-style-type: none"> • Thumbs together, pointers together • Diamond at chest height extended • Adjust hands to size of the ball • Squeeze on impact • Tuck & go 	Teacher provides feedback around cues based on observation.
Lead-up Game	20 min	<p>Passing, Route Running: During this time, the students will be in groups of 3 practicing the three new passing routes in their own space. The students should rotate roles each time. There will be one QB and two WRs. The QB will call the routes; students line up on the line of scrimmage, QB gives cadence, and WRs run their routes.</p>	<p>Passing Routes:</p> <ul style="list-style-type: none"> • Post – 10 yards, inside turn (outside foot plant), sprint to goal post • Flag – 10 yards, outside turn (inside foot plant), sprint to back corner of end zone • Drag – 5 yards, 90 degrees turn (outside foot plant), sprint across the middle 	<p>Demonstrate the proper alignment of the positions on the line of scrimmage, QB cadence.</p> <p>Have a diagram of these routes posted for the students to reference as they practice.</p> <p>Filter around and positive constructive feedback to students as they practice.</p>
Closure	5 min	Skill Recap & Check for Understanding	Ask students to verbally repeat the cues for proper throwing & catching. Also ask to name the three new pass routes.	Ask all students to demonstrate the cues/ routes properly as they say it

NFL FLAG Football

Middle School Curriculum

Lesson 3 Ladder Drill 2



NFL FLAG Football

Middle School Curriculum

Lesson 4 Mini Camp – Ball Carrying

Grade Level:

6-8 (14U)

National Standards & Grade-level Outcomes:

S1.M2.7, S1.M3.7, S2.M3.7

Lesson Objective(s):

By the end of this lesson the student will be able to correctly demonstrate and describe the cues for handing off a football, receiving a football handoff, and carrying a football while running.

Lesson Length:

40 Minutes

Equipment Needed:

Cones, footballs, flag belts

Essential Question (related to objective):

Why is it important to cut quickly and powerfully while changing directions?

Safety Standard:

S4.M7.7 – Uses class equipment appropriately and safely

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Twist Off - as the students enter the gym, they will follow teacher directions to form partners (1 ball per set of partners) and get to their own space. Students will stand back to back and practice rotating side to side handing off, and receiving handoffs to and from their partners. Have students see how many they can successfully complete in 30 seconds. Rest and repeat.	Cues for handing off a football: <ul style="list-style-type: none"> • Turn & face • Extend arms • Hands on ball's sides • Place ball firmly in running back's stomach Cues for receiving a handoff: <ul style="list-style-type: none"> • Inside elbow up, outside elbow down • Receive, tuck & run! (no run here) 	Teacher observation of hand placement and receiving form.
Skill Development Activity	10 min	Snake Run: Students divided into groups of 5 and placed at the start of a series of zig-zagged cones, and at each cone. 1 student will run through the series of cones demonstrating the correct skills for carrying a football while the other students will be positioned at each cone and try to swipe the football from the carrier as they go by.	Cues for carrying the football: <ul style="list-style-type: none"> • Outside hand • Cover the tips • Tuck to the ribs As students pass each cone instruct them to plant and explode past the defender.	Have students get peer feedback about their form while carrying the ball.

NFL FLAG Football

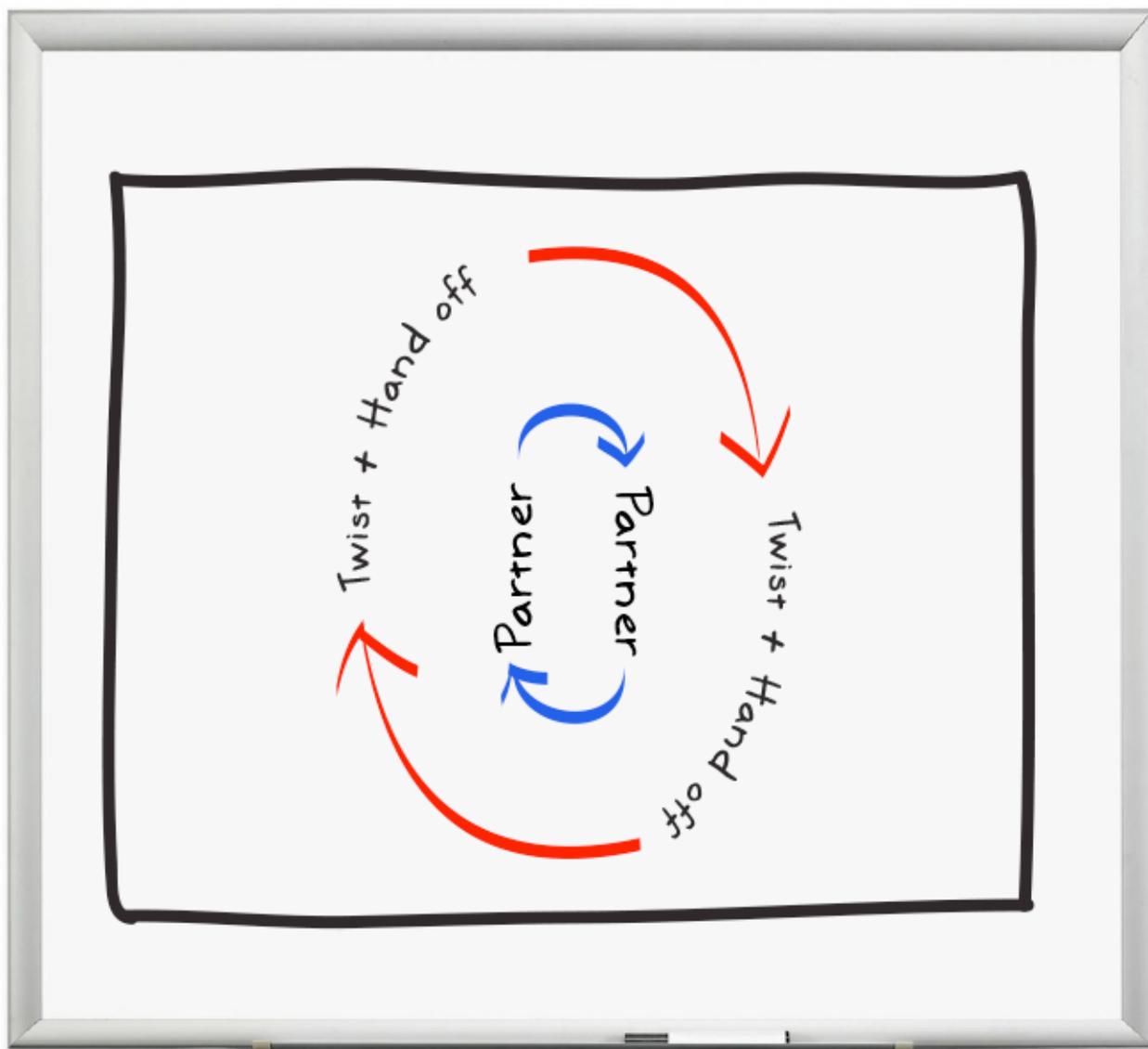
Middle School Curriculum

Team Running Practice	20 min	<p>Angle of Pursuit: Students will get into groups of 3 and go to a set of running lanes. One partner will be the center, one a RB and the other the QB. The QB will call out a lane (hole) and a side and practice making the appropriate handoffs while the RB practice receiving the handoff and running through the proper lanes (holes). Example: "2 right," "4 left." Play will begin on the QB's cadence "Set, Hut" HERE'S THE TWIST: After the center snaps the ball to the QB, she/he will peel around and try to beat the running back to the hole/lane and pull their flag off. Students will rotate roles each time.</p>	<p>Diagram the running holes/lanes to the students prior to participating in this activity.</p> <p>Cues for handing off a football:</p> <ul style="list-style-type: none"> • Turn & face side line • Step diagonal • Extend arms • Place ball firmly in running back's stomach <p>Cues for receiving a handoff:</p> <ul style="list-style-type: none"> • Step diagonal towards hole • Inside elbow up, outside elbow down • Receive, tuck & run! <p>Cues for running with the football:</p> <ul style="list-style-type: none"> • Outside hand • Cover the tips • Tuck to the ribs 	<p>Challenge students with different lanes and calls.</p>
Closure	5 min	<p>Skill Recap & Check for Understanding</p>	<p>Refer back to objectives and ask students to verbally describe the cues for giving and receiving a handoff. Also ask for an answer to the essential question.</p>	<p>Ask all students to demonstrate the handoff cues for giving and receiving properly.</p>

NFL FLAG Football

Middle School Curriculum

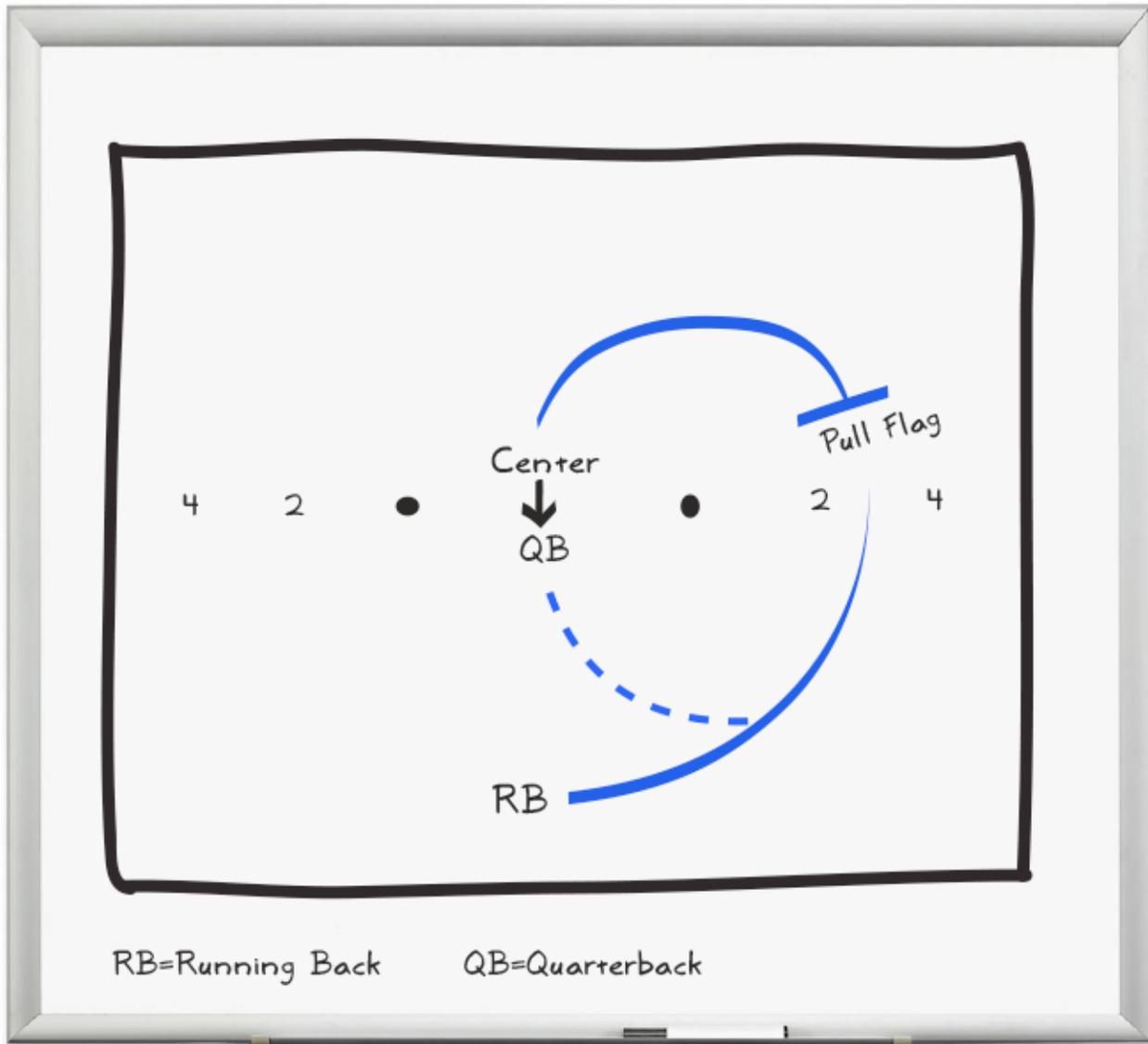
Lesson 4 Twist Off



NFL FLAG Football

Middle School Curriculum

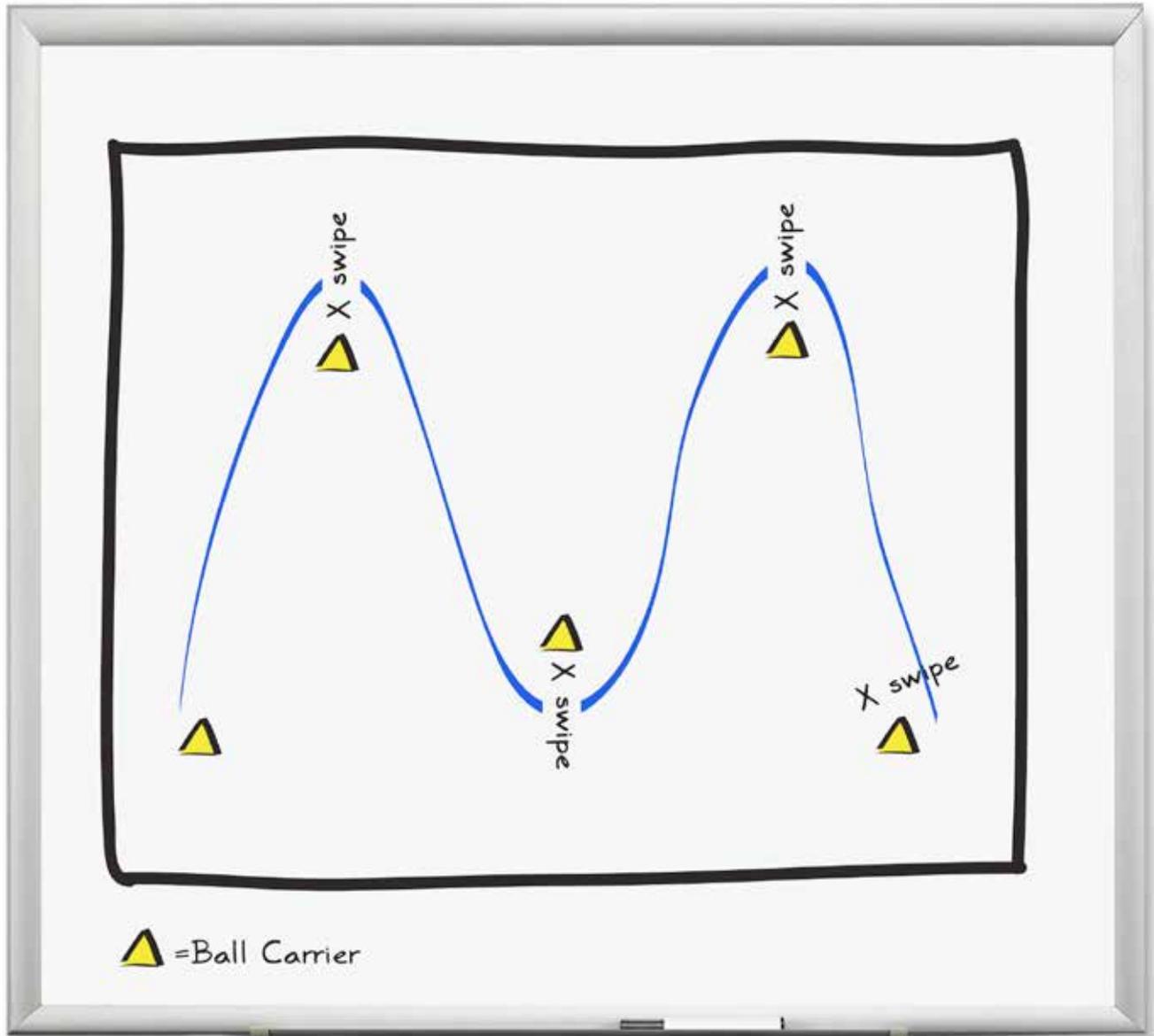
Lesson 4 Angle of Pursuit



NFL FLAG Football

Middle School Curriculum

Lesson 4 Snake Run



NFL FLAG Football

Middle School Curriculum

Lesson 5 Mini Camp: Kicking & Punting

Grade Level:

6-8 (14U)

National Standards & Grade-level Outcomes:

S2.M6.7, S4.M1.6, S5.M6.6

Lesson Objective(s):

By the end of this lesson the students will be able to successfully and correctly demonstrate and describe the cues for kicking and punting a football..

Lesson Length:

40 Minutes

Equipment Needed:

Cones, footballs, flag belts, kick tee, round ball

Essential Question (related to objective):

Is it better to kick the ball higher or farther or both? Why?

Safety Standard:

S4.M7.7 – Uses class equipment appropriately and safely

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	King Pin: As students enter the gym, have them get a soccer ball (or softer gator skin ball), a cone, and get into groups of four. The students should align themselves all facing each other in a square with their cone at their side. The object of the game is to kick the ball along the ground and knock over your classmates cones. When a cone is knocked over, put it back upright and keep playing. See how many cones they knock over before teacher stops play.	Give the students the following cues for kicking: <ul style="list-style-type: none"> • Step towards the ball with kicking foot • Extend arms • Plant opposite foot even with ball • Kick lower third of the ball • Contact ball with shoe laces • Lean back (slightly) as you kick • Upward & forward (kicking leg follow-through) 	Observe skill cues and provide individualized reteaching when appropriate.

NFL FLAG Football

Middle School Curriculum

Skill Development Activity	10 min	Partner Place Kicking Practice: Students will partner up, grab a football, a flag belt, and a kicking tee. And line up across from each other 30 yards apart. One partner will be the kicker and the other partner will catch/field the kick and run it back to the tee. Students will switch roles each time.	Give the students the following cues for kicking: <ul style="list-style-type: none"> • Step towards the ball with kicking foot • Extend arms • Plant opposite foot even with ball • Kick lower third of the ball • Contact ball with shoe laces • Lean back (slightly) as you kick • Upward & forward (kicking leg follow-through) 	Provide practice steps in isolation for students who have not mastered the entire sequence.
Skill Development Activity	10 min	Partner Punting Practice: Students will stay with the same partner. And line up across from each other 30 yards apart. One partner will be the kicker and the other partner will catch/field the kick and run it back to the tee. Students will switch roles each time.	Cues for punting a football: <ul style="list-style-type: none"> • Arms out • Laces up • Step & drop • Contact ball with shoe laces • Upward & forward (kicking-leg follow-through) 	Introduce the concept of punting on 4 th down and describe why a team may decide to punt. If students struggle with punting the football successfully, use a different ball.
Lead-up Game	10 min	Special Teams Tag: Students will use the same set up, only this time when the ball is kicked/fielded, the kicker will chase the returner and try and pull their flag. Once their flag is pulled (or the teacher stops play after 30 seconds of chasing) the students will switch roles and get ready to start another round. After each student has place-kicked, instruct the students to punt the football to the returner.	Introduce the concept of special teams Remind the students to use the proper cues for kicking/punting a football. Give the returner the cue of “elbows in” for catching the high kick/punt.	If students have difficulty kicking or punting the football, use a different (bigger) ball to increase chances of success.
Closure	5 min	Skill Recap & Check for Understanding	Refer back to objectives and ask students to verbally describe the cues for kicking & punting a football. Also ask for an answer to the essential questions.	Ask students to demonstrate the skill form without a ball for teacher/partner observation

NFL FLAG Football

Middle School Curriculum

Lesson 6 OTA's – Basic Offensive Strategies

Grade Level:

6-8 (14U)

National Standards & Grade-level Outcomes:

S1.M2.7, S1.M3.7, S2.M3.7, S4.M1.6, S4.M1.7, S4.M3.8, S4.M5.7, S5.M3.7

Lesson Objective(s):

By the end of this lesson, the students will be able to correctly demonstrate and describe the concept of creating space between themselves and the defense for the purpose of catching a pass

Lesson Length:

40 Minutes

Equipment Needed:

Football, cones, flag belts, flip charts.

Essential Question (related to objective):

Why is it important for the wide receiver to create space between them and the defense?

Safety Standard:

S4.M7.7 – Uses class equipment appropriately and safely

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Ladder Drills: As the students enter the gym, direct them to a ladder where they can run through some agility drills. Have them start by doing high knees through the ladder putting both feet in each rung of the ladder.	Cues for successful ladder drill participation: <ul style="list-style-type: none"> • Knees up high • Pump the arms • All the way in all the way out 	Have enough ladders set out so students don't wait in line long. Have different pathways readily available to challenge kids.
Skill Development Activity	10 min	Bump & Go: Put students in groups of 4. Two students lined up single file on one side, and the other two students in the group about ten yards apart lined up the same way. The first two students in each line will jog towards each other like they are going to block each other, when they get to each other, they will both break to the right (away from each other) and continue on to catch a pass from the second person in line. After they catch the ball, they will get in line to be the passer (QB) on the other side. Continue to rotate roles.	Use this time to talk about how creating space is a valuable offense strategy that WRs use so that it's easier for them to get open a catch a pass from the QB. Reiterate to the students that they should plant and explode off the foot that is opposite the direction they will go.	After each person has completed a repetition, have the receivers run any one of the 6 pass routes they have already learned, hook, slant, go, post, flag & drag.

NFL FLAG Football

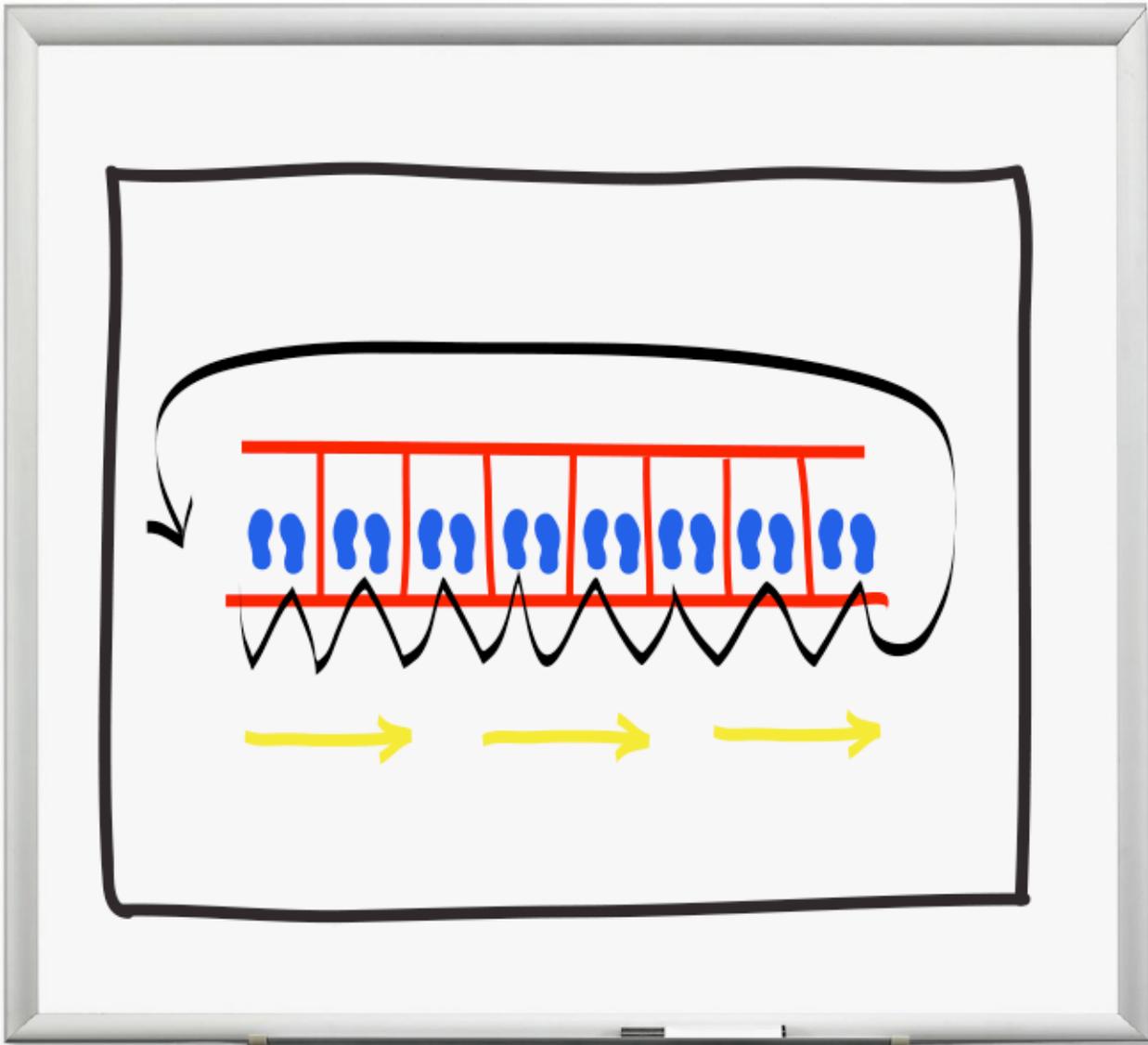
Middle School Curriculum

Skill Development Activity	10 min	Play Book Design: During this time each group of 5 will get a flip chart and a marker. Each group will diagram and practice at least six plays in which the C, RB and 2 WRs all run different pass route.	Each group of 5 will need a flip chart and a marker to diagram their plays in their playbook.	During this time the teacher will filter around to each group to ensure students are being inclusive and working well together.
Group Activity	10 min	Offensive Plays Practice: During this activity, each team of 5 will practice running the plays they created in their own space. Students should switch roles each play to get practice at each position.	There is no defense for this drill.	Filter around to provide positive and constructive feedback to the students about their performance versus their scripted play.
Closure	5 min	Skill Recap & Check for Understanding		Have each group demonstrate one play to the class. Ask teams to provide feedback to each other. Prompt students for answers to the essential question.

NFL FLAG Football

Middle School Curriculum

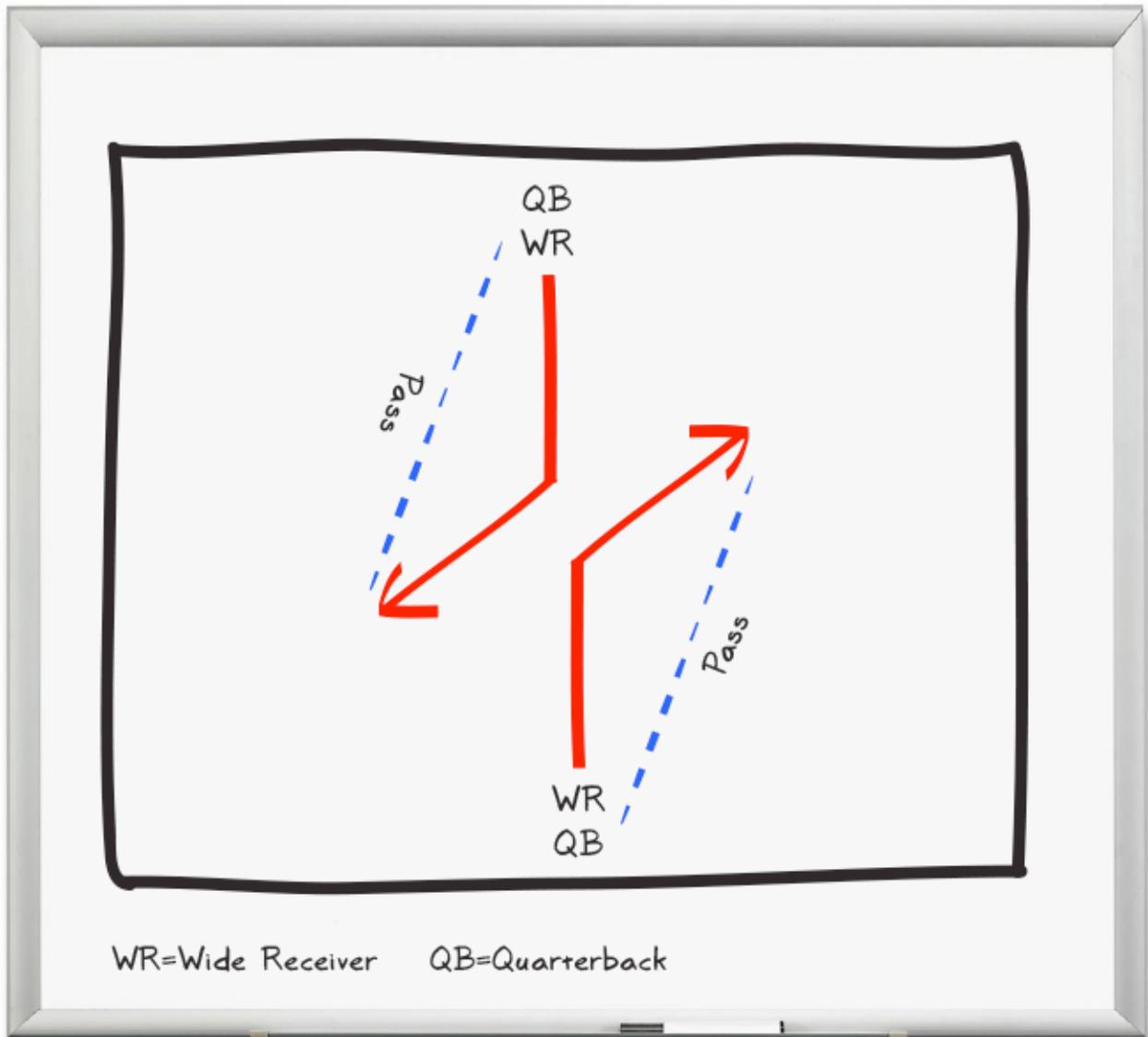
Lesson 6 Ladder Drill



NFL FLAG Football

Middle School Curriculum

Lesson 6 Bump & Go



NFL FLAG Football

Middle School Curriculum

Lesson 7 OTA's – Basic Defensive Strategies

Grade Level:

6-8 (14U)

National Standards & Grade-level Outcomes:

S2.M5.7, S2.M11.8, S4.M1.6, S4.M1.7, S4.M3.8, S4.M5.7, S5.M3.7

Lesson Objective(s):

By the end of this lesson, the students will be able to correctly demonstrate and describe how to reduce open space from a defensive perspective by participating in class activities.

Lesson Length:

40 Minutes

Equipment Needed:

Football, cones, flag belts, flip charts.

Essential Question (related to objective):

Why is it important to keep a balanced center of gravity when in a defensive position?

Safety Standard:

S4.M7.7 – Uses class equipment appropriately and safely

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	10 min	Buzz & Rip: As students enter the gym, they will get a partner, a flag belt and a football. The teacher will play music for 30 second intervals while the students play catch. When the music stops, the student who has the ball must run from their partner, who will buzz, breakdown & rip their flag off. Allow 30 seconds for each "chase" before starting the music again.	Buzz Technique <ul style="list-style-type: none"> • Close the gap • Short, choppy steps • Breakdown & rip (the flag) Breakdown Position <ul style="list-style-type: none"> • Feet – Feet shoulder-width apart • Squeeze – Proud chest, shoulders back • Sink – Knees bent, forward lean, chin up & over the toes • Hand - Elbows bent with forearms parallel to the ground; hands and fingers are loose 	Teacher will provide feedback based on observation during the warm up and consider the need for class review based on observation.

NFL FLAG Football

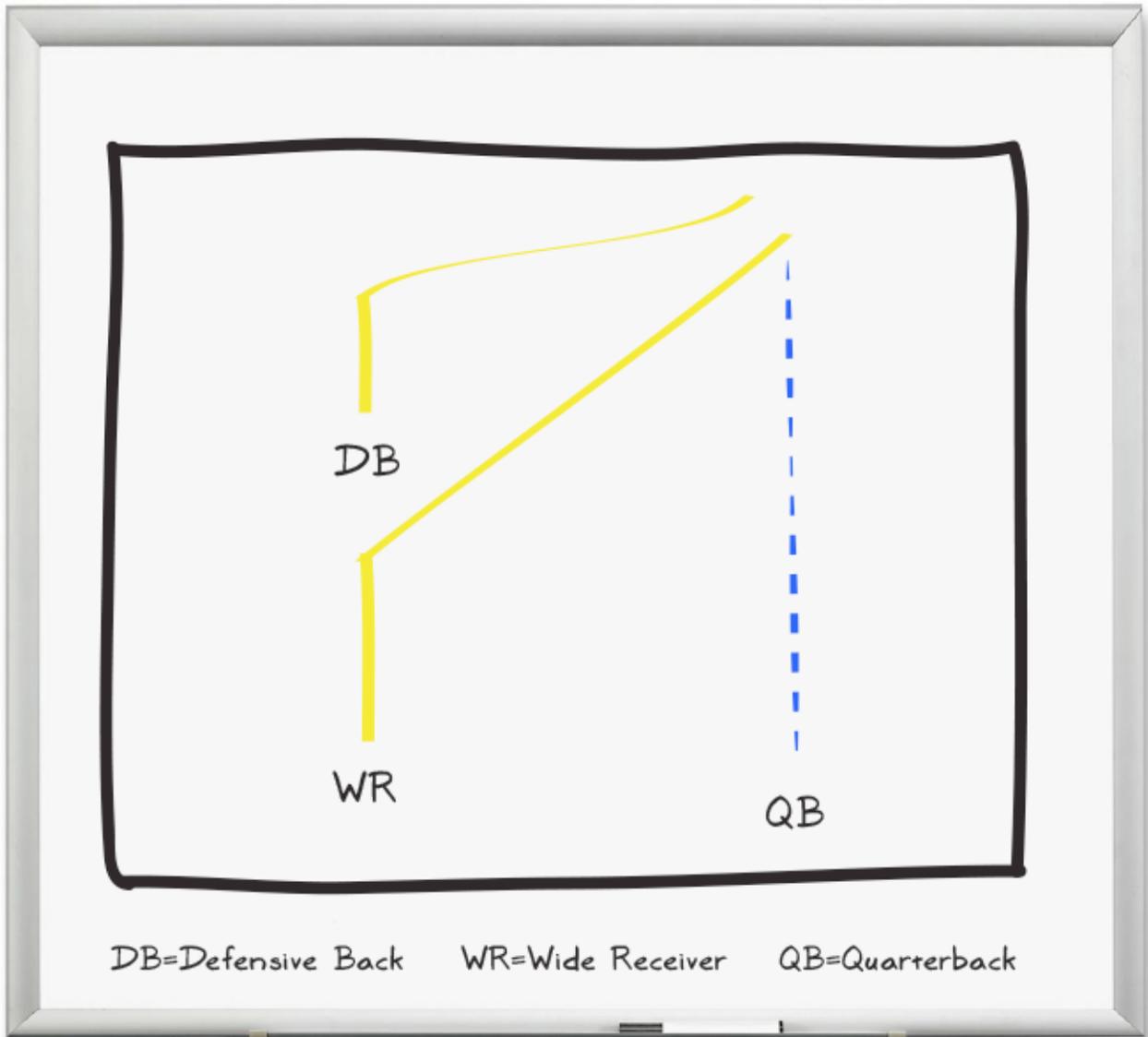
Middle School Curriculum

Skill Development Activity	10 min	Shadow Routes: Divide students into groups of 3, get a football and get into their own space. One student is the QB, one the WR, and one on defense. The QB and WR will huddle and decide which pass route to run. They will come to the line of scrimmage, the QB will give the cadence, and they will run the play and try to complete a pass while the defense tries to deflect the pass.	Cues for Good Defensive Play: <ul style="list-style-type: none"> • 5 and 1 (5 steps off, one step inside) • Staggered feet • Backwards first • Cut grass (back pedal) • Forward lean & chin over toes • Eyes up • Run with the receiver • Break on the ball 	Give the defense the goal of not allowing the WR to get behind them. Challenge defenders to stay within 5,3, or 1 step(s) of their opponent to change the difficulty level
Lead-up Game	15 min	Defensive Play Book Design: During this time each group of 5 will get a flip chart and a marker. Each group will diagram and practice at least 4 different defensive alignments that will successfully defend a pass play or a run play.	Introduce the concept of taking up space as a team to make it difficult for the offense to get open. Give them the hint that the offense can only run 6 different routes.	Provide feedback to each teams' playbook as you circulate through the activity. Give teams time to consider the feedback and revise.
Closure	5 min	Skill Recap & Check for Understanding	Have each group demonstrate one defensive alignment to the class.	Prompt students for answers to the essential question.

NFL FLAG Football

Middle School Curriculum

Lesson 7 Shadow Route



NFL FLAG Football

Middle School Curriculum

Lesson 8 OTA's: Team Strategies

Grade Level:

6-8 (14U)

National Standards & Grade-level Outcomes:

S1.M2.7, S1.M3.7, S2.M3.7, S2.M5.7, S2.M6.7, S2.M11.8, S4.M3.8, S4.M5.7, S5.M3.7

Lesson Objective(s):

By the end of this lesson the students will be able to demonstrate competence in using basic offensive and defensive strategies through successful participation in team activities

Lesson Length:

40 Minutes

Equipment Needed:

Cones, footballs, pinnies (jerseys).

Essential Question (related to objective):

How can teams communicate effectively in the huddle?

Safety Standard:

S4.M1.6, S4.M1.7, S4.M7.7, S5.M6.6

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Partner Passing Practice: As students enter the gym, have them get a partner and a ball and spread in their own space to practice playing catch with one another.	Challenge students to see how many consecutive passes they can complete.	Filter around and provide positive and constructive feedback.
Lead-up Activity	10 min	Team Practice: students will get into their same teams of 5 and spread out into their own space with another team of 5 to practice running both their offensive and defensive plays against each other before they begin modified game play. Teams will switch offense and defense after each play. Students change positions every play.	Introduce the safety position in addition to the cornerbacks, along with 'rushing the passer.' Stress correct alignment on the line of scrimmage. Corner backs cover receivers, defensive lineman covers the center, and a safety covers the QB. The safety can choose to stay back and help cover receivers, or he/she can rush the passer.	Rushers must count to 5 Mississippi before rushing the QB.

NFL FLAG Football

Middle School Curriculum

Modified Game Play	20 min	<p>5 V 5 Game Play: Students will be matched against another team on a field that is no longer than 50 yards long. This time, students will have 4 chances to get a 1st down or score a touchdown. Two completed passes within 4 downs earns the offense a first down. Getting the ball into the end zone will score a touchdown. If a team fails to get a first down. The other team gets the ball going the other direction.</p> <p>If the offense can successfully complete two forward passes within 4 downs. It becomes first down and they get another set of 4 downs.</p> <p>Fumbles will not be live balls. Play will stop and it will be the next down.</p>	<p>Stress to the students that the object of the game is to move the ball down field towards the end zone, to score a touchdown and earn points for their team.</p> <p>Introduce the concept of a huddle, down & distance, first downs, and turnovers (on downs) and interceptions.</p> <p>Play does not stop on an interception.</p> <p>Reiterate that the line of scrimmage changes every play based on where the offensive player's flag got pulled.</p>	<p>Work with students to have them self analyze their success, and changes they can implement in strategy to improve performance.</p>
Closure	5 min	Check for Understanding	<p>Prompt the students to share one thing that they found made them successful on offense/defense.</p>	<p>Tie back into the objective and ask students how they would answer the essential questions.</p>

NFL FLAG Football

Middle School Curriculum

Lesson 9 Pre-Season Games

Grade Level:

6-8 (14U)

National Standards & Grade-level Outcomes:

S1.M2.7, S1.M3.7, S2.M3.7, S2.M5.7, S2.M6.7, S2.M11.8, S4.M3.8, S4.M5.7, S5.M3.7

Lesson Objective(s):

By the end of this lesson, the students will be able to correctly describe the concepts of down & distance and change of possession.

Lesson Length:

40 Minutes

Equipment Needed:

Cones, footballs, pinnies (jerseys)

Essential Question (related to objective):

What strategy or skill can you use to create a change of possession for your team?

Safety Standard:

S4.M1.6, S4.M1.7, S4.M7.7, S5.M6.6

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Keep Away – As students enter the gym, have them get flag belts and get into groups of three with one football. One person is on defense and the other two are on offense. The object of the defender is to pull the flag of the offensive player that is holding the football. Offensive players can only hand off the football to each other.	Reiterate the proper cues for hand offs (giving and receiving), buzzing, breaking down, and ripping.	Consider having offensive players wear additional flags to decrease the difficulty for defenders.
Skill Development Activity	10 min	New Team Play Design: Students will get new teams of 5 and practice new offensive and defensive plays in their own space.	Introduce the safety position in addition to the cornerbacks, along with ‘rushing the passer.’ Reiterate that corner backs cover receivers, defensive lineman covers the center, and a safety covers the QB. The safety can choose to stay back and help cover receivers, or he/she can rush the passer.	Rushers must count for 5 or more seconds before rushing. Extend the count to give an offense additional time.

NFL FLAG Football

Middle School Curriculum

Modified Games	20 min	<p>5 V 5 Game Play: Students will be matched against another team on a field that is no longer than 50 yards long. This time, students will have 4 chances to get a 1st down or score a touchdown. Two completed passes within 4 downs earns the offense a first down. Getting the ball into the end zone will score a touchdown. If a team fails to get a first down. The other team gets the ball going the other direction.</p>	<p>Stress to the students that the object of the game is to move the ball down field towards the end zone, to score a touchdown and earn points for their team.</p> <p>Reiterate the concepts of a huddle, down & distance, first downs, and turnovers (on downs) and interceptions. Play does not stop on an interception.</p> <p>Reiterate that the line of scrimmage changes every play based on where the offensive player's flag got pulled.</p>	<p>Teacher provides feedback based on observation.</p>
Closure	5 min	Check for Understanding	<p>Prompt the students to share one thing that they found made them successful on offense/defense.</p>	<p>Tie back into the objective and ask students how they would answer the essential questions.</p>

NFL FLAG Football

Middle School Curriculum

Lesson 10 Regular Season – The True Test

Grade Level:

6-8 (14U)

National Standards & Grade-level Outcomes:

S1.M2.7, S1.M3.7, S2.M3.7, S2.M5.7, S2.M6.7, S2.M11.8, S4.M3.8, S4.M5.7, S5.M3.7

Lesson Objective(s):

By the end of this lesson, students will demonstrate the ability to play a modified flag football game by following the rules of the game and positively working together with their peers to problem solve ways to help their team be successful.

Lesson Length:

40 Minutes

Equipment Needed:

Quizzes, pencils, flag belts, footballs, cones

Essential Question (related to objective):

Why is it important to respect your teammates and opponents?

Safety Standard:

S4.M1.6, S4.M1.7, S4.M7.7, S5.M6.6

Content (what)	Time	Organization & Transitions	Progressions & Teaching Cues	Evaluation & Modifications
Instant Activity	5 min	Cognitive Assessment: of football knowledge, skills and concepts taught in class.	As the students enter the gym, give them a quiz and a pencil and have them spread out in their own space to take their quiz. Once they complete the quiz, turn it in to the teacher.	Move through the students being available to answer any student questions.

NFL FLAG Football

Middle School Curriculum

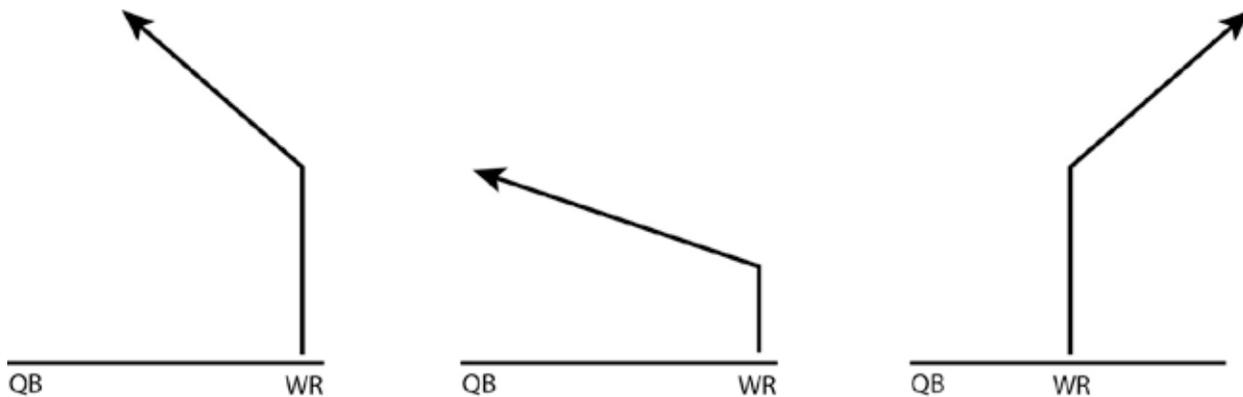
Modified Game Play	30 min	5 V 5 Game Play: Students will be matched against another team on a field that is no longer than 50 yards long. This time, students will have 4 chances to get a 1 st down or score a touchdown. Two completed passes within 4 downs earns the offense a first down. Getting the ball into the end zone will score a touchdown. If a team fails to get a first down. The other team gets the ball going the other direction.	<p>Stress to the students that the object of the game is to move the ball down field towards the end zone, to score a touchdown and earn points for their team.</p> <p>Reiterate the concepts of a huddle, down & distance, first downs, and turnovers (on downs) and interceptions. Play does not stop on an interception.</p> <p>Reiterate that the line of scrimmage changes every play based on where the offensive player's flag got pulled.</p>	<p>Teacher allows each game to go for 5 minutes before stopping play. When play stops each team will rotate to the field to their left and play a new team.</p> <p>Students do not keep records of win loss. The focus is on fun and skill development, not who won or lost.</p>
Closure	5 min	Check for Understanding	Prompt the students to share one thing that they found made them successful on offense/defense.	Tie back into the objective and ask students how they would answer the essential questions.
Instant Activity	5 min	Cognitive Assessment: of football knowledge, skills and concepts taught in class.	As the students enter the gym, give them a quiz and a pencil and have them spread out in their own space to take their quiz. Once they complete the quiz, turn it in to the teacher.	Filter around through the students as they take their quiz to make sure none are cheating.

NFL FLAG Football

Middle School Curriculum Quiz

1. What is the name of the imaginary line that players line up on to begin each play?
 - a. Mason Dixon Line
 - b. Line of Scrimmage
 - c. Line of Play
 - d. The Play Line

2. Please label the following WR pass patterns taught to you in class:



Matching

Please place the appropriate letter on the line that coincides with the appropriate position description:

- | | |
|-------------------------|--|
| 3. Quarter Back _____ | A. The player who snaps the ball to the quarter back |
| 4. Running Back _____ | B. The player who tries to stop the wide receiver from catching the ball |
| 5. Center _____ | C. The player that receives a handoff from the quarter back and runs with the football |
| 6. Wide Receiver _____ | D. The player that throws the football to the wide receivers |
| 7. Defensive Back _____ | E. The player who runs passing routes and catches the football |

NFL FLAG Football

Middle School Curriculum Quiz

True/False

Please mark a "T" next to the statement if you believe it is true. Please mark an "F" if you believe the statement is false. Please also provide a brief justification statement to tell why you think the answer is what you think it is.

Example:

F - The wide receiver decides what pass pattern to run each play.

Justification: The quarter back decides what pass patters the wide receivers will run each play.

8. _____ - If there is an incomplete pass, the line of scrimmage moves to where the ball landed.

Justification:

9. _____ - An interception happens when a defensive player catches a ball thrown by the quarterback.

Justification:

10. _____ - In football, the offense gets as many plays as they want to get a first down or score a touchdown.

Justification:

