

Flag Football Study Guide



Questions

<p>1. If you have the ball, is your team offense or defense? _____</p> <p>2. If you are on defense do you have the ball? _____</p> <p>3. What position hikes the ball? _____</p> <p>4. What position throws the ball? _____</p> <p>5. How many "downs" does your team get to get to mid-field? _____</p> <p>6. Each play must start with a _____ which is done by the _____</p> <p>7. Can you see the Line of Scrimmage? _____</p> <p>8. What area must you be in to score a touchdown? _____</p> <p>9. How many points is a touchdown? _____</p> <p>10. Can you do unlimited forward passes in one play? _____</p>	<p>The Game: The offensive team attempts to score a touchdown by moving the ball across the goal line. They can do this by passing the ball to a teammate, or running the ball into the end zone. The defensive team attempts to stop them from scoring by pulling their flag or intercepting the ball.</p> <p>Each team is given four downs (plays, attempts, turns, etc.) to move the ball across the goal line (touch down = TD = 6 points) or move the ball to the next "first down" marker. In PE, the first down marker will be the mid-line of the field (marked by cones). In real football, the offensive team must move the ball 10 yards in order to earn another four downs.</p> <p>The team restarts for each <u>down</u> (play) by placing the ball on the ground (scrimmage line) and both teams starting on opposing sides of the ball. The ball is then hiked (snapped) by the center, under and through his/her legs, to the quarterback.</p> <p>PE Rules:</p> <ul style="list-style-type: none">• Teams will start with the ball on the 5 yd. Line.• Teams will have 3 downs to get to the mid field line or score. If not, it is an automatic punt on 4th down. The <u>punt</u> will be imaginary (no actual kick), and the ball will be given to the other team on their 5 yd line.• No blocking. Offensive players may "set screens" (like in basketball).• Defense rush QB after counting "five bobcats."• Defense rush immediately if QB passes and/or hands off ball. <p>Players Positions:</p> <p>Center: An offensive player who hikes the ball to the quarterback and protects the quarterback by blocking defenders. In PE, the center will sometimes run pass patterns and receive passes.</p> <p>Quarterback (QB): This person has many jobs: Calls plays, throws the ball or may hand-off the ball to another player.</p> <p>Receiver: An offensive player that runs pass patterns and receives passes from the quarterback.</p> <p>Running Back: Offensive player who stands by the QB and either receives a handoff to run, or goes out for a pass, or blocks opposing defensive rushers.</p> <p>Defenders: Defensive players who rushes in to get the Quarterback or guards Receivers.</p> <p>Terms of the Game:</p> <p>Defense- The team without the ball. They try to stop the offense from scoring.</p> <p>Offense- The team with the ball. They try to move the ball down field to score a touchdown.</p> <p>Down- A turn to make a play, each team has 4 "downs" to move the ball towards the first down marker. (mid-field), or across the goal line for a touchdown.</p> <p>End Zone- Area located at both ends of a field where a touchdown is scored.</p> <p>Line of Scrimmage- An imaginary line where the ball is placed to begin a play.</p> <p>Offsides- A player is offsides if they cross the Line of Scrimmage before the ball is hiked.</p> <p>Pass Patterns- Predetermined running routes. Examples: down & in, down & out, post, corner, fade, etc.</p> <p>Punt- The act of kicking the ball by an offensive player to the defensive team. Usually it is</p>
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11. A team will always begin a play by hiking the ball from the _____ line.

12. How do you create a spiral when throwing a football?

13. What is it called when a defender catches a ball that is thrown by the offensive team?

14. Do you always step with opposition when throwing a ball? _____

15. How do you put your hands when you catch a ball above your waist?

16. When you punt you want to follow this pattern.
_____, Drop, Kick

17. One pass pattern example is a

18. Who is the best NFL football team?

19. When does a team try for an "extra point"?

20. You score a touchdown by getting the ball across the goal line and into the

done on 4th down. Punting is giving the opposing team the ball further down the field.

***In PE, we don't actually kick the ball. The offensive team will "declare" punting and just give the other team the ball on the opposing teams' 5 yard line. This will force the opposing team to have to go the full field in order to score.*

Football Vocabulary

Dead Ball- The play is dead when: a ball carrier falls down, a flag is pulled, a fumble occurs, a pass is incomplete, the ball goes out of bounds.

Forward Pass- A pass towards the goal, thrower must be behind the line of scrimmage. Only one forward pass per play, and must be thrown from behind scrimmage line. Forward passes may be overhand or underhand.

Backward Pass- A pass behind or parallel to the thrower. The throw may be made anywhere on the playing field and as many times as possible.

Fumble- Losing the ball because it touched the ground (In PE, this is a dead ball.

Hike- The Center snaps the ball under his/her legs to the quarterback.

Interception- A defensive player catches the pass meant for an offensive player on the field.

Spiral- The spin or rotation on the ball that increases accuracy and allows it to fly higher and farther.

Touchdown- Occurs when one team catches or carries the ball into the endzone. That team is awarded 6 points. The scoring team can then try for an extra point from the 5 yard line.

Throwing a football

*Proper Grip- thumb & index finger form a "U" around the end with at least two fingers on laces.

*Arm Swing- begin by your head, elbow out, and arm comes down across body.

*Opposite Step- right arm throws the left foot steps forward and vice versa

*Release- lead with elbow, follow through while flicking the wrist and index finger to create spiral.

Catching a football

*Watch the ball from the quarterback's hands to yours.

*Prepare hands- fingers spread apart and palms facing the ball. Thumbs together if ball is above the waist, pinkies together if ball is below waist.

*Squeeze ball at first contact and bring close to body.

Punting a football

*Grip laces facing up, one point of ball pointing towards kicking leg.

*Arms fully extended.

*Drop ball on foot, do not throw it up.

*Point your toe and strike your foot on the bottom side of ball .

*Follow this pattern- Step, Drop, Kick



