

## Flag Football Study Guide

**MSLR Indicators:** G1-Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.

G2-Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.

H3-Students participate in activities that address their personal fitness goals for each of the five health related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength and body composition.

I1-Students demonstrate cooperative and inclusive skills while participating in physical activities.

I2-Students demonstrate responsible personal behaviors while participating in physical activities.

I3-Students describe game/physical activity rules and safety rules, and their purposes.

**Unit Goals:** By the end of the unit students will be competent in the basic skills of throwing, catching, snapping and playing defense during a modified game of football. Students will also have an understanding of the basic rules of football as well as what types of fitness can be improved by playing football.

### Skills review

**Throwing-** grip the ball by the laces with index finger lined up with the white stripe, turn sideways to your target, start with ball at your ear, extend your arm towards target and flick your wrist to put spin on the ball

**Receiving-** hands in ready position (thumbs together for ball thrown above your waist, pinkies together for ball thrown below your waist), extend your hands toward the ball, when the ball contacts your hands “give with the ball” and bring the ball into your chest or stomach

**Snapping-** Snapping can be done between the legs by holding the ball like you are going to throw it, bend at the knees, start with the ball on the ground and on the signal underhand throw it to the quarterback. Can also stand sideways, start with the ball on the ground and on the signal pitch the ball back to the quarterback.

**Defense-** Face the offensive player and allow for a cushion of about 3 to 5 feet. As the offensive player moves forward, back peddle to keep that cushion of space. No contact is allowed. Play the ball if appropriate or wait for the offensive player to catch the ball and take their flag.

### NFL Flag Football Rules review

-In NFL flag football teams have 3 downs to either score a touchdown or make it to mid-field at which time they will earn three more downs

-A ball that is fumbled is ruled down.

-Players must be behind the line of scrimmage before the snap otherwise “off-sides” will be called.

-No running zones are 5 yards on either side of midfield and from the 5 yard line to the end zone.

-Players can rush the quarterback if they start behind the 7 yard line.

-No physical contact is allowed.

-A quarterback can not throw the ball if he/she has gone past the **line of scrimmage**.

-The quarterback must throw the ball within 7 seconds.

-A running play must start with a hand-off behind the line of scrimmage.

-A touchdown is worth 6 points. A 2 point conversion is a play run from the 12 yard line, a 1 point conversion is a play run from the 5 yard line.

**Fitness stuff:** A proper warm-up consists of 5 minutes minimum of moderate activity in order to get the blood flowing to our muscles. After a warm-up stretching of all of the major muscle groups should be done for a minimum of 10 seconds per muscle group. The major muscle groups are: hamstrings, quadriceps, pectorals/biceps, triceps, deltoids.

**Study the stretching study guide from the web page and know where these muscle groups are located.**