

7th Grade Football Study Sheet

- When catching a football, the proper way to do this is to catch the ball with both hands. You should make a diamond with your hands. Your goal is for the pointed part of the football to go inside of your diamond. After catching the ball, make sure you tuck the ball between your arm and your body holding one of the pointed ends with your hand. It is important to look the ball into your hands when catching the ball.
- When throwing the football you place your fingers in between the laces on the football. Your fore finger is near the tip and your thumb is behind the ball. You release the ball right by your ear leading the throw with your elbow. While releasing the ball you let go of it with the ball rolling off your finger tips so the ball makes a spiral. Make sure you follow through with your arm after throwing it. While throwing the ball you should step with your opposite side foot (contralateral) step which will help for balance and accuracy.

Positions: There are 11 players on the field per team at a time.

- Quarterback: The person that receives the ball from center and is in charge of running the play. They usually throw the ball or hand the ball off.
- Receiver: When the quarterback says hike the receiver runs a passing route and catches the ball when thrown to him. Usually stands in the outside on the line of scrimmage.
- Running Back: Stands behind the quarterback and usually receives a handoff from the quarterback.
- Center: Hikes the ball to the quarterback and blocks.

Field: 120 yards long and 53 yards wide.

- Goal line: At the end of the field.
- End zone: 10 yard area past the goal line.
- End Line: 10 yards past the goal line.
- Sideline: Lines on the side of the field.
- Midfield: 50 yard line.
- Yard line: Marked every 5 yards.
- Hash Marks: Two sets extend from goal line to goal line near center of field. A play begins on the hash marks.

Scoring:

- Touchdown: 6 points. Carrying or passing the ball across the opposition's goal line.
- Field goal: 3 points. Kicking the ball over the crossbar and through the goal posts.
- Safety: 2 points. Forcing the other team to down the ball behind its own goal line.
- Extra point: 1 point. Allowed after scoring a touchdown. Kicked through goal posts. The ball is placed on 3 yard line.
- Conversion: 2 points. Extra point that is ran or passed over the goal line.

Terms:

- Kickoff: Starts each half of a football game. The team must remain behind the line of scrimmage until the ball is kicked.
- Lines of scrimmage: Two imaginary lines, each of which passes through the tip of the ball and runs parallel to the goal lines. Area between the two lines of scrimmage is call the neutral zone. No player other that the center can have any body part inside the neutral zone before the ball is snapped.
- First down: The offensive team has 4 plays (downs) to travel 10 yards in order to receive a new set of downs.
- Fumble: Occurs when the ball carrier drops the ball. The team that recovers the ball has possession.
- Punt: Usually on fourth down the team in possession of ball does not want to take the risk of trying for a first down. The punter holds the ball in front of him and drops it and kicks it.
- Downs: The offensive team has four plays called downs, to move the ball at least 10 yards.
- Interception: When a defensive player catches a pass. The offensive team loses possession.
- Incomplete: A forward pass not caught or intercepted.
- Pass rush: The attempt by the defensive e team to tackle the quarterback before they throw the ball.
- Lateral: When a ball is passed sideways or backwards.