

# Football Lesson

## Overview:

**Grade Level:** 4 – 6

**Time:** 45 – 60 minutes

**Materials:** 10+ footballs, cones, mini whiteboards or other writing surface

**SHAPE Standards:** S1.E1.4, S1.E1.5a, S1.E1.5b, S1.M2.6, S1.M3.6, S1.M4.6, S1.M5.6, S1.M6.6, S1.M7.6, S2.E1.4a, S2.E1.5, S2.E2.4, S2.E2.5, S2.E3.5a, S2.E3.5c, S2.E5.5a, S3.E2.4, S4.E1.4, S4.E1.5, S4.E2.5a, S4.E6.4, S4.E6.5, S2.M1.6, S2.M1.7, S2.M2.6, S2.M2.7, S2.M3.7, S2.M5.6, S2.M5.7, S4.M1.6, S4.M1.7, S4.M3.6, S4.M3.7, S4.M5.6

## **Objectives:**

- By the end of the lesson the students will throw the football to a partner using correct grip and form.
- By the end of the lesson the students will catch the football using correct hand position and technique.
- By the end of the lesson the students will be able to list at least 2 receiving routes.

## Description of Lesson

This lesson is intended to teach and refine the throwing and catching skills of football. Students will learn the proper grip on the football and the correct hand position. The students will also learn and practice 5 receiving routes during the lesson. Students will be working in pairs and small groups during the lesson.

## Intro

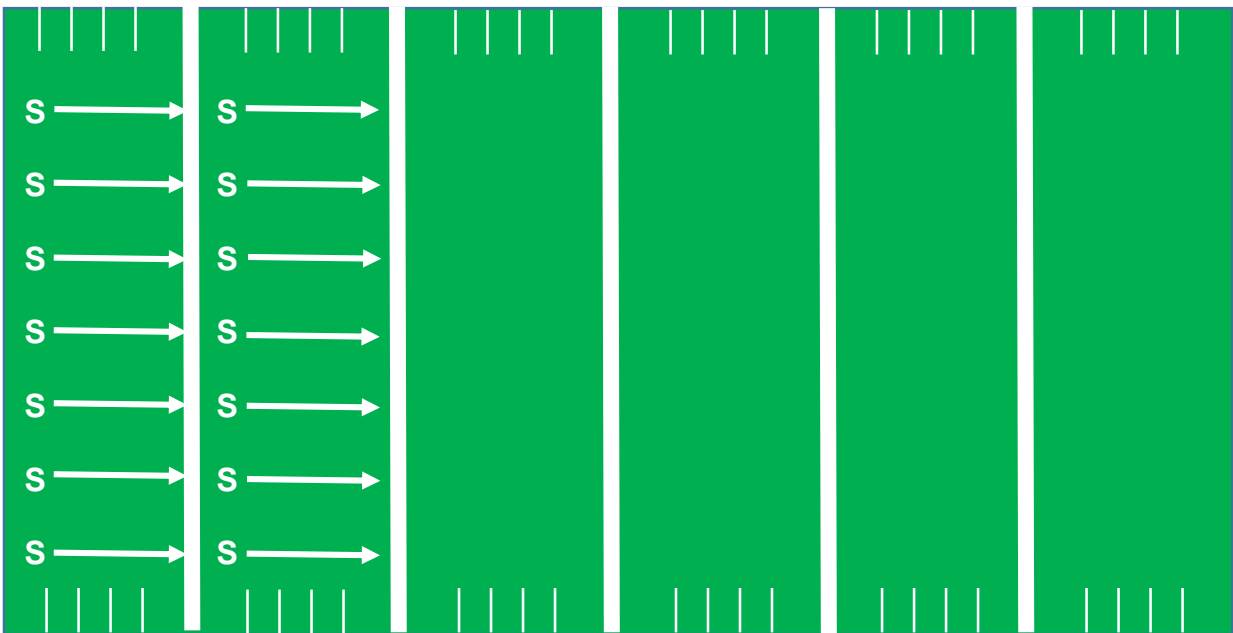
Demonstrate proper grip of the football for both left and right handed throwers. Describe and show finger placement on the ball. Describe and show proper hand position and catching technique. Choose volunteer to demonstrate throw and catch. Check for understanding.



## **Activity 1 (Warm Up)**

**Air It Out** - Students partner up and use one football between the two of them. One partner passes the ball to the other at a distance that they can throw and successfully catch the pass. After one partner catches the ball they become the quarterback, the partner who threw the ball becomes the receiver. The partner who catches the ball will stay where they caught the pass, and the thrower will move beyond the receiver and line up for the next pass. The goal is to complete enough passes across the playing area to score a touchdown. The playing area should be about 30 yards long, and the width of a football field, or space permitted. If a partner drops the ball the pair must complete a specific exercise for a specific amount of reps or time before continuing (sit-ups, push-ups, jumping jacks, etc.). Once they score a touchdown (cross the line at the end of the playing area), the partners sprint back to the starting line and go again. Partners need to score 5 touchdowns to complete the task.

Modifications: Allow more skilled students to throw for longer distances, and increase the playing area for those students. Allow for an "extra-point" attempt. After scoring a touchdown the partners get one more try to throw and receive a 10 yard pass (make it shorter for weaker/lower skilled students, longer for more advanced students).

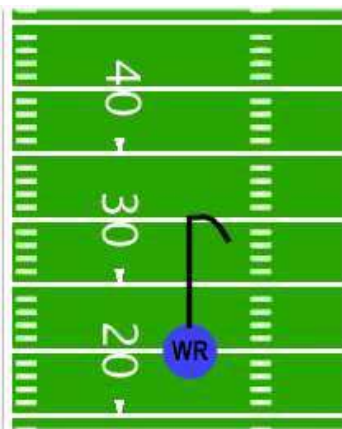


## **Activity 2 – Passing Routes**

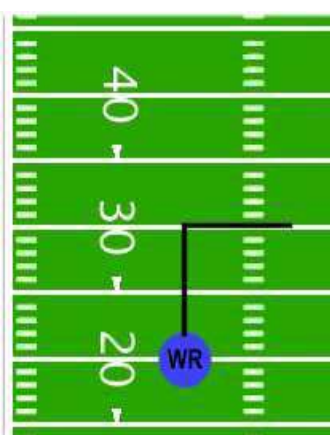
Students will learn 5 different passing routes. The routes that will be taught and practiced are the hook, in, out, slant, and go. Routes are taught in order of distance for each pass. Set up the first route using dome cones or other markers, spacing the route at an appropriate distance for each grade level. Describe and demonstrate the each route and use a student to help. Teach each route and allow for practice, then teach the next route until each route has been covered. Students will stay with their current partner from activity 1. Give each pair a set of three cones to mark out the starting spot, the point of direction change, and the destination. One student will start as the quarterback and the other will be the receiver. After

the receiver catches the ball, the pair will switch responsibilities. Partners should switch 5 times, to complete 10 passes total between the two of them. After this is done students will sit at their cones to signal they have finished. Once one route has been practiced, move on to the next until each route has been practiced. For the final round of this activity the receiver may choose any route out of the five that were previously practiced. During each route be sure to give detailed corrective and positive feedback. After each route and the choice round have been completed, each pair needs a white board. White board should be pre-set up with a line of scrimmage and receivers labeled. Each pair needs to draw a route for each receiver to create one passing play. They will then present their play to the rest of the class. For more advanced classes have the presenting pair select two pairs to demonstrate their play.

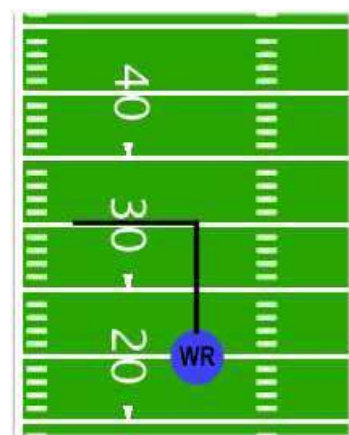
**Hook Route**



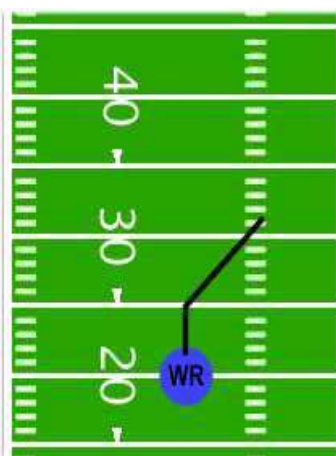
**In Route**



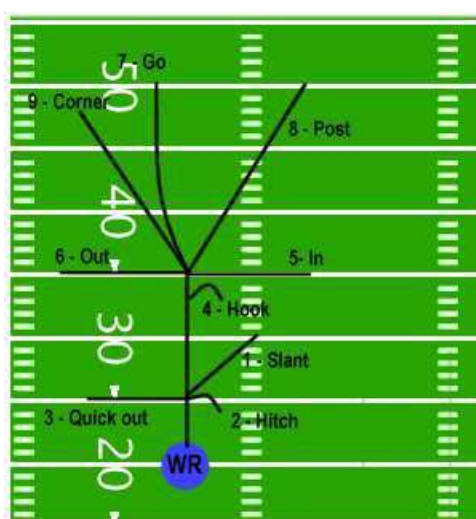
**Out Route**



**Slant Route**



**Go Route (#7)**



## **Resources**

Activity 1: SPARK 3-6 curriculum Air It Out activity

Activity 2: Route pictures retrieved from

[http://www.ducksters.com/sports/football/passing\\_routes.php](http://www.ducksters.com/sports/football/passing_routes.php)