

# **Flag Football Unit**

**DAY 1 – Throwing & Catching**

**DAY 2 – Rules, Positions & Game Play**

**Day 3 Game Play**

**Day 4 Game Play**

# Football Throwing/Catching

What am I learning?

I am learning necessary skills to participate in a game of Flag Football (passing, catching, route running)

Why am I learning about this sport?

Flag Football teaches teamwork skills. Football teaches kids accountability, leadership, and the impact of positive sportsmanship. Every position has a purpose and to execute a play successfully, each individual needs to fulfill their responsibility, while working together—a skill that's valuable both on and off the field.

How will I demonstrate my learning?

I will complete skills and activities (passing, catching, route running) needed in flag football by using correct form and showing proficiency throughout games and activities.

KY Physical Education Standard

6.1.MP1. Demonstrate simple movement concepts, principles, strategies and tactics when learning and performing physical activities.

7.1.MP1

8.1.MP1





# Gripping the Football



# Throwing the Football

- (1) turn sideways to target  
(non-throwing arm faces target)



- (2) Bring arms up as if you are raising the roof!

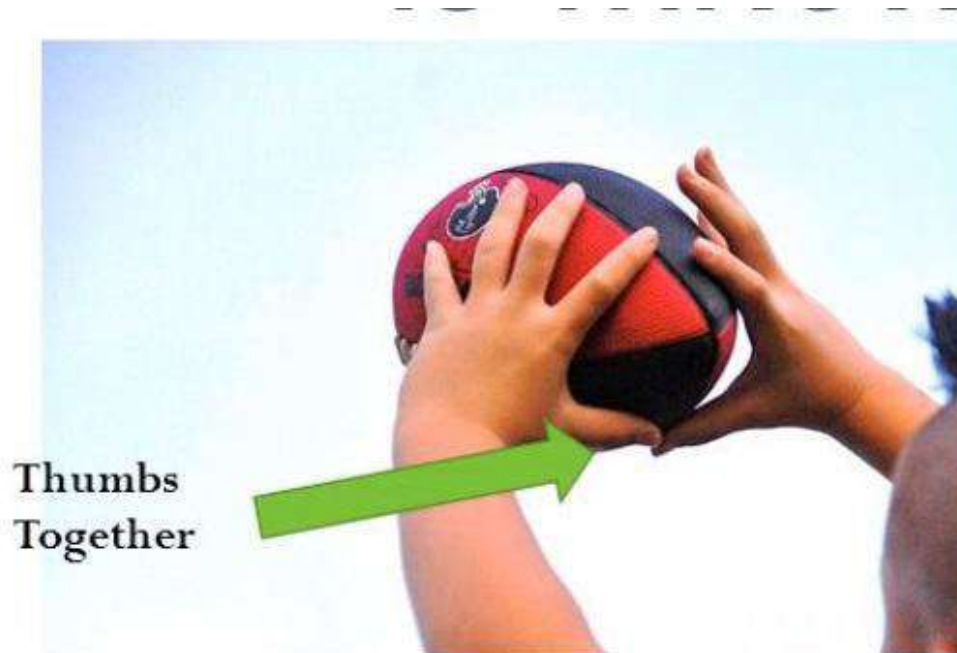


3. Step and rotate hips/throwing hand to front pocket on release!



# Catching the Football

*Catching above waist level*



1. Eyes **track ball**
2. Extend arms with **thumbs together**
3. Use **2 hands**
4. Soft hands **pull it in**



# Catching the Football

*Catching at or below waist level*

## IS THROWN LOW/MEDIUM

1. **Pinkies** together with fingers forward
2. **Eyes track ball**
3. Extend arms with **pinkies together**
4. **Use 2 hands**
5. **Soft hands** pull it in



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How will I demonstrate my learning?

I can create a Flag Football Playbook.

I can demonstrate the correct routes during a game.

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7.1.MP1

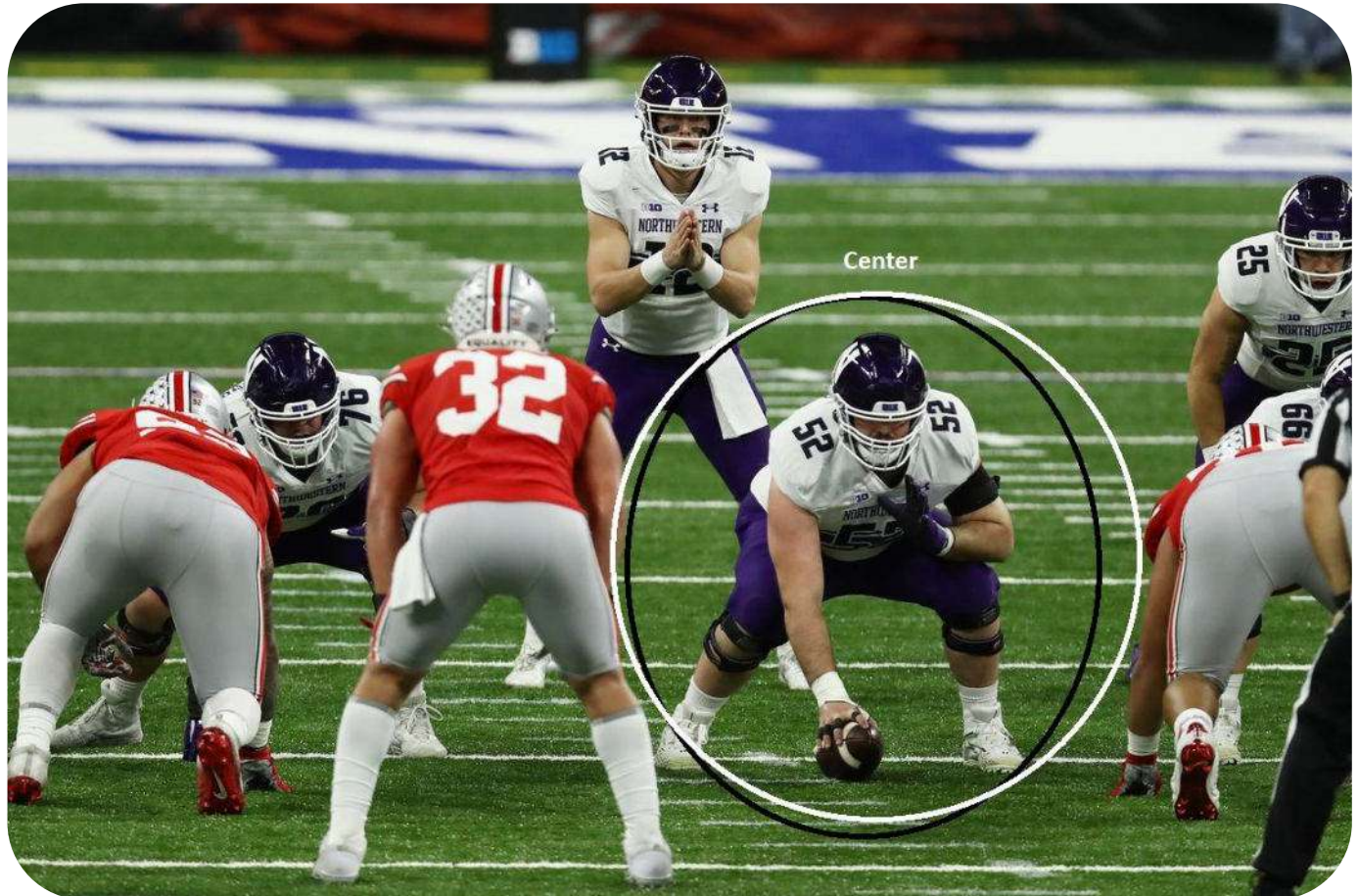
8.1.MP1





# Flag Football Positions

**Center (C):** As the name describes, he lines up in the middle. The center snaps the ball to the quarterback and starts the play. He is the leader of the offensive line.





# Flag Football Positions

Quarterback (QB) – The field general. He calls the plays, initiates action and handles the “snap.” He either hands the ball to the running back or passes the ball to a receiver. He may also run with the ball. The quarterback’s must be able to throw the ball with power and accuracy.

## Skills Needed

Leadership

Intelligence

Strong and accurate passer



# Flag Football Positions

Wide Receivers (WR) are offensive players who specialize in catching passes downfield.

## Skills Needed

Good hands

Speed

Ability to run routes and get open



# Flag Football Positions

Running Back (RB) – Running backs line up in the offensive backfield with the quarterback. They are the primary rushers on the team (hence the name main job is to run the ball). They also catch short passes and provide extra blocking.

## Skills Needed

Speed

Power

Elusiveness

Vision

Good hands

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# Flag Football Rules

No contact allowed! You can stop an offensive player by pulling their flag. Holding or contact results in a loss of down.

Each team has 4 chances to score a touchdown.

Rotate who plays QB every two plays.

**Offsides** a foul in which a player is on the wrong side of the **line of scrimmage** when the ball is snapped.

Offsides results in a loss of down.

No rushing the **QB**. However, you can rush the Running Back (RB) after the QB hands the ball off.

**Points – touchdowns are worth 6 points**  
**16 minute game (4 minutes per quarter)**

# Video example of how to Play

