



# FLAG FOOTBALL



## Unit Objectives:

- 1. Students will become familiar with the rules and strategies of flag football.
- 2. Students will understand that flag football can increase cardiovascular fitness as well as muscular endurance.
- 3. Students will identify various football positions and understand the concepts of offense and defense.
- 4. Students will be able to problem solve and utilize a variety of plays to score points.

## History:

- 1. Football began at Harvard University in 1871 and is a combination of two games, soccer and rugby!

## Passing a Football:



Hold the football with a very tight grip with the fingers across the laces. Grip the football making a sort of "L" shape with your index finger and thumb. Step forward with the opposite foot and bring ball past the ear for best control and speed.

## Rules:

- 1. Original flag football consists of 7 players; American Football consists of 11 players.
- 2. The offense is the team with the ball; the defense is the team defending their goal.
- 3. The game begins with a kick-off from the 20-yard line. The return team can catch and run the ball or the kicking team may recover the ball and the receiving team must start their plays from half's defense position.
- 4. In flag football, the offense has four downs to cross into field and four more downs to score. However, in American football, the offense is only allowed four downs to travel ten yards before they are granted four more downs.
- 5. A fumble is a dropped ball. In flag football, a fumble is a dead ball and the opposing team gains possession. However, in American football, a fumble may be picked up by either team and played.
- 6. Either team is eligible to catch a pass. An interception is a pass that is caught by the defensive team.
- 7. Forward passes can be thrown from any point behind the line of scrimmage and lateral passes can be thrown anywhere on the field.
- 8. All players must have both flags on at the beginning of every play.
- 9. In flag football, the play stops when a flag is pulled from the player's belt. A runner may not slap or push a defender's hand away from his flag. Slap kicking is illegal.
- 10. On fourth down, the offensive team must notify the defense if they will punt (kick to the other team) or go for the first down/score. If they punt, the defense may send back two runners as the rest of the team is on the line of scrimmage (LOS) until the ball is punted.
- 11. In flag football, there must be a hand-off, pitch-out or pass on every play.
- 12. A 10 yard penalty results from holding onto the opposing team's jersey or clothing or body.
- 13. A 15 yard penalty results from an illegal block, unsportsmanlike conduct, or unnecessary roughness.
- 14. Other penalties can include either loss of yards or loss of downs.

## Scoring:

- 1. Touchdown : 6 points (by running into the end zone)
- 2. Safety : 2 points (putting the flag of the offensive team while in their own end zone)
- 3. Two point conversion : 2 points; running the ball in after a touchdown
- 4. Extra point: 1 point; kicking the ball through the uprights after a TD
- 5. Field goal : 3 points; kicking the ball through the uprights; no TD

## Basic Terminology:

- 1. Block: action by a player to ward off an opponent trying to get the player with the ball.
- 2. Defensive team: the team without the ball. Offensive team: the team with the ball.
- 3. Fly, hook, cut, slant, and out, hook in, hitch, in, flag and goal: pass patterns.
- 4. Fumble: when a player who has the ball loses control of it, causing it to fall to the ground.
- 5. Hand off: a play where the ball is handed to another player who attempts to run for a gain.
- 6. Lateral pass: a play where the ball is thrown in an unorthodox manner to another player. It cannot be thrown forward, but is thrown to another player who is behind or to the side of the passer.

# Flag Football Lesson Plans

**Michael Hoelscher**

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the author's name.

## **Flag Football Lesson Plans:**

## **Flag Football Lesson Plans** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Flag Football Lesson Plans**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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