

# Flag Football



**Sportfolio for:**

\_\_\_\_\_

Class Period: \_\_\_\_\_

Year/ Semester: \_\_\_\_

# Flag Football Study Sheet

## History and Fun Facts

When William Ebb Ellis, a student at Rugby School in England, broke all rules in 1823 and picked up the soccer ball and ran with it, British football was about to change from a form of the ancient Greek game known as *harpaston* to a modernized British version. Later in the 1800s, British football eventually became two games: rugby and soccer (soccer is known as *football* outside of the United States). In America, a variety of rough games were played on college campuses, but it wasn't until after the Civil War when colleges, led by Princeton, began drawing up some basic rules and American football was developed and patented that football as we know it in America began to take shape.

In the United States, applying the name *football* to the game probably more refers to the unusual shape of the ball than using the feet to play the ball. Clearly, American football is more a game of throwing and catching than fielding the ball from a kick.

Princeton and Yale played the first collegiate football game in 1879. Much of what makes American football distinctive can be attributed to Walter Camp, a Yale player, coach, and athletic director who was central to the evolution of the rules and rulebooks from the late 1880s until his death in 1925. Professional football had its start with the National Football League (NFL) in 1920.

## Skills

- Grip the football by putting the forefinger on the seam and three fingers on the laces so there is a V between the forefinger and the thumb.
- Pass so the ball reaches receivers in the numbers (where jersey numbers would be on the chest) as they arrive where they are anticipated to go. Avoid throwing to a stationary player.
- Catch with eyes on the ball so that you see it into your hands. For high passes, catch with palms open and fingers up, watching the tip of the ball into the window between your forefingers and thumbs. For low passes, do the same with fingers down. Run pass patterns without looking for the ball until you have made the cut.
  - Hook (or hitch) pattern—The receiver runs forward and then turns in an almost about-face to come back to the ball.
  - Square in—The receiver lines up on the outside of the line, runs downfield, and cuts toward the inside of the field to run in front of the quarterback.
  - Square out—The receiver lines up near the quarterback, runs straight ahead, and cuts to continue movement toward the sideline of the field.
  - Slant—After running forward about 4 yards (3.5 meters), the receiver cuts in a diagonal, running at a 45° angle from the line of scrimmage.
  - Post—The receiver runs toward the goalpost.

## Rules

- Games start with a throw-off or punt from a line delineated by your ground rules. If the ball bounces into the end zone, it comes out to the equivalent of the 20-yard (18-meter) line. If it bounces in and then goes out on the sideline, it is put in play in line with where it went out.
- Players must line up on the line of scrimmage behind the ball on their own side of the field before each new play. If they are offside, the play is repeated and their team suffers a loss of 5 yards (4.5 meters).
- Ball carriers can only be stopped by pulling one of their flags. If the flags are not flying, the team loses a down, 5 yards (4.5 meters), and the play is called back. Intentional physi

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- cal contact will result in the loss of a down, possible ejection from the game, and either a 15-yard (14 meter) penalty if committed by the offense or halfway to the goal line if committed by the defense.
- There can be no forward passes in front of the line of scrimmage.
- The defensive team cannot cross the line of scrimmage until one of the following happens: the count has reached 7 Mississippi ("1 Mississippi, 2 Mississippi, 3 Mississippi . . .") or the quarterback is no longer in possession of the ball. Once the ball is off the ground, the count to 7 Mississippi begins.

Directions: Place the heading of each section into the box marked "Heading." In each box write one "Important" fact and "Why" it is important. Do this for every

**Title of Text:** Flag Football Study Sheet

## HIY Note Taking Guide

**Header:** History and Fun Facts

**I:** 1823-William Ellis picked up soccer ball and ran with it

**Y:** Beginning of change from soccer to football

**I:**

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## Flag Football Student Portfolio Checklist

Name \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Class \_\_\_\_\_

- \_\_\_\_\_ Able to throw a football to a person 5 yards (4.5 meters) away.
- \_\_\_\_\_ Able to throw 10-yard (9-meter) passes.
- \_\_\_\_\_ Able to pass to someone running a pass pattern.
- \_\_\_\_\_ Able to catch a football thrown from 10 yards (9 meters) away.
- \_\_\_\_\_ Can run a hook football pattern.
- \_\_\_\_\_ Can run a square left or right or a square out or in.
- \_\_\_\_\_ Can catch while on the run.
- \_\_\_\_\_ Understands the goals of the team in possession of the ball.
- \_\_\_\_\_ Understands the goals of the team without the ball.
- \_\_\_\_\_ Understands basic football terminology (downs, safety, touchback, touchdown, blocking, kickoff, throw-off, snap, line of scrimmage).
- \_\_\_\_\_ Understands the contributions made by offensive players without the ball.
- \_\_\_\_\_ Knows how to and can attempt to disrupt the successful play of opponents.
- \_\_\_\_\_ Follows basic flag football rules.
- \_\_\_\_\_ Exhibits sportsmanship during competition.
- \_\_\_\_\_ Plays without endangering the safety of others.

From Isobel Kleinman, 2009, *Complete Physical Education Plans for Grades 5 to 12, Second Edition* (Champaign, IL: Human Kinetics).

## Beginner Flag Football Skills Rubric

Name \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Class \_\_\_\_\_

	1	2	3	4	5
Throw	<ul style="list-style-type: none"> <li>• Uses proper body mechanics during mimetics.</li> <li>• Has correct grip, forward foot, and follow-through.</li> </ul>	<ul style="list-style-type: none"> <li>• Ball wobbles in flight.</li> <li>• Ball drops before reaching stationary 5 yd (4.5 m) target.</li> </ul>	<ul style="list-style-type: none"> <li>• Ball reaches stationary 5 yd (4.5 m) target.</li> <li>• Pass has spin.</li> </ul>	<ul style="list-style-type: none"> <li>• Ball reaches moving 5 yd (4.5 m) target.</li> <li>• Throw is accurate to a 10 yd (9 m) stationary target.</li> </ul>	<ul style="list-style-type: none"> <li>• Throw is accurate to variable moving targets at 10 yd (9 m) or more.</li> <li>• Can change speed and maintain accuracy.</li> </ul>
Catch	<ul style="list-style-type: none"> <li>• Changes position to be in line with ball.</li> <li>• Watches ball in flight.</li> <li>• Has proper hand position to receive ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Brings ball into body.</li> <li>• Catches accurate 10 yd (9 m) pass while standing still.</li> <li>• Watches ball into hands.</li> </ul>	<ul style="list-style-type: none"> <li>• Can run and catch a ball thrown accurately to 5 yd (4.5 m) target.</li> <li>• Can catch 10 yd (9 m) pass if feet are set.</li> </ul>	<ul style="list-style-type: none"> <li>• Can adjust to inaccurate throw up to two steps from target area.</li> <li>• Does not need to stop running in order to catch.</li> </ul>	<ul style="list-style-type: none"> <li>• Can catch a ball thrown over head.</li> <li>• Can catch while running full stride.</li> <li>• Can catch ball thrown with speed or for distance.</li> </ul>
Patterns	<ul style="list-style-type: none"> <li>• Runs hook or squares left and right on command.</li> <li>• Turns in proper direction.</li> </ul>	<ul style="list-style-type: none"> <li>• Makes clean cuts.</li> <li>• Doesn't watch for the ball until the cut is made.</li> </ul>	<ul style="list-style-type: none"> <li>• Can lose opponent and still keep pattern.</li> <li>• Can reliably run 10 yd (9 m) pattern and catch ball thrown accurately.</li> </ul>	<ul style="list-style-type: none"> <li>• Knows when to cut back to the ball.</li> <li>• Can run short and long patterns well.</li> </ul>	<ul style="list-style-type: none"> <li>• If the quarterback changes the running pattern, follows the call without confusion.</li> <li>• Fakes opponent before making the cut.</li> <li>• If open, will catch a ball on target.</li> </ul>

From Isobel Kleinman, 2009, *Complete Physical Education Plans for Grades 5 to 12, Second Edition* (Champaign, IL: Human Kinetics).

## Beginner Flag Football Quiz

Name \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Class \_\_\_\_\_

### True or False

Read each statement carefully. If the statement is true, write a *T* in the column to the left. If the statement is false, write an *F*. If using a grid sheet, blacken in the appropriate column for each question, making sure to use the correctly numbered line for each question and its answer.

- \_\_\_\_\_ 1. A team able to move the line of scrimmage forward at least 10 yards (9 meters) in four downs maintains possession of the ball.
- \_\_\_\_\_ 2. Offensive players must line up on either side of the line of scrimmage for the next play.
- \_\_\_\_\_ 3. Passes, handoffs, running plays, and blocking for the ball carrier are plays made by the defensive team.
- \_\_\_\_\_ 4. A touchdown is scored when a team has the ball in the opponent's end zone.
- \_\_\_\_\_ 5. Once a ball is ahead of the line of scrimmage, it can be passed forward.
- \_\_\_\_\_ 6. If the ball changes hands behind the line of scrimmage, the defense may rush the ball carrier even though "7 Mississippi" has not yet been called.
- \_\_\_\_\_ 7. In order to legally stop a ball carrier, you must pull her flag.
- \_\_\_\_\_ 8. Defensive players should not let the person they cover get behind them.
- \_\_\_\_\_ 9. If a pass is not caught, the line of scrimmage does not move and players must return to where the line of scrimmage was in the previous play.
- \_\_\_\_\_ 10. If a player runs out of bounds with the ball, the new line of scrimmage is in line with where the ball was taken out of bounds.

### Extra Credit

Match the columns (1 point each)

- |                               |                                   |
|-------------------------------|-----------------------------------|
| _____ 1. catch the ball       | a. illegal in class               |
| _____ 2. interception         | b. push off left foot             |
| _____ 3. tackling             | c. watch the ball into your hands |
| _____ 4. square right         | d. starting the game              |
| _____ 5. kickoff or throw-off | e. the defense catches the ball   |

## Intermediate Flag Football Skills Rubric

Name \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Class \_\_\_\_\_

	1	2	3	4	5
Offensive skills	<ul style="list-style-type: none"> <li>• Can generally direct or control the football.</li> <li>• Knows the team's general objective and uses skills to help meet it.</li> <li>• Gets back to line of scrimmage at the end of each play.</li> </ul>	<ul style="list-style-type: none"> <li>• If given the ball, can maintain possession.</li> <li>• Can assist the team in maintaining possession by faking, blocking, or getting open.</li> </ul>	<ul style="list-style-type: none"> <li>• Can play the game within the context of the rules.</li> <li>• Has a good sense of the boundaries, the end zone, and first-down markers.</li> <li>• Able to implement team strategies.</li> </ul>	<ul style="list-style-type: none"> <li>• Can adapt to short or long plays.</li> <li>• Will block for ball carrier.</li> <li>• Uses speed and agility to avoid flag pull.</li> <li>• Can play a flowing game.</li> </ul>	<ul style="list-style-type: none"> <li>• Understands responsibility and how it relates to the rest of the team.</li> <li>• Able to call plays and adjust if play does not work the way planned.</li> <li>• Finds a way to get the next first down.</li> </ul>
Defensive skills	<ul style="list-style-type: none"> <li>• Knows to stop the ball carrier by pulling flags or tagging.</li> <li>• Will leave the line of scrimmage on the snap.</li> <li>• Will use hands to reach for ball carrier or ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Capable of covering a person of equal speed and size.</li> <li>• Covers assigned zone.</li> <li>• Able to occasionally interrupt opponents' play.</li> </ul>	<ul style="list-style-type: none"> <li>• Can react to a handoff at the line of scrimmage.</li> <li>• Does not let opponent get behind.</li> <li>• Will drop person or zone once the ball is up and go after the ball carrier.</li> <li>• Plays within the rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Knows how to use positioning to cut off opponents' lanes.</li> <li>• If unable to prevent a completed pass, prevents additional yardage.</li> <li>• Will run down the ball carrier who gets away from teammates.</li> </ul>	<ul style="list-style-type: none"> <li>• Able to intercept passes and change direction of the game.</li> <li>• Effective in regaining possession of the ball.</li> <li>• Can anticipate opposition.</li> <li>• Helps teammates focus on the things to stop.</li> </ul>
Run, catch, pass	<ul style="list-style-type: none"> <li>• Very reliable up to 5 yd (4.5 m) on offense.</li> <li>• Very reliable up to 10 yd (9 m) on defense.</li> <li>• Prepares for game (flags) and arrives on correct field in a timely fashion.</li> </ul>	<ul style="list-style-type: none"> <li>• Offensively effective to 10 yd (9 m).</li> <li>• Defensively effective to 15 yd (14 m) if the person covered is the ball carrier or if the ball carrier enters the zone covered.</li> </ul>	<ul style="list-style-type: none"> <li>• Leaves own defensive assignment only if the ball is up and not going to the person covered.</li> <li>• Has the stamina to play aggressively.</li> <li>• Reliable to go to the ball when open.</li> <li>• Will get open and run evasively.</li> </ul>	<ul style="list-style-type: none"> <li>• Plays aggressively within the rules.</li> <li>• Can run a variety of plays in front and behind the line of scrimmage.</li> <li>• Can focus and catch balls in a crowd.</li> <li>• Though not designated quarterback, can pass accurately down field.</li> </ul>	<ul style="list-style-type: none"> <li>• Can throw accurately long or short.</li> <li>• Can catch a ball thrown fast, high, low, or off target a few steps.</li> <li>• Handles power, speed, and long distances with ease.</li> <li>• Can change direction immediately.</li> </ul>

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## Intermediate Flag Football Quiz

Name \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Class \_\_\_\_\_

### True or False

Read each statement carefully. If the statement is true, write a *T* in the column to the left. If the statement is false, write an *F*. If using a grid sheet, blacken in the appropriate column for each question, making sure to use the correctly numbered line for each question and its answer.

- \_\_\_\_\_ 1. Teams should throw off on fourth down when on their own 20-yard (18-meter) line.
- \_\_\_\_\_ 2. A player who is ahead of the ball before the play begins is offside.
- \_\_\_\_\_ 3. Receivers squaring in should line up closer to the sideline than the center of the field.
- \_\_\_\_\_ 4. The defense scores when an opponent's flag is pulled while holding the ball inside his own end zone.
- \_\_\_\_\_ 5. Once the ball is in front of the line of scrimmage, the ball carrier can pass to someone behind her or next to her.
- \_\_\_\_\_ 6. The player staying back to count to 7 Mississippi gives the opposing quarterback unlimited time to find an open receiver.
- \_\_\_\_\_ 7. A player unable to intercept a pass but able to touch the ball should bat the ball to the ground.
- \_\_\_\_\_ 8. Defensive players should keep their own end zone to their back and the player they are responsible for in front of them.
- \_\_\_\_\_ 9. It is better to throw off so that the ball lands in-bounds at the 10-yard (9-meter) line and bounces out than it is to have it land in the end zone.
- \_\_\_\_\_ 10. No one on the offensive team can pass if the quarterback gives the ball to a teammate and runs in front of the line of scrimmage.

### Extra Credit

Match the columns. (1 point each)

- |                            |   |
|----------------------------|---|
| _____ 1. pass interference | a. moving the ball from the ground to the quarterback |
| _____ 2. snap              | b. protects quarterback without a defensive line      |
| _____ 3. safety            | c. illegal, loss of yardage, play repeated            |
| _____ 4. 7 Mississippi     | d. pushing the receiver away from the ball            |
| _____ 5. hidden flags      | e. person on defense staying deep                     |

## Advanced Flag Football Skills Rubric

Name \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Class \_\_\_\_\_

	1	2	3	4	5
Offense	<ul style="list-style-type: none"> <li>• Can generally direct or control the football.</li> <li>• Knows the team's general objective and uses skills to help meet it.</li> <li>• Gets back to line of scrimmage at the end of each play.</li> </ul>	<ul style="list-style-type: none"> <li>• If given ball, can maintain possession.</li> <li>• Can assist the team in maintaining possession by faking, blocking, or getting open.</li> </ul>	<ul style="list-style-type: none"> <li>• Can play the game within the context of the rules.</li> <li>• Has a good sense of the boundaries, end zone, and first-down markers.</li> <li>• Able to implement team strategies.</li> </ul>	<ul style="list-style-type: none"> <li>• Can adapt to short or long plays.</li> <li>• Will block for ball carrier.</li> <li>• Uses speed and agility to avoid flag pulled.</li> <li>• Can play a flowing game.</li> </ul>	<ul style="list-style-type: none"> <li>• Understands responsibility and how it relates to the rest of the team.</li> <li>• Able to call plays and adjust if play does not work the way planned.</li> <li>• Finds a way to get the next first down and score.</li> </ul>
Defense	<ul style="list-style-type: none"> <li>• Knows to stop the ball carrier by pulling flags or tagging.</li> <li>• Will leave the line of scrimmage once ball is snapped.</li> <li>• Will use hands to reach for ball carrier or ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Capable of covering a person of equal speed and size.</li> <li>• Covers assigned zone.</li> <li>• Able to occasionally interrupt opponents' play.</li> </ul>	<ul style="list-style-type: none"> <li>• Can react to a handoff at the line of scrimmage.</li> <li>• Does not let opponent get behind.</li> <li>• Will drop person or zone once the ball is up and go after carrier.</li> <li>• Plays within the rules.</li> </ul>	<ul style="list-style-type: none"> <li>• Knows how to use positioning to cut off opponents' lanes.</li> <li>• If unable to prevent the completed pass, prevents additional yardage.</li> <li>• Runs down the ball carrier who gets away from teammates.</li> </ul>	<ul style="list-style-type: none"> <li>• Able to intercept passes and change direction of the game.</li> <li>• Effective in regaining possession of the ball.</li> <li>• Anticipates opposition.</li> <li>• Helps team focus on the things to stop.</li> </ul>
Skill	<ul style="list-style-type: none"> <li>• Generally successful in uncrowded field.</li> <li>• Competent up to 10 yd (9 m).</li> </ul>	<ul style="list-style-type: none"> <li>• Occasionally successful in competitive, crowded field.</li> <li>• Competent up to 15 yd (14 m).</li> </ul>	<ul style="list-style-type: none"> <li>• Undeterred from primary objective.</li> <li>• Does not compromise team.</li> <li>• Relatively consistent to 20 yd (18 m).</li> </ul>	<ul style="list-style-type: none"> <li>• Can perform despite distractions.</li> <li>• Consistent at most distances.</li> <li>• More competent on either offense or defense.</li> </ul>	<ul style="list-style-type: none"> <li>• Plays offense and defense equally well.</li> <li>• Is one of strongest and fastest on team.</li> <li>• Is the big play maker.</li> </ul>

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## Advanced Flag Football Quiz

Name \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Class \_\_\_\_\_

### True or False

Read each statement carefully. If the statement is true, write a *T* in the column to the left. If the statement is false, write an *F*. If using a grid sheet, blacken in the appropriate column for each question, making sure to use the correctly numbered line for each question and its answer.

- \_\_\_\_\_ 1. When on the opponents' 10-yard (9-meter) line, teams should punt if it is their fourth down.
- \_\_\_\_\_ 2. Grabbing an opponent's clothes or tackling him is unnecessarily rough play for flag football and penalized as such.
- \_\_\_\_\_ 3. A receiver intending to square in will line up closer to the sideline than to the center of the field.
- \_\_\_\_\_ 4. Stopping an opponent who is playing the ball in her own end zone results in a score for the defending team whether or not they have the ball.
- \_\_\_\_\_ 5. A ball in front of the line of scrimmage can be passed as long as the pass is a lateral or backward.
- \_\_\_\_\_ 6. The player counting to 7 Mississippi should count with his hands at his sides.
- \_\_\_\_\_ 7. Players able to touch the ball but unable to intercept it should bat it to the ground.
- \_\_\_\_\_ 8. Defensive players should keep their own end zone to their back and the player they are responsible for in front of them.
- \_\_\_\_\_ 9. It is better to punt so that the ball lands inbounds at the 10-yard (9-meter) line and bounces out of bounds than it is to have it land in the end zone.
- \_\_\_\_\_ 10. If the quarterback gives the ball to a teammate behind the line of scrimmage and then runs in front of the line of scrimmage, the defense should go after the new ball carrier because no one on the offensive team can pass the ball.

### Match the Columns

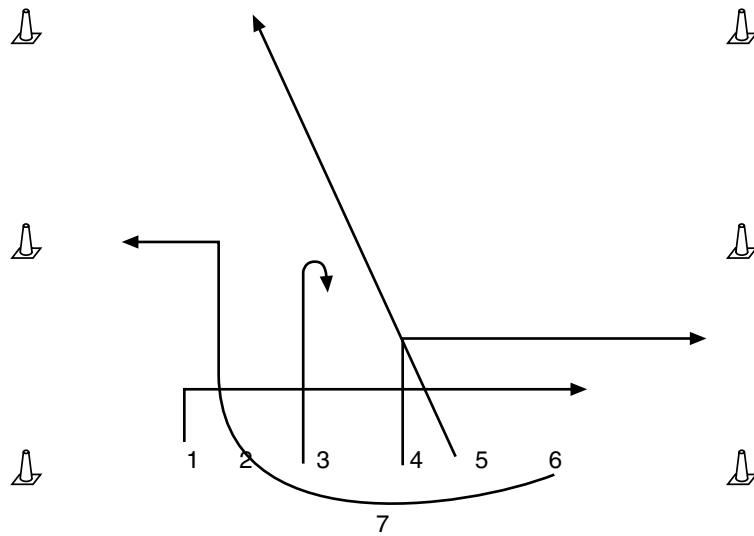
- |                            |   |
|----------------------------|---|
| _____ 11. safety           | a. ahead of the ball before it is snapped   |
| _____ 12. offside          | b. counts to 7 Mississippi while being ready to bat the ball down on the scrimmage line |
| _____ 13. blocking         | c. a runner should plant it before cutting left   |
| _____ 14. defensive center | d. the player covering an area well behind the rest of his team's defense               |
| _____ 15. right foot       | e. creating a moving wall between a teammate and an opponent                            |

»continued

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## Diagram

In the following figure, identify the running pattern that best describes the question and then put the correct number on the line to the left.



- \_\_\_\_\_ 16. Which is a slant pattern?
- \_\_\_\_\_ 17. Which pattern allows the quarterback to either hand off or throw to the runner later?
- \_\_\_\_\_ 18. Which pattern has the receiver running in front of the quarterback?
- \_\_\_\_\_ 19. If the cone represents a first-down marker, which receiver is running to receive the ball for the next first down?
- \_\_\_\_\_ 20. Which receiver is expecting to come back to the ball?

## Flag Football Extension Project

Name \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Class \_\_\_\_\_

What equipment would you need to play football on your own?

Is there a football team at school? Who is the coach?

Is there intramural football after school? Who is in charge?

Where can you participate in football outside of school?

Do you have friends who would join you? List their names.

What are the health benefits of participating in a football program?

What types of football games can you be involved in?