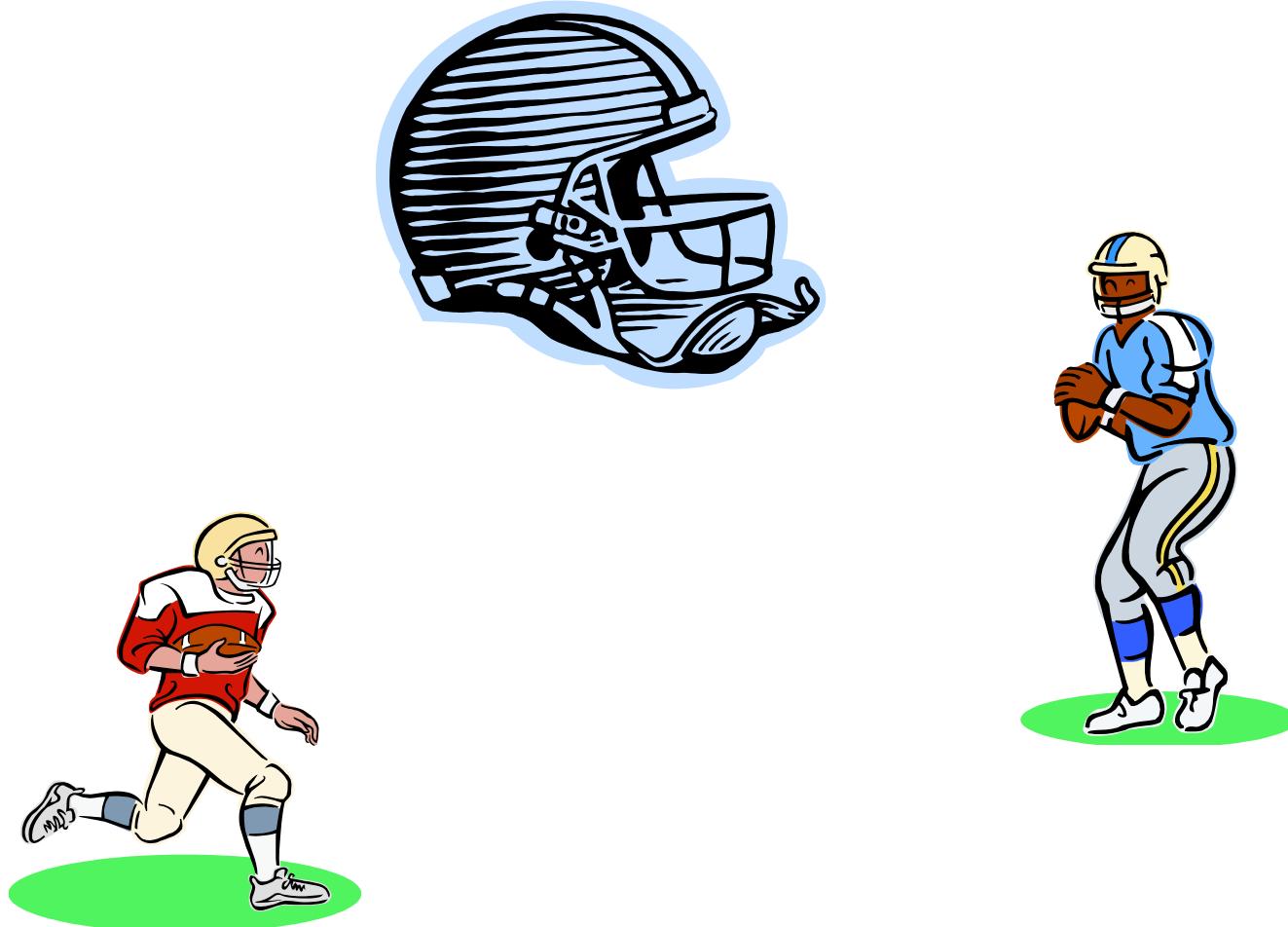
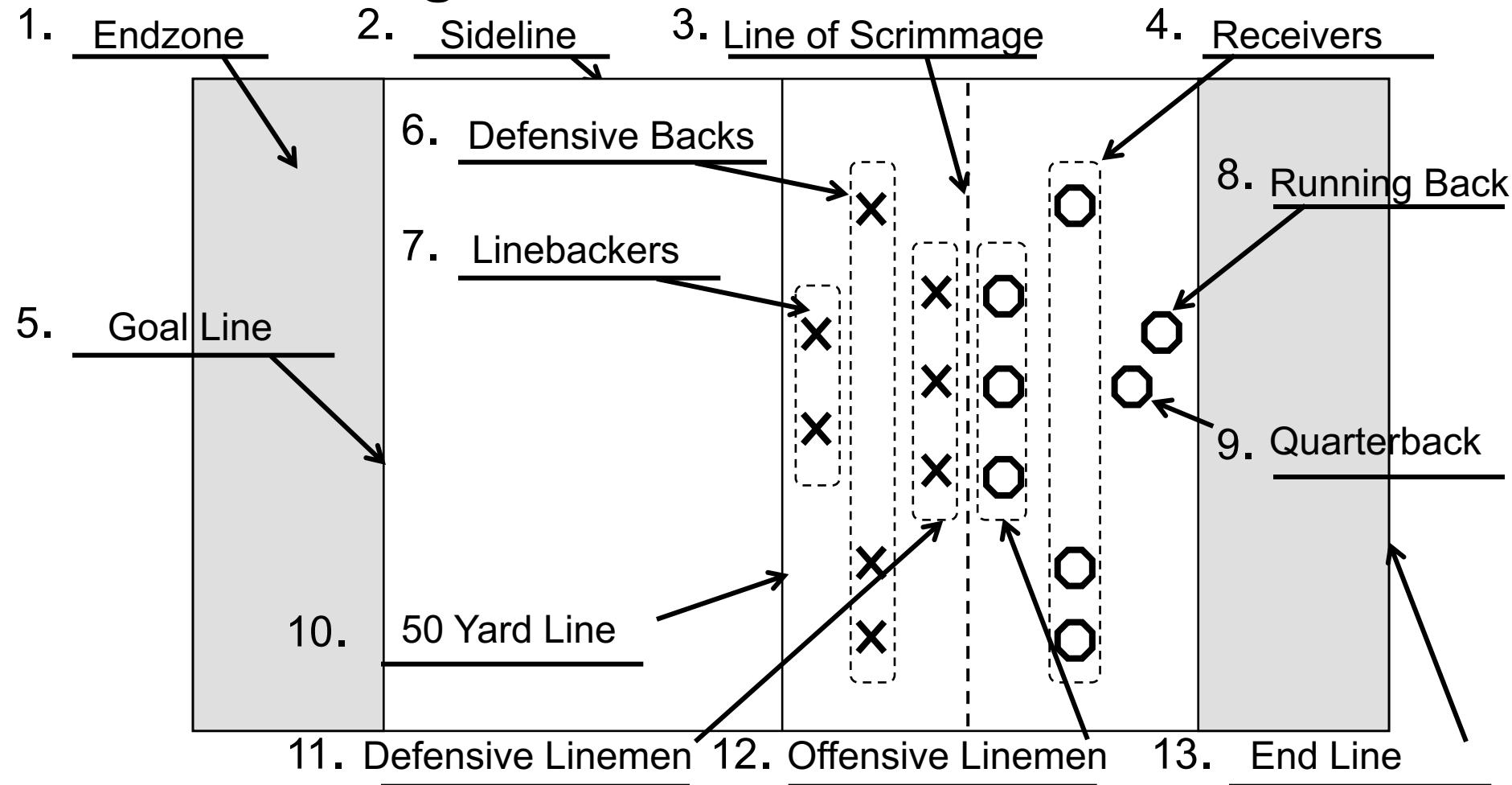


Football Notes



Football Notes

Field Diagram:



Football Notes

Game Play:

14. Touchdown: When the ball is successfully brought into the endzone

a. Worth 6 points.

15. PAT (Point After Touchdown) – From the 3 yard line.

a. Running = Worth 1 points.

b. Passing = Worth 2 points.

16. Field Goal: when the ball is successfully kicked through the goal posts.

a. Worth 3 points.

Football Notes

Game Play:

17. Safety: When the quarterback is sacked in his/her own endzone.
 - a. Worth 2 points.
18. Kick Off: The game begins with a punt from the kicking team's 20 yard line.
19. Fumble: ***All fumbles are dead balls at the spot the ball hits the ground.***

Football Notes

Offense:

20. The offensive team is the team that has the **football** and is trying to advance the ball up the field by **passing** or by **running** the football.
21. Down - **One single play**
22. When the offense successfully advances the ball to the next cone they get a **first down**

Football Notes

Defense:

23. The defensive team is the team without the **football** and is trying to prevent the offensive team from **advancing** the ball up the field

24. The defensive team must stand at least **five** yards behind the line of scrimmage.

Football Notes

Terms:

25. Line of Scrimmage -

an imaginary line designating where the ball lies.

26. Flags:

- a. *Must keep flags outside of clothing*
- b. *No flag guarding*

Football Notes

Terms:

27. Rushers:

cross the line of scrimmage to pull flags.

28. Punts:

*when the offensive team gives up
possession of the ball*

29. Unsportsmanlike Conduct:

*any time a player is disrespectful
towards anyone. 15 yard penalty.*

Football Notes

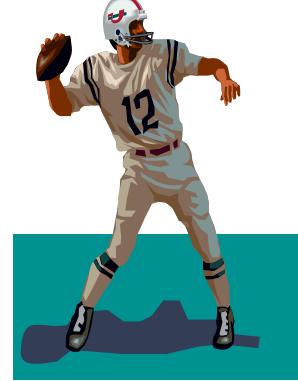
Click to view movie

Skills Used:

30.

Football Pass	
1	Proper grip – three fingers across laces
2	Turn body 45 degrees
3	Step with non-dominant foot
4	Release across ear
5	Hit stationary target





Football Notes

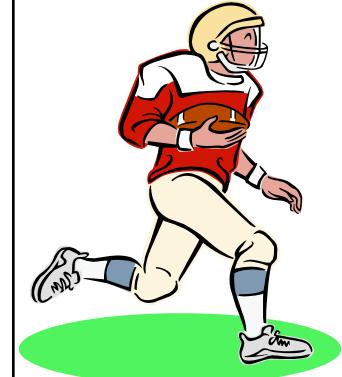
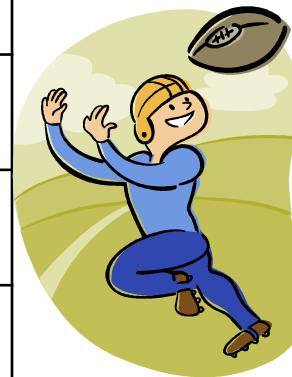
Click to view movie

Skills Used:

31.

Football Catch

- 1 Athletic stance (knees bent, feet shoulder width apart)
- 2 Show target (diamond)
- 3 Keep your eye on the ball
- 4 Catch with finger pads (tuck ball in)
- 5 Catch pass



Football Notes

[Click to view movie](#)

Skills Used:

32.

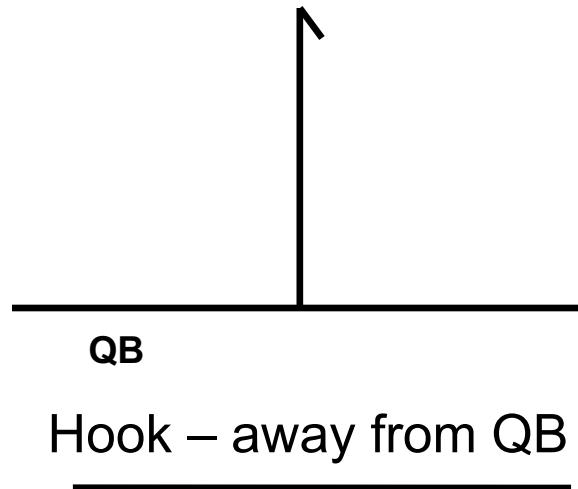
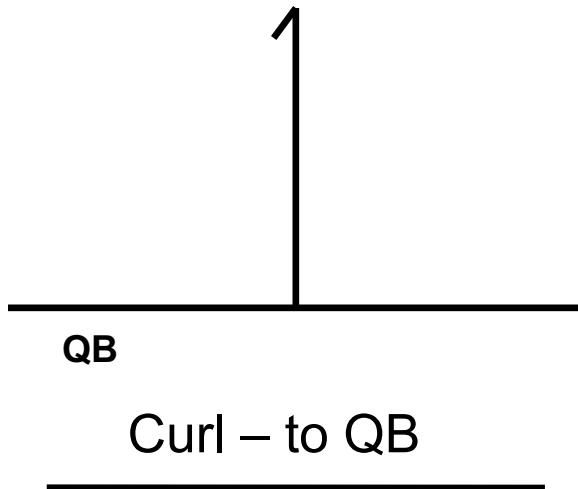
Football Punt	
1	Proper Grip (laces up/non dominant hand to the side)
2	Two steps (start with kicking foot)
3	Point toe and extend arm
4	Contact ball on top of foot
5	Ball goes forward and at least 20 yards



Football Notes

Routes:

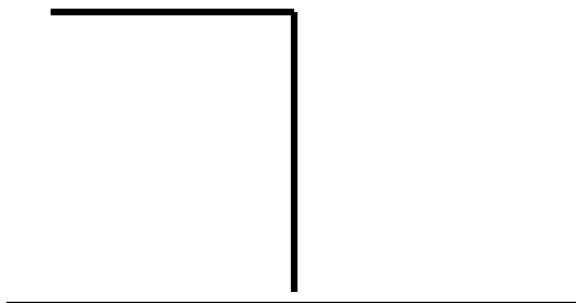
33.



Football Notes

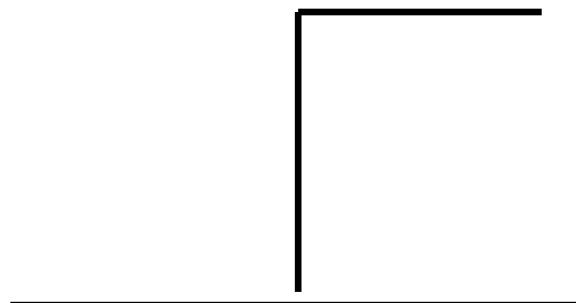
Routes:

34.



QB

In – to QB



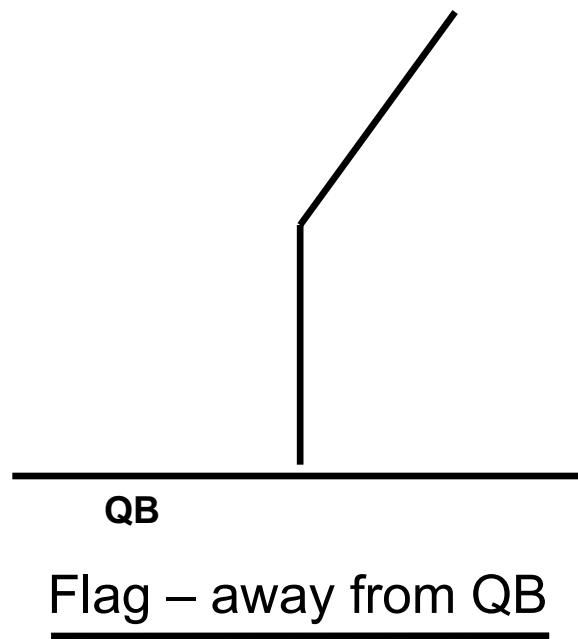
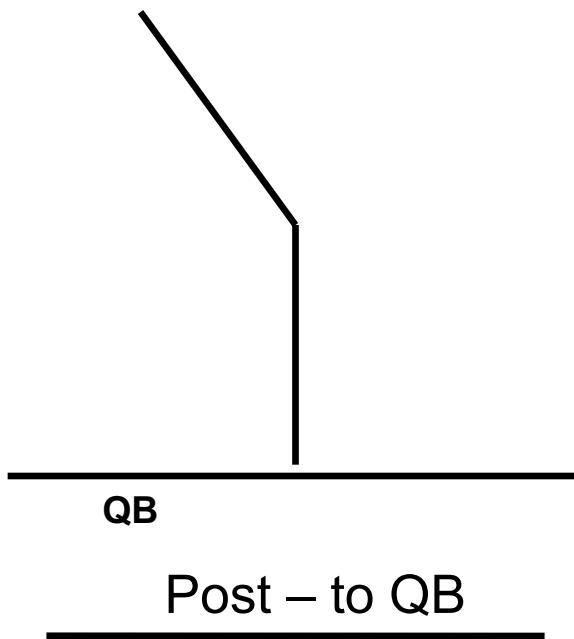
QB

Out – away from QB

Football Notes

Routes:

35.



Football Notes

Routes:

36.

