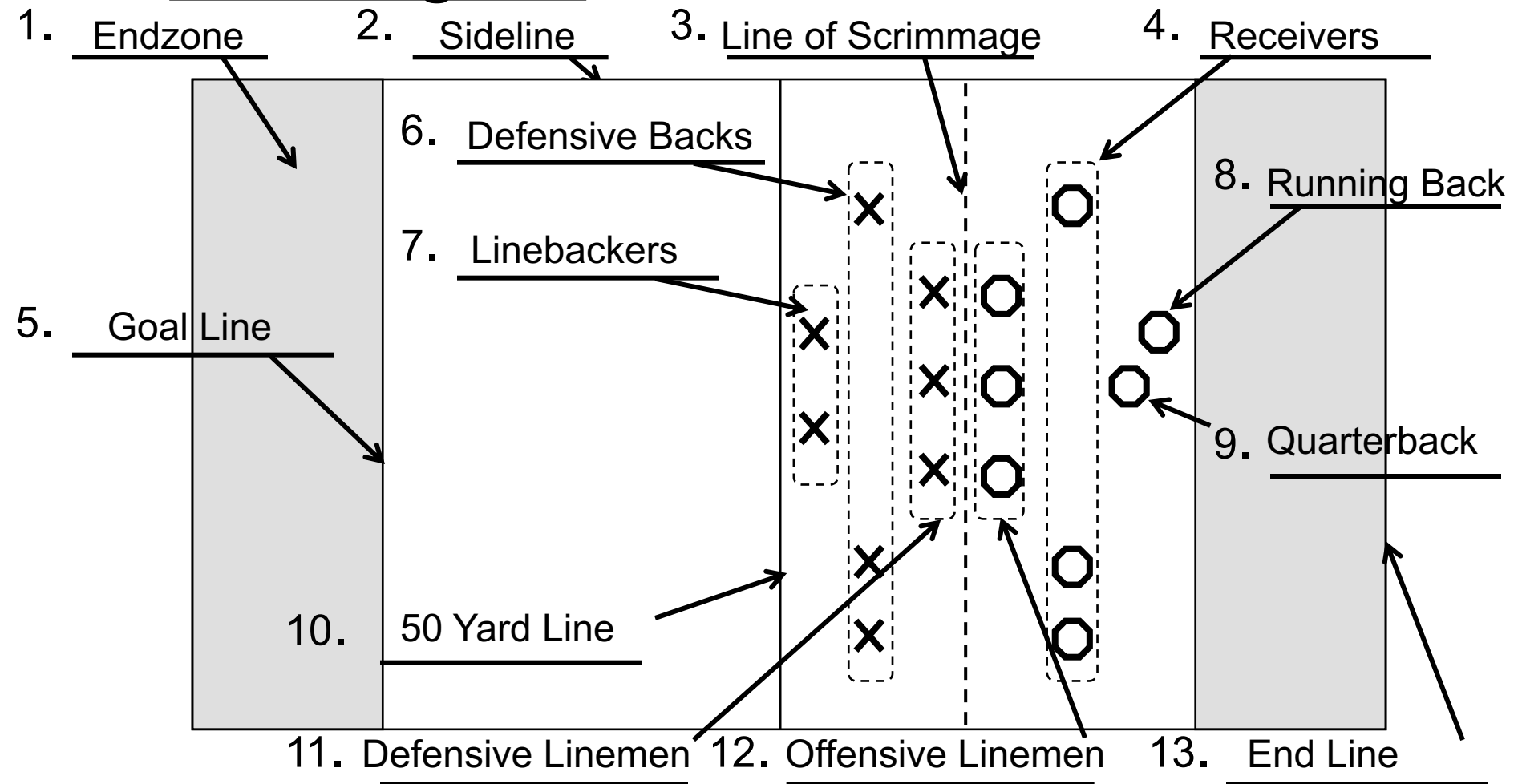


# Football Notes



# 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.


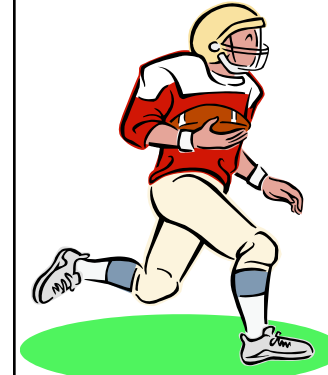
Football Pass			
1	Proper grip – three fingers across laces		
2	Turn body 45 degrees		
3	Step with non-dominant foot		
4	Release across ear		
5	Hit stationary target		

# Football Notes

Click to view movie

## Skills Used:

31.


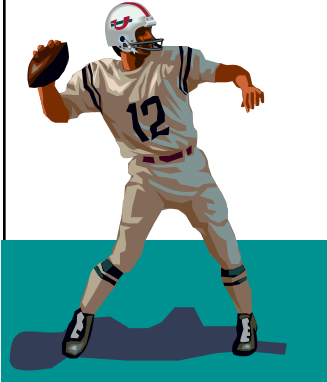
Football Catch			
1	Athletic stance (knees bent, feet shoulder width apart)		
2	Show target (diamond)		
3	Keep your eye on the ball		
4	Catch with finger pads (tuck ball in)		
5	Catch pass		

# Football Notes

Click to view movie

## Skills Used:

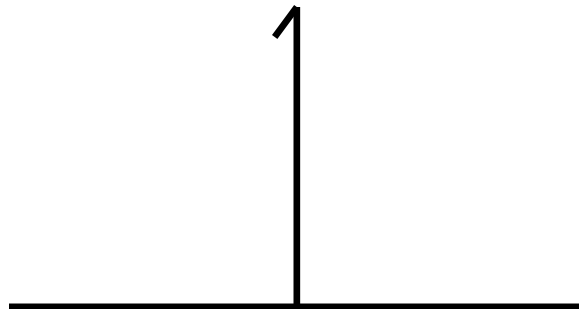
32.

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

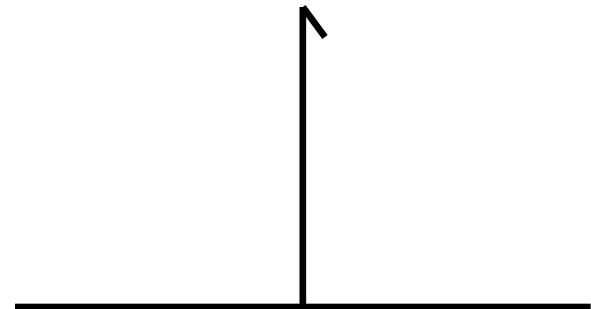
## Routes:

33.



QB

Curl – to QB



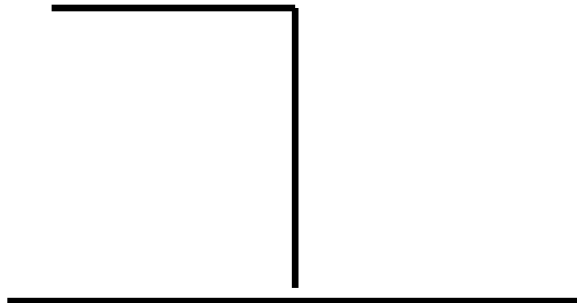
QB

Hook – away from QB

# Football Notes

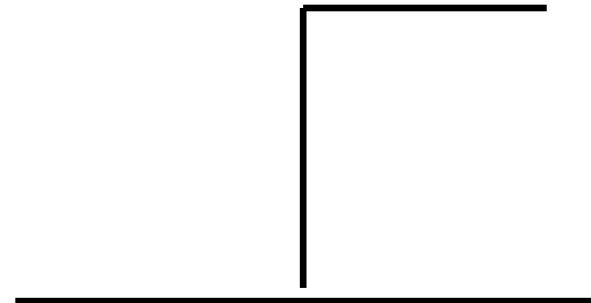
## Routes:

34.



QB

In – to QB



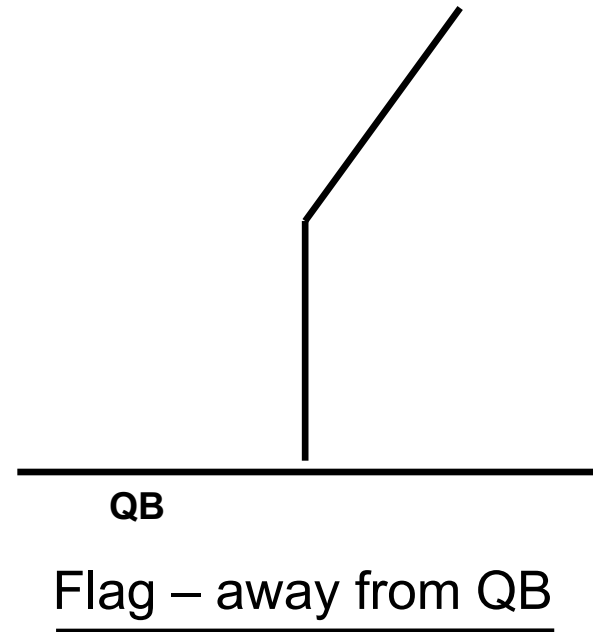
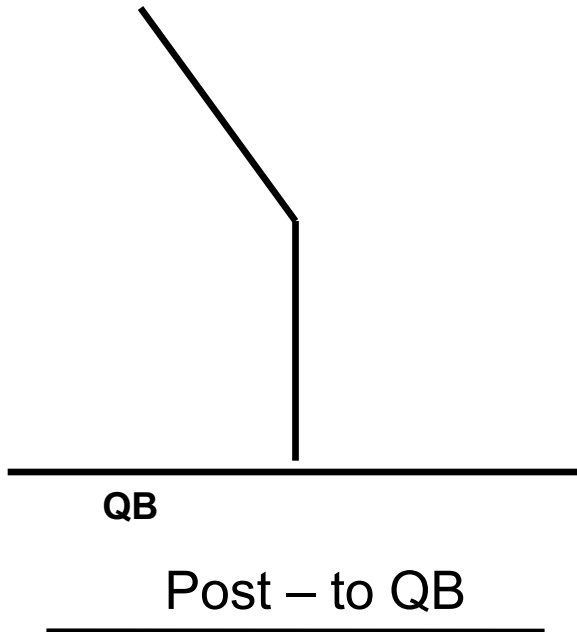
QB

Out – away from QB

# Football Notes

## Routes:

35.



# Football Notes

## Routes:

36.

