

Flag Football Unit – Middle School

LESSON #1 – Training Camp

➤ Essential Knowledge (Objectives)

- Student will be able to demonstrate and articulate football throwing and catching skills.
- Student will be able to demonstrate and articulate pass patterns – hook, slant, and fly/go.

➤ National Standards for Physical Education

- Standard 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

➤ Assessment Opportunities

- Informal teacher and/or student observations.
- Student reflection questions.
- Student performance/demonstration of skills.

➤ Pre-Requisite Knowledge and Skills

- Fundamentals of overhand throw and 2-handed catching
- General knowledge of football play protocol
- Fundamentals of offensive and defensive strategies

➤ Fitness Focus

- See the Jog, Sprint, Catch activity in the Football and Fitness Mini Lessons and/or use other mini lessons

➤ Materials and Preparation

- 1 football for each pair of students
- Large playing area
- Poster of pass patterns and cues
- Throwing and catching skill cues



➤ **Link (Activate Students' Prior Knowledge)**

Ask students for cues to overhand throwing

- Side to target
- Hold ball in dominate hand up and by ear
- Elbow out
- Step forward on opposite foot
- Hips rotate
- Bring arm forward, extend arm at release
- Point fingers to target
- Arm follows through down and across body (hand to opposite knee)

Catching Cues

- Hold hands above chest level
- Fingers spread, hands slightly further apart than size of ball
- Eyes to target
- Fingers grasp ball at impact
- Pull ball into body

How is throwing and catching a football different than throwing/catching a ball that is round?

➤ **Instruction**

Throwing and Catching a Football

Provide students with additional cues for throwing and catching a football.

Throwing

- Grip – Thumb wraps around back of ball towards the top, middle and ring finger on the laces
- Release – Ball is released in front of the body, shoulder level, point fingers toward target, fingers release last

Catching

- Adjust hands to size and shape of ball
- Ball received above the waist – thumbs point downward
- Ball received at or below the waist – thumbs point upward

In partners, have students practice throwing and catching.

Football Pass Patterns

Bring students back to the large group. Explain and demonstrate the three pass patterns – hook, slant, and fly/go.

Hook – Short pass. Receiver leaves the line of scrimmage, takes 5-8 running steps forward, then turns to face quarterback. Turning right or left depends on location of defender and position on the field.

Slant – Medium distance pass. Receiver leaves the line of scrimmage, takes 10-15 running steps forward, then turns to run a diagonal line in (slant in) towards the middle of the field or towards the sideline (slant out).

Fly/Go – Long distance pass. Receiver leaves the line of scrimmage, runs a straight path forward, looking over shoulder at quarterback, and is prepared to receive pass at any time.

Explain the importance of leading a receiver when throwing a pass.

➤ **Learning Activities (Application of Instruction)**

In partners, have students practice pass patterns. Provide descriptive feedback during student practice.

➤ **Student Reflection (Connect to Essential Knowledge)**

Partner Pair Share

Have students share with partner:

- Cues for throwing a football
- Cues for catching a football
- Name and describe the three pass patterns

Listen to student conversations, clarify student understanding as needed.

➤ **Next Steps for Student Learning**

In our next class we will discuss the responsibilities of the quarterback and receiver as well as introduce the position of center.