

Flag Football Unit – Middle School

LESSON #2 – Offensive Positions

➤ Essential Knowledge (Objectives)

- Student will be able to demonstrate appropriate football throwing and catching skills.
- Student will be able to define football pass patterns.
- Student will be able to identify and define basic responsibilities of football offense positions of quarterback, center, and receiver.

➤ 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 peer observations
- Student reflection questions
- Student performance/demonstration of skills
- Written assessment
- Skill assessment for throwing and catching

➤ Pre-Requisite Knowledge and Skills

- Throwing and catching skills for football
- Pass patterns – hook, slant, fly/go

➤ Fitness Focus

- See the Football Throw for Accuracy activity in the Football and Fitness Mini Lessons and/or use other mini lessons

➤ Materials and Preparation

- 1 football for each group of three students
- Large playing area
- Poster of pass patterns and cues
- Throwing and catching skill cues
- Throwing and catching rubric
- Written assessment

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

Ask students to provide the appropriate cues specifically 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

Ask students to identify and define the three pass patterns.

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.

Provide students an opportunity to practice these skills. Share skill rubric that will be used to assess their ability to throw (while stationary) and catch a football (while moving).

► **Instruction**

Ask students:

- What is the name of the position of the person who throws/passes the ball to teammates in football? (A: Quarterback)
- Is this an offensive position or defensive position? (A: Offensive)
- What is the name of the position of the person who catches the pass? (A: Receiver)

Explain the following:

Quarterbacks and receivers are two of the positions for a team when on offense (when their team has control of the ball).

- Responsibilities of the quarterback include:
 - Deciding the play to be used
 - Calling the “snap” or receiving the ball from the center to start each play
 - Executing or completing the play
 - A quarterback also has the option to run with the football.

- What skills does a quarterback need?
 - Knowledge of game
 - Knowledge of plays that could be done
 - Knowledge of pass patterns
 - How to receive the ball from the center position, and ability to run and dodge the defenders
- Responsibilities of receivers include:
 - Run the pass patterns that the quarterback decides on for each play
 - Avoid defenders
- What skills does a receiver need?
 - Ability to run
 - Ability to catch
 - Ability to avoid defenders
 - Knowledge of the pass patterns

Today we are adding the position of center. The center lines up on the line of scrimmage where the ball has been placed by the official at the end of the previous play. On a verbal cue from the quarterback, the center hands or tosses the ball to the quarterback. The center then stays in their position to keep the defense from pulling the quarterback's flag.

Ask students: When can the receiver leave the line of scrimmage to run their pass pattern?

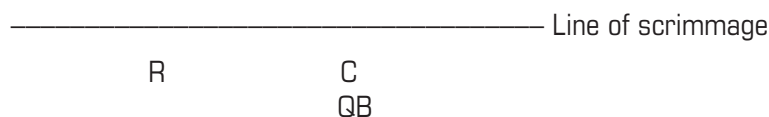
(A: After the center picks up the ball from the ground, on the cue word, such as "hike.")

Teacher Note: You will need to decide how the ball snap will occur and the words used for the "snap." What follows is only a recommendation.

Demonstrate the line up for center, quarterback and receiver on the line of scrimmage. Demonstrate how the center is to give the ball to the quarterback (hand to them or toss to them from a standing straddle position). Position the quarterback close enough to the center for a short toss. Remind students that the receiver may not leave the line of scrimmage until the center picks the ball up off the ground – on "hike." Inform the students that the center is an ineligible receiver meaning they may not receive a pass from the quarterback or run with the ball.

Then demonstrate a play.

Quarterback tells receiver to run a slant in. Then quarterback calls out – "Down, set, hike." On "hike" the center picks the ball up from the ground and performs a short toss to the quarterback. On "hike," the receiver leaves the line of scrimmage and runs the pattern. Quarterback throws the ball to the receiver.



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

Provide time for students to practice the three positions. Teachers may want to use this time to formally assess throwing and catching skills and to informally assess knowledge of pass patterns through performance.

Teachers should be providing descriptive/specific feedback of student performance.

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

Round Robin

In their groups of three, have students number off 1-2-3. Student 1 names a pass pattern, student 2 explains the pass pattern, and then student 3 fills in any gaps in the explanation. Student 2 then names another pass pattern, student 3 explains it, and then student 1 fills in any gaps in the explanation. Student 3 names a third pass pattern, student 1 explains it, and then student 2 fills in any gaps in the explanation.

Repeat this process with the three positions: Quarterback, Center, Receiver – providing the responsibilities of each position.

► **Next Steps for Student Learning**

Provide a short written knowledge assessment for pass patterns. Collect and use to reteach or clarify understanding as needed.

► 30

► 40

50

➤ **Assessments**

Throwing/Catching Skill Rubric

4.0	Student consistently demonstrates 3.0 criteria and is able to self-correct when an error occurs
3.0	<p>Student consistently demonstrates appropriate football throwing and catching technique by:</p> <ul style="list-style-type: none"> • Throwing <ul style="list-style-type: none"> – 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 – Throw/pass leads the receiver • Catching <ul style="list-style-type: none"> – 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
2.0	Student does not consistently demonstrate criteria in 3.0 (there are errors or omissions)
1.0	Student can perform some or all criteria in 3.0 with teacher direction but not independently

Pass Patterns – Written Assessment

Assessment A: Match term and definitions

- | | | |
|-------|-----------|-------------------------|
| _____ | 1. Fly/Go | a. Short distance pass |
| _____ | 2. Hook | b. Long distance pass |
| _____ | 3. Slant | c. Medium distance pass |

Assessment B: Match term and definitions

- | | | |
|-------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| _____ | 1. Fly/Go | a. Receiver leaves the line of scrimmage, takes 5-8 running steps forward, then turns to face quarterback. |
| _____ | 2. Hook | b. Receiver leaves the line of scrimmage, takes 10-15 running steps forward, then turns to run a diagonal line in towards the middle of the field or towards the sideline. |
| _____ | 3. Slant | c. Receiver leaves the line of scrimmage, runs a straight path forward, looking over shoulder at quarterback, prepared to receive pass at any time. |

Assessment C: Name, define, and diagram the three pass patterns

Name of Pass Pattern	Definition	Diagram