

## **Flag Football Unit – Middle School**

### **LESSON #3 – Defend Your Position**

#### **➤ Essential Knowledge (Objectives)**

- Student will be able to demonstrate football pass patterns.
- Student will be able to identify and define basic responsibilities of football offense positions of quarterback, center, and receiver.
- Student will be able to demonstrate appropriate person-to-person defensive strategies for a corner position.
- Student will be able to demonstrate appropriate offensive strategies to evade a defender (moving to open spaces, position between QB and defender).

#### **➤ National Standards for Physical Education**

- Standard 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance 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 pass patterns

#### **➤ Pre-Requisite Knowledge and Skills**

- Throwing and catching skills for football
- Pass patterns – hook, slant, fly/go
- Position responsibilities of the quarterback, center, and receiver

#### **➤ Fitness Focus**

- See the [Quick Pass](#) activity in the Football and Fitness Mini Lessons and/or use other mini lessons

#### **➤ Materials and Preparation**

- 1 football for each group of four students
- Large playing area
- Poster of pass patterns and cues
- Throwing and catching skill cues
- Diagram of offensive positions
- Pass pattern skill rubric
- Written assessment for offensive positions

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

Ask students to provide the skills and responsibilities for the positions of quarterback, center, and receiver. Review the following:

Quarterback

- Offensive position
- Responsibilities: 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
- Skills: Knowledge of game, plays that could be done, and pass patterns; how to receive the ball from the center position; and ability to run and dodge the defenders

Receivers

- Offensive position
- Responsibilities: Run the pass patterns that the quarterback decides for each play and avoid the defenders
- Skills: Ability to run, catch, avoid defenders; and knowledge of pass patterns

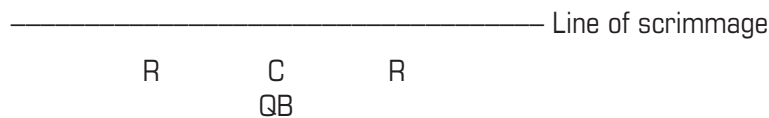
Center

- Offensive position
- Responsibilities: On a verbal cue from the quarterback, the center hands or tosses the ball to the quarterback; center stays in their position to keep the defense from pulling the quarterback's flag
- Skills: How to “snap” the ball to quarterback and how to defend the quarterback (blocking)

Say to students: Today we are going to begin with a practice of these positions in groups of four. What do you think the fourth person will do? (A: Be a second receiver)

Demonstrate the positioning of a second receiver.

Talk with students about the quarterback's responsibility to provide each receiver with a pass pattern. Discuss the benefits and consequences of the choices (benefit: two different lengths of pass patterns; possible consequence: both receivers running a slant in pattern may cause them to run into one another).



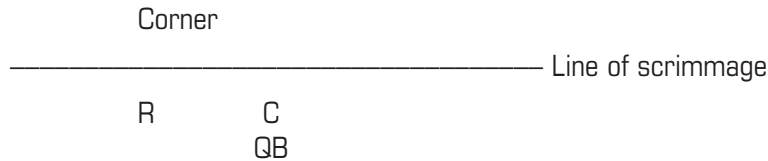
Provide students an opportunity to practice these positions.

► **Instruction**

Bring students back to the large group.

Say to students: Today we will begin adding a defensive position and talk about defensive strategies.

Use one group of four to show a line up as follows:



Ask students:

- This defender is responsible for the receiver. What is this defensive position called? (A: Corner)
- What type of defensive strategy does this position use? (A: Person-to-person)
- How does this change what the receiver needs to do? (A: Needs to use dodging/evading and positioning moves to provide an open lane for the quarterback to throw)

Discuss with students the different strategies for person-to-person defense. Emphasize the following:

- Close the spaces through which a ball or person can pass
- Position yourself between your opponent and the end zone you are defending
- Focus on your assigned player while remaining aware of where the ball is located
- Look for visual cues that help to anticipate what is about to happen (watch the quarterback)
- Keep yourself in a "ready position" in order to make quick movements to take possession of the ball
- If the ball does not go to your receiver, or it becomes a running play, leave your receiver to help out other defenders (teammates)

Discuss with students the different offensive strategies for the receiver. Emphasize the following:

- Opportunities to receive a pass and to score are created by moving yourself and/or the ball to the open spaces
- If players are standing still, effective passing cannot occur
- Potential receivers should move away from the ball, into the open spaces not occupied by a defensive player
- Play to open spaces
- Position between the quarterback and the defender
- Use evasive moves (spin move, quick side to side movements) to elude the defender

Use students to demonstrate the different strategies. Have students practice the strategies with a partner. Remind students that they will be assessed on their ability to run pass patterns. Share the Pass Pattern Rubric with students.

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

Have student groups of four return to their spaces and practice the four positions. Have students run 2-4 plays and rotate positions until everyone has experienced each position. Provide descriptive and specific feedback to students during practice. Encourage students to assist one another.

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

Ask students to share with a partner:

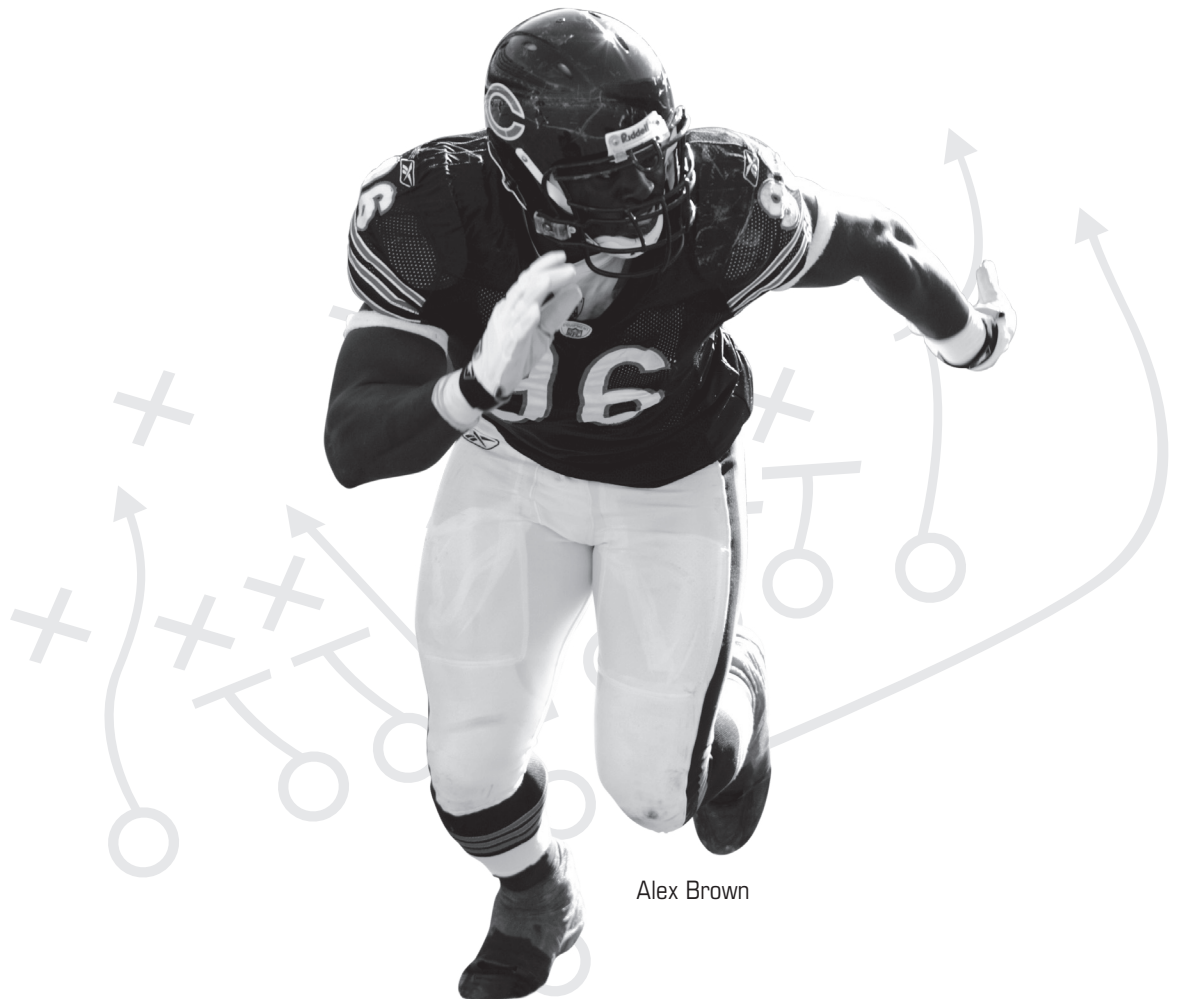
- 3 things they learned today
- 2 responsibilities or skills of a corner
- 1 question they have about the four positions

Ask students to share what they discussed. Clarify understanding and answer questions as needed.

Use the Offensive Positions Written Assessment with students.

► **Next Steps for Student Learning**

Say to students: In our next class we will add two additional defensive positions – defensive line and safety.



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➤ **Assessments**

Pass Pattern Rubric

4.0	Student consistently demonstrates 3.0 criteria and is able to self-correct when an error occurs
3.0	Student consistently demonstrates knowledge and ability to properly execute pass patterns by: <ul style="list-style-type: none"> <li>• Hook – Leaves the line of scrimmage, runs 5-8 steps forward, turns to face QB, successfully receives the football, turns to run in the proper direction</li> <li>• Slant – Leaves the line of scrimmage, runs 10-15 steps forward, turns into the middle of the field (slant in) or turns to the sideline (slant out), and runs a diagonal line, looks back at the QB when turn is made, successfully receives the football, turns to run in the proper direction</li> <li>• Fly/Go - Leaves the line of scrimmage, runs forward, looks back at the QB over their shoulder (prepared to catch at any time), successfully receives the football, turns to run in the proper direction</li> </ul>
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

Written Assessment for Offensive Positions

1. List the three positions. List one skill and one responsibility for each position.

Offensive Position Name	One Skill for the Position	One Responsibility of the Position

2. Label the offensive positions:

