

LEVEL	UNIT	LESSON Number 6	EQUIPMENT
Second Grade	Flag Football	Center and Quarterback Position	Flags, Footballs, Markers, Control Cones.

### Objectives

1. Play the games safely.
2. Demonstrate the skill of blocking and dodging during a mini football game.
3. Describe the points to blocking a player.
4. Have fun.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Part 1 Dodging game	15	<p><u>Flag Football Tag</u></p> <p>Field: At least the size of a basketball court up to as big as a football field! Objective: For the defense to pull the flags of the ball carriers before they reach the goal line. The offense will receive a touchdown for each player that crosses the line without having his or her flag pulled.</p> <p>Set up three fields and choose two colors to play on each field. One team, the Offense, begins on the start line with a ball for each player. The other team, the defense, begins spread out on the field. When the signal is given, the offense tries to run with their football to the opposite side of the field without getting their flag pulled. If a defensive player pulls your flag, you must give your football to the player that pulled the belt and they will go to the start line. Once all the players have either made a touchdown or have had their belt pulled, the teams switch rolls to allow each team turns to be offense and defense. Have the players keep their own score.</p> <p>Remember:</p> <ul style="list-style-type: none"> <li>• No Contact, even when pulling the flags.</li> <li>• No blocking your flags.</li> <li>• Play safely, watching to avoid hurting yourself or another player.</li> </ul> <p>Variations:</p> <ul style="list-style-type: none"> <li>• Strategy run. Have the ball carrying team devise a plan. Example-Send two runners as decoys down one sideline, when the defense goes after these two players, the remaining runners escape down the other sideline.</li> </ul>	While the teams are playing, rotate around to the games and encourage the students, give out some warm fuzzies. Look for players who are doing a great job with sportsmanship or teamwork. Point those students out to the rest of the class.
Part 2 –	10	<p>With the class seated, verbally explain the positions to the class. Use a white board or students to demonstrate the positions visually.</p> <p><u>Positions</u></p> <p>The Block is an offensive skill because it is used by a player on the offensive team (the one with the ball) to protect a teammate. Our rules <b>DO NOT ALLOW ANY BODY CONTACT</b>. This is also referred to as screening and is similar to the skill in basketball. The objective is to keep your body in-between the defensive opponent and the ball carrier. Because the opponent cannot push the screener/blocker out of the way, the defensive player must try to get around that opponent by quick action and faking or dodging. This skill is most used by the center, which will block for the quarterback after the ball is hiked. The longer the blocker can keep the rusher away from the quarterback, the better chance the team will have of getting a good pass to a receiver.</p> <p><u>Center/Blocker</u></p> <p><i>Stance</i></p> <p>Offense-The blocker must be able to move quickly in any direction in order to keep the Rusher/Defense player from getting to the ball carrier (quarterback). The body should be in the ready position, medium level, bent at the knees not waist, head up, and feet apart slightly forward and backward stance. Eyes should focus on the defenders midsection since this will give the best indication of the direction they are going to move their body.</p>	<p>During the seated discussion review the concepts of the block, make sure your students understand that they will not be touching any players during the games because all the games we play in physical education are non-contact. There are no protective pads like they use in the pros, so if play the way the pros did we would have people getting hurt, and that is not ok in physical education!</p> <p>As the students are</p>

		<p>Center's job is to Hike the ball to the quarterback when the quarterback is ready. After the hike the center then blocks the player rushing. If in fact the rusher gets past the center, the center may go out past the scrimmage line for a pass from the quarterback.</p> <p><u>Quarterback</u> Stands behind the center, and calls for the ball to be hiked and begin the play or down. The quarterback should also tell each player where they will be running to (the play) so that the quarterback will know where each option for a play is. The quarterback can run with the ball, but only after the defense has completed their five second wait and has crossed the scrimmage line in an attempt to tackle the quarterback.</p> <p><u>Scrimmage Line</u> An imaginary line that is determined by where the previous play ended. This line is used to indicate where the next play should begin. All players must stay on their side of the scrimmage line until the ball is hiked.</p> <ul style="list-style-type: none"> <li>➤ “When I say go, sit back to back with a partner. Go. You and your partner are going to take turns being center and quarterback. The quarterback will call when to hike the ball, and then the center should hike it. Remember, if the ball drops to the ground it is dead, or cannot be played anymore, so try to get your hike right to the quarterback so that it is easy to catch. After the hike, the center should pretend to be blocking the other team's rusher from getting to the quarterback. Each of you take three turns and then switch rolls.”</li> <li>➤ This time, when you hike the ball, pretend to block a second and then run out to the field a couple steps for a short pass. Each of you take three turns and then switch rolls.</li> <li>➤ This time, the quarterback should tell the center exactly where to run before they hike the ball, like: Run out three steps and turn right, I'll pass you the ball just after you turn to the right. (Use a student to demonstrate.) Each of you take three turns and then switch rolls.</li> </ul>	<p>working with their partner, be sure to walk around, looking at the progress, complimenting partners who are working well together and even stop the class to let a set show off!</p>
Part 3	5	<p>When I say go, all the partner's holding the ball stay right where you are. All the partners without a ball go find someone else to work with. (If time allows, I will have them change every 3 minutes to get a variety of people to work with.</p>	
Closure	2	<p>Tell me one of the plays you gave to your center to run?</p>	