

Level	Unit	Lesson Number 7	Equipment
Second Grade	Football	Dodging and Positions	Flags and Field Markers, control cones, footballs

Objectives

1. Play Safe
2. Verbally answer the questions regarding dodging
3. Have fun.
4. Successfully dodge around their partners at least one time during the lesson.
5. Learn and use the positions of safety, guard, rusher and receiver.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm Up Dodging review	10	<p>This is all review so the process can be done quickly.</p> <p>Dodging: “When I say go, get a 2 field markers and find a 2 partners to sit back to back with.” Once everyone is in three’s up I will review dodging and then have them play touchdown run.</p> <ol style="list-style-type: none"> 1. What can you do with your body to get around the defense? (you can move from side to side, stop and then go, move forward and then backward, trying to fool them into going the wrong way.) 2. What can you do with your eyes to help you get around the defense? (You can look one way, but go the other way.) 3. What can you do with your arms or legs to get around the defense? (Move them in one direction while you go the other way.) <p>When you are trying to get around the defense, that is called dodging!</p> <p>Touchdown Run: Form groups of three players. Have the one player line up on one end and two players line up on the other. On the signal (1-2-3) the single player runs with the football toward the goal line (line where the other two players are) attempting a run back. At the same time, the other two players come forward to try and pull the runner’s flag. Score six points for a touchdown if not caught.</p>	
Part 2: Dodging	10	<p>Position of Safety: The safety is a defensive position that stands about 10 feet off the scrimmage line and watches to see if the center runs out for a pass, or if the quarterback will try to run with the ball. (Show them with a students or on a white board where the position is.) Today in your groups of three, you are going to take turns being the quarterback, center and safety. Be sure that each turn you rotate and try a different position.</p> <p>Remember last lesson, the quarterback told the center where to run after they hiked the ball and the pretended to block? This time I want you to do the same thing, but don’t let the safety know where you are going to run! After the hike, the center will pretend to block and then run out for the pass. The safety will have to then try to keep the center from catching the pass, but remember you can’t touch another player. You can try to catch the ball or knock it down before the center catches it. See if you can try to fool the safety.</p>	<p>While the groups are playing, I will walk around to the groups, reminding them of the task, not to touch each other and praising them for the great job they are doing.</p> <p>At some point I am also going to tell them about the fact that the quarterback and center are the offense, and the safety is the defense.</p>
Part 3 Practice	10	<p>“When I say go, I’d like you to keep your group of three and find another group of three to sit next to. You are going to play a game against these other three players. We are going to add these positions: Receiver and Rusher and Guard. The receiver is the third player for the offense. They stand on the scrimmage line, and when the ball is hiked they will run out for a pass. The quarterback is going to have to tell them where to run as well as the center. You only have 15 seconds to tell the play, and then you must line up at the scrimmage to start. The center will hike the ball and block. If the rusher gets past the center, the center may run out for the pass using the play that the quarterback gave them. The rusher is the player who tries to get the quarterbacks flag. After the hike, the rusher tries to run past</p>	<p>Remind them:</p> <ul style="list-style-type: none"> o To decide the plays before the ball is hiked. o To switch positions each play, this way everyone will try all the positions each time. o To not have body contact.

		<p>the center. Remember, you cannot touch anyone, so you must continue to try to use your cleverness to fake the center out so that you can get around them. The center may not touch the rusher either, so in order to keep the rusher from getting past, they must try to stay in the rusher's way to keep them from getting the quarterback's flag. The quarterback can move around anywhere behind the line of scrimmage to avoid the rusher. The guard's job is to follow the receiver, trying to keep the receiver from catching the ball. The safety will stay just off the scrimmage line, to watch in case the center runs out for a pass or the quarterback runs with the ball. The quarterback cannot run with the ball today. After each team gets three tries, each time changing positions, switch to either offense or defense.</p>	
Closure	2	<p>What did you do with your body to try to dodge the defense? Great job today everyone!</p>	