

## Football Study Guide

Few sports offer as many variations as the American game of football. There is tackle football, flag football, and touch football. Of the three, flag and touch are the most frequently taught in Physical Education. While the rules for play may vary from grade level to grade level the following terms, rules and passing patterns are all very common.

### Terms

Grip – index finger towards the point; remaining fingers go across the laces.

Throw – weight on back foot; step with opposite foot; bring arm through; release ball with thumb pushing out away from the body and snap your wrist.

Dominant Hand – the hand you do most things with. (Throwing, writing.)

Non-dominant Hand – the opposite of dominant. You don't use this hand as often.

Catch – (above the waist) form a W with thumbs; fingers up  
(below the waist) fingers down; pinkies together. Soft hands, give with the ball.

Leading pass – put the ball out in front of player. Your goal is to lead that player to goal so they don't have to break their stride.

Communication – let your team know your open by calling the player with the balls name.

Offense – the team in possession of the ball.

Defense – team not possessing the ball.

Spread Out – you shouldn't be able to touch anyone from your team at any time during the game.

Getting Open – cut away from the ball and come back without the defense (v-cut).

Person to Person – stay between the ball and the person you are guarding. Always see the ball and the person you are guarding.

Line of scrimmage – an imaginary line that separates the offense and defense.  
Determined by the spot of the ball.

End Zone – final destination; goal line in football.

Fumble – when a player who has control of the ball suddenly loses possession.  
This ball can be picked up by anyone.

## **Games**

Keep Away – lead-up game played in class. 3 steps when you have the ball.  
Your goal is to make 7-10 passes in a row without dropping the football.  
The other team may intercept a pass but you are not permitted to grab the ball out of anyone's hands.

Ultimate Football – same as keep away but now your goal is to pass the ball over the end line. You may also take three steps and cross into the end zone, your team still scores.