

21 FOOTBALL



CATEGORY:	ENVIRONMENT:	GRADES:	BACKUP GAMES:
FOOTBALL	SMALL PLAYGROUND	3-5	LINE SOCCER / TOUCHDOWN / ULTIMATE FOOTBALL

READY

Equipment: cones and 1 football

Set-Up: rectangle boundary

Number of Students: 10 +

Time: 15 minutes +

EXPLAIN

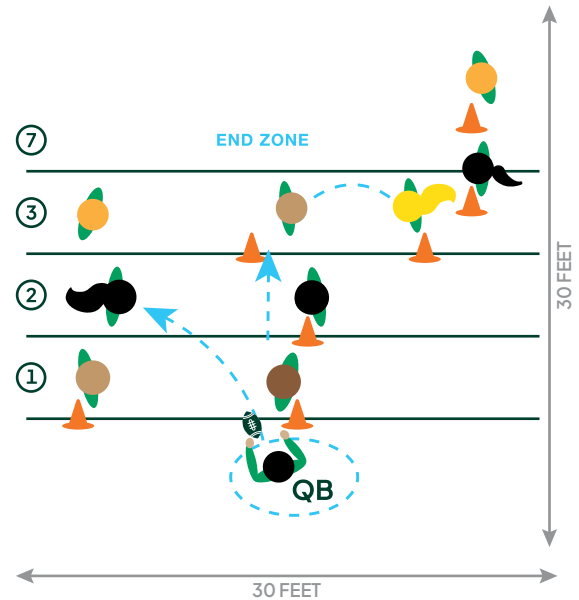
1. Prepare to line up! Let's form 2 teams: 1 on **offense** and 1 on **defense**.
2. To score points, the offensive team begins behind/even to the cone (line of scrimmage) and tries to pass within a zone.
3. After every 4 passes (4 downs/4 pass attempts), the teams switch from offense to defense. On the field, all players must stay within their zones. The defending team will cover the offensive team's players to limit their scoring. No tackling or pushing!
4. The **quarterback** (thrower) must stand behind the line of scrimmage. The specific positions on the field where a catch earns points are determined by the zone in which the ball is caught.
5. No running between zones. All offensive players must pick a zone and run back and forth within it, attempting to separate themselves from the defender.
6. **SCORING BREAKDOWN:**
 - **1 POINT** for a completed pass from the line of scrimmage to the first line
 - **2 POINTS** for a completed pass between the first and second lines
 - **3 POINTS** for a completed pass in the end zone
 - **NO POINTS** are scored for an incomplete pass
 - Interception by the defensive team accounts to a loss of down for the offensive team.
 - A catch right on the line will count as the lesser point score.
Ex: If the offensive player was in a zone worth 5 points, but caught it at the start line of where the zone worth 5 points begins and the end of zone 3 points finishes, then the points would count for 3 points.

✓ Check For Understanding:

- How many chances does the offensive team have before the defensive team becomes offensive and the offense becomes defense?
- Is there any tackling or pushing?

PLAY → REP IT OUT!

- **EASY:** Four chances to score.
- **MEDIUM:** Three points awarded to the defensive team for an interception.
- **HARD:** Allow players to run through all zones.



GAME TIP:

Create even teams (use Jets and Giants).

CONFLICT RESOLUTION TIP:

Be the thrower (quarterback) for both teams. Be the referee by making calls and keeping score.

OUTDOOR TIP:

Switch to skipping to lower the energy.