



FOOTBALL HANDOUT

SKILLS

Passing

- Fingers across the laces
- Thumb opposite the fingers
- Bring elbow up and bring the ball behind your head
- Step forward with the opposite foot from the passing arm
- Arc the ball forward but above the level of the ear
- Release by letting the ball roll off the fingertips and rotate the wrist so the thumb points down. This creates a "spiral" pass.



Catching

- Hands should be facing the ball with the fingers up and outstretched to give a target for the passer
- Eyes on the ball at all times
- As the ball is caught, bend the arms to absorb the force of the pass.
- "Watch the ball all the way" into your body as you catch it.

Punting

- Hold the ball with 2 hands, one on either side of the ball.
- Tilt the ball down and away from the kicking foot.
- Release the ball just before punting. Do not toss the ball or allow it to rotate
- Kick the ball on the "laces" area of your shoe.
- Keep the kicking foot extended (pointed), not flexed, when punting.
- If everything is done well, the ball will travel with a "spiral" action, which allows it to travel further.

Center/Quarterback Exchange - "The Snap"

A. The Center

- Hold the ball with one hand.
- On a short snap, make sure that the quarterback receives the ball with the laces up.
- On longer snaps the center must throw the ball back between his legs to the quarterback.
- The ball should be thrown back with a "spiral" action. You may use 2 hands for this kind of snap.

B. The Quarterback

- Calls for the ball using the following shouts:
 - "Ready - Down - Set - Hut one - Hut two - Hut three - Hut four"
- The Quarterback puts his hands down between the legs of the Center to receive the snap. He must hold the heels of the hands together with the passing hand up. Make sure to keep the fingers spread out and fully extended to avoid getting a jammed finger.
- The quarterback watches the defense on the short snap (no peeking at the ball) and watches for the ball on the long snap.

Kicking

- Used for converts after touchdowns, for field goals, and for kick-offs

2 styles

- a. American Style - (also known as the straight on style) similar to "Toe Hacking"
 - Line up facing the target and take 3 steps straight back
 - When you want to kick the ball, take two quick steps forward and kick the ball off the toe of your foot.
 - Keep your ankle flexed and rigid to create more force.
- b. Soccer Style - from an angle
 - The approach is at a 45° angle and the kick is done with the contact on the instep of the foot (along the laces).
 - Line up facing the target and take 2 steps back and then take 3 small shuffles to the side for your starting position.
 - Step in with 2 quick steps and kick the ball.
 - Follow through with the toe pointing to the target after the kick.

TERMS

1. **Quarterback** The central player who directs the offense by passing the ball to his teammates.
2. **Receiver** The person on the offense who runs out and tries to catch the ball thrown by his quarterback
3. **Defense** The players who are trying to prevent the offense from scoring, catching a pass, or from running the ball.
4. **Offense** The team with possession of the ball who are trying to score a touchdown.
5. **Line of Scrimmage** from. The imaginary line across the field that the offense starts their plays from.
6. **Down** Another name for one play in which the offense tries to move the ball to the goal by passing or running with the ball.
7. **Complete Pass** A successfully caught pass (also called a reception)
8. **Incomplete Pass** An unsuccessful pass attempt which was not caught.
9. **Interception** when the defense catches a pass intended for an offensive receiver
10. **Fumble** where someone drops the ball when trying to run with the ball.
11. **Touchdown** A scoring play where the offense has taken the ball into the opponent's end zone (goal area)
12. **Spiral** the tight spinning action of a ball when passes or punted
13. **Convert** The Bonus play after a touchdown where the offense:
 - tries to kick the ball through the uprights, or
 - runs the ball into the end zone, or
 - passes to a teammate running through the end zone

GENERAL RULES

- The game begins with a kick-off and the kick-off is also used to restart play after a touchdown.
- Each down (play) starts from the line of scrimmage.
- No tackling, grabbing or holding your opponent
- Only one forward pass is allowed per down.
- After an incomplete pass the ball comes back to the line of scrimmage before the start of a new down.

SCORING

Touchdown	=	6 points
Field Goal	=	3 points
Convert	- by kick	= 1 point
	- by pass or run	= 2 points
Safety Touch	=	2 points
"Single"		1 point given for kicking or punting the ball into the opponent's endzone and the other team does not run it out of the end zone.
		Also called a "Rouge"



PASS PATTERNS

