

All About Flag Football

All IN

The self esteem of students goes up when they can succeed at a variety of sports.

Flag football has a variety of basic sport skills they can master and have fun.

This presentation is going to cover a variety of football skills and receiving routes with cues.

Also will cover game-like drills and flag football rules and violation

Cues for Football Skills

Throw right side, left side, and why

Catching high and low balls

Punting

Catching the punt

Cary the ball

Pitch

Lateral pass

Receiving Routes

In

Out

Curl

Post right side

Post left side

Lead up Game

Philadelphia Football

Flag Football Game

Rules for Philadelphia Football (Played like ultimate frisbee but with a foo ball)

1. Start with kicking ball on 20 yard line.
2. Offense Throws the ball to teammate.
3. Ball fumbled hits ground other team possess the ball.
4. Offensive player must catch ball inside goal lines to score
5. Offensive player cannot run ball into goal area to score.
6. After catching ball the player has 3 steps.
7. Defensive player cannot knock ball out of hand of offensive player.

Rules for Flag Football

1. Seven players on a team
2. Use 60 to 80 yards for field
3. A fumbled ball is dead when hits the ground on kick off or play ti
4. To down a ball flags are pull from carrier
5. All players eligible to receive pass
6. Each team has 4 downs to get pass 20 yard line for a new first down
7. Any player may hand or throw ball backwards
8. Failure to convert on 4th down gives the ball to other team
9. The kick off may be thrown or kicked from behind the 20 yard line
10. Cannot withdraw a players flag until they have possession of the ball
11. Neither player can cross their scrimmage line until the ball is kicked
12. Defensive players must stay 3 yards behind the line of scrimmage until after the snap

Scoring

Touchdown is 6 points

After scoring a touchdown you can try for 1 2 or 3 points

1 point score from 3 yards

2 points score from 5 yards

3 points score from 10 yards

Violations for Flag football

1. No clipping
2. No diving for offensive player
3. No jumping
4. Ho hurdling
5. No hurdling any player
6. No flag guarding
7. No roughing passer
8. No holding a shirt
9. No stiff arming
10. No defensive player use of hand
11. The defense must stay out of the neutral line of scrimmage zone
12. Automatic disqualification for tackling tripping or throwing a runner to ground