**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.