

# Flag Football Study Guide



## Questions

<p>1. If you have the ball is your team offense or defense? _____</p>	<p><b>The Game:</b> The offensive team attempts to score a touchdown by moving the ball across the goal line. They can do this by passing the ball to a teammate, or running the ball into the end zone. The defensive team attempts to stop them from scoring by pulling their flag or intercepting the ball.</p>
<p>2. If you are on defense do you have the ball? _____</p>	<p><b>Players Positions:</b> <b>Center:</b> An offensive player who hikes the ball to the quarterback and protects the quarterback.</p>
<p>3. What position hikes the ball? _____</p>	<p><b>Quarterback (QB):</b> This person has many jobs: Calls plays, throws or runs with the ball or may hand-off the ball.</p>
<p>4. What position throws the ball? _____</p>	<p><b>Receiver:</b> An offensive player that runs pass patterns and receives passes from the quarterback. <b>Running Back:</b> Offensive player who stand by the QB and either receives a handoff to run, or goes out for a pass, or blocks opposing defensive rushers. <b>Defenders:</b> Defensive players who rushes the Quarterback or guards Receivers</p>
<p>5. How many “downs” does your team get to get to mid-field? _____</p>	<p><b>Terms of the Game:</b> <b>Defense-</b> The team without the ball. They try to stop the offense from scoring. <b>Offense-</b> The team with the ball. They try to move the ball down field to score a touchdown. <b>Down-</b> A turn to make a play, each team has 4 “downs” to move the ball towards the first down marker. (mid-field), or across the goal line for a touchdown.</p>
<p>6. Can you see the Line of Scrimmage? _____</p>	<p><b>End Zone-</b> Area located at both ends of a field where a touchdown is scored. <b>Line of Scrimmage-</b> An imaginary line where the ball is placed to begin a play. <b>Offsides-</b> A player is offsides if they cross the Line of Scrimmage before the ball is hiked.</p>
<p>7. What area must you be in to score a touchdown? _____</p>	<p><b>Football Vocabulary</b> <b>Dead Ball-</b> The play is dead when: a ball carrier falls down, a flag is pulled, a fumble occurs, a pass is incomplete, the ball goes out of bounds. <b>Forward Pass-</b> A pass towards the goal, thrower must be behind the line of scrimmage. Only one forward pass per play.</p>
<p>8. How many points is a touchdown? _____</p>	<p><b>Backward Pass-</b> A pass behind or parallel to the thrower. The throw may be made anywhere on the playing field and as many times as possible. <b>Fumble-</b> Losing the ball because it touched the ground. <b>Hike-</b> The Center snaps the ball under his/her legs to the quarterback. <b>Interception-</b> A defensive player catches the pass meant for an offensive</p>

<p>9. Can you do unlimited forward passes in one play?</p> <hr/>	<p>players.</p> <p><b>Pass Patterns</b>- Predetermined running routes.</p> <p><b>Punt</b>- The act of kicking the ball by an offensive player to the defensive team. Usually it is done on 4th down. Punting is giving the opposing team the ball further down the field.</p> <p><b>Spiral</b>- The spin or rotation on the ball that increases accuracy and allows it to fly higher and farther.</p> <p><b>Touchdown</b>- Occurs when one team catches or carries the ball into the endzone. That team is awarded 6 points. The scoring team can then try for an extra point from the 5 yard line.</p>
<p>10. How do you create a spiral when throwing a football?</p> <hr/> <hr/> <hr/>	
<p>11. Do you always step with opposition when throwing a ball? _____</p>	<p><b>Throwing a football</b></p> <p>*Proper Grip- thumb &amp; index finger form a “U” around the end with at least two fingers on laces.</p> <p>*Arm Swing- begin by your head, elbow out, and arm comes down across body.</p> <p>*Opposite Step- right arm throws the left foot steps forward and vice versa</p> <p>*Release- lead with elbow, follow through while flicking the wrist and index finger to create spiral.</p>
<p>12. How do you put your hands when you catch a ball above your waist?</p> <hr/> <hr/> <hr/>	<p><b>Catching a football</b></p> <p>*Watch the ball from the quarterback’s hands to yours.</p> <p>*Prepare hands- fingers spread apart and palms facing the ball. Thumbs together if ball is above the waist, pinkies together if ball is below waist.</p> <p>*Squeeze ball at first contact and bring close to body.</p>
<p>13. When you punt you want to follow this pattern. _____, Drop, Kick</p>	<p><b>Punting a football</b></p> <p>*Grip laces facing up, one point of ball pointing towards kicking leg.</p> <p>*Arms fully extended.</p> <p>*Drop ball on foot, do not throw it up.</p> <p>*Point your toe and strike your foot on the bottom side of ball .</p> <p>*Follow this pattern- Step, Drop, Kick</p>