FLAG FOOTBALL ASSIGNMENT – Assignment Day #1

The rules we follow are based up on those sanctioned by the Canadian Flag Football Association. The rule book can be found at the following location on the internet


or through links on the Football Canada website. Please go to this document to help answer the following questions.

A. The document starts with a list of terms to help someone understand the game of flag football. Choose ten words that you would see as relevant and provide a definition.

Example:
Neutral Zone:
(scrimmage) – a space of one yard between the offensive and defensive teams.
(kickoff) – a space of 20 yards between the kick location and the first players of the receiving team.

1. _____________________________________________________________
   _____________________________________________________________

2. _____________________________________________________________

3. _____________________________________________________________

4. _____________________________________________________________

5. _____________________________________________________________

6. _____________________________________________________________

7. _____________________________________________________________

8. _____________________________________________________________

9. _____________________________________________________________

10. _____________________________________________________________
B. Rules are given for 5 vs. 5 and 7 vs. 7 football in the flag football rules. List three differences between these rules.

a)________________________________________________________________________

b)________________________________________________________________________

c)________________________________________________________________________

C. Looking through the flag football rules, define the following methods to score and how many points is given for each.

Touchdown-______________________________________________________________________________

______________________________________________________________________________

Convert from 5 yard line –
______________________________________________________________________________

______________________________________________________________________________

Convert from 12 yard line –
______________________________________________________________________________

______________________________________________________________________________

Rouge –
______________________________________________________________________________

______________________________________________________________________________

Safety-______________________________________________________________________________

______________________________________________________________________________
Below is a list of skills that we will be covering in this unit. Research these skills and write coaching cues for each skill so that someone reading this work would be able to perform the skills listed below. At least three pointers or coaching cues should be included for each skill.

Throw a football to a stationary target;
1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________

Catch a football in a stationary position;
1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________

Snap of the football to a quarterback;
1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________

Correct handoff procedure;
1. ____________________________________________________________________________
2. ____________________________________________________________________________
3. ____________________________________________________________________________
Draw the pass patterns to be covered in class, fly, including square ins and outs (ie square right 5 and in), post, flag, button hook, comeback (or hook), slant in, and two patterns you either make up or found in your research that are different than those covered in class;

Example:

<table>
<thead>
<tr>
<th>Fly</th>
<th>5 and In (Square in)</th>
<th>5 and out</th>
<th>Post</th>
<th>Flag</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Diagram" /></td>
<td><img src="image2" alt="Diagram" /></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Button Hook         Hook (hitch, comeback) Slant in          _______          _______

![Diagram](image3)

Defensive position guarding a receiver when marking (man to man) player-to-player;

1. ___________________________________________
2. ___________________________________________
3. ___________________________________________

Catch a football on the run and over the shoulder;

1. ___________________________________________
2. ___________________________________________
3. ___________________________________________
Throw a football to a receiver to catch over the shoulder;
1. 

2. 

3. 

Kicking of the ball from his/her hands (punt) or from the ground;
1. 

2. 

3. 

Defensive position to guard a receiver using a zone defense;
1. 

2. 

3. 