

Name/Title: Positions and Patters

Purpose of Event: Help students learn multiple concepts of football in a modified game setting.

Prerequisites: Throwing/Catching a football. Have been introduced to defending a receiver.

Suggested Grade Level: 6-8

Materials Needed: Footballs "Playbooks" Cones or poly spots

Description of Idea

Students will be placed in groups of 3. One will be the Quarterback, one will be the Wide Receiver, and the other will be the Defensive Back also known as Corner Back. Each group of three will have a "playbook" of 3-4 plays. The plays can be marked as A, B, C (and D) so it is easy to remember. After demonstrating the play routes to the students, each will practice playing the position assigned while running the plays (the quarterback will tell the receiver which play to run). After each play, students should rotate to one of the other two positions. Continue this until students have had multiple attempts at each position and have had an opportunity to attempt each play. If there happens to be a 4th member in the group they can be the "coach" and call the plays instead of the Quarterback as well as provide feedback to their group members on the success level of each play.

Modification: If you want to strictly work on offense the 3 positions would be quarterback, wide receiver and coach. Coach calls the play and provides feedback to other two group members.

Assessment Ideas:

Peer assessment: If there is a coaching position, the coach could observe the Quarterbacks throwing motion and fill out a rubric, composed by the teacher about the cues of throwing a football (shoulder to target, ball to ear, release, hand to opposite pocket)

Submitted by **Scott Hartman** in West Windsor, NJ. Thanks for contributing to PE Central! **Posted on PEC: 1/13/2012.**

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