

Name/Title: Pass for Points

Purpose of Event: To teach students offensive and defensive strategies in flag football and work on passing, catching, and defending.

Prerequisites: Passing and catching, the basic flag football rules, knowledge of football terminology (line of scrimmage, downs, incompleteness, etc.)

Suggested Grade Level: 7-8

Materials Needed: Pinnies and a football per 2 teams, cones to mark field

Description of Idea

Divide a standard field from sideline to sideline into 4 sections each approximately 10-15 yards long. Make them wide enough to accommodate the team sizes. Two teams will play on one of these fields, so if you want 4 teams you will need to make 2 fields, or 6 teams needs 3 fields, etc. You should have no fewer than 5 on a team. Differentiate the 2 teams using pinnies or the like.

One team starts as the offense, the other as defense. The object is for the offense to complete passes to receivers for points. The offense gets 4 downs with the ball regardless of what happens (i.e. an incompleteness, completion, or interception). Designate the line of cones marking the "inside" of the first zone as the line of scrimmage. EVERY down will start from here, again, regardless of what happens. The other end of this first zone is just to mark out-of-bounds. The second, third, and fourth zones are worth 1, 2 and 3 points respectively. A pass to a teammate completed in one of these zones receives that many points. An incompleteness is worth 0 points, and an interception is worth 1 point for the defending team. After the offense has used their 4 downs (remember, no first downs achieved in this game), the teams switch roles. Remind them to keep track of total points.

During the activity make sure to talk and demonstrate to students the proper strategies involved. For example, if they are playing against a zone defense, they should overload a zone or if it's not zone, to run crossing patterns or possibly set screens to get someone open.

Teaching Suggestions:

May want to have students alternate positions within the offensive and defensive teams.

Submitted by **Derek Branstrom** who teaches at Summit Ridge Middle School in Littleton, CO. Thanks for contributing to PE Central! **Posted on PEC: 9/1/2002.**

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