

Name/Title: 3 Position Pass Patterns

Purpose of Event: To familiarize the students with the roles of the quarterback, center, and receivers on a football team and the different pass patterns.

Prerequisites: The students should have previously learned the proper form to pass, receive, and hike a football as well as what pass patterns are.

Suggested Grade Level: 7-12

Materials Needed: One football and 2 cones for every 3 students.

Description of Idea

1. Have the students divide themselves (or the teacher may) into groups of 3. Set one cone in front of them and the other cone about 10-12 yards ahead of that.
2. One student will be the center who will stand at the cone. The receiver will stand about 2-3 feet beside the center. The quarterback should be in ready position about 1-2 feet behind the center.
3. Upon snapping the ball back to the quarterback from the center, the receiver will sprint out to the cone and curl around it and in to receive a pass (5 yard curl).
4. The students should rotate positions within their groups so each student has an opportunity at each position.
5. Once through a full rotation, the groups can then use different pass patterns such as 5 yard out, 8 yard post, streak, and 5 yard smash (receiver runs up the field then faces the quarterback and side shuffles facing the quarterback). When doing this, make sure that the quarterback is calling out the pattern the receiver is to run.

While this is going on make sure to check that the students are using the proper form that you previously taught them for passing, receiving, and hiking.

Also, check that they are experimenting with the different pass patterns. If they are not, they may have forgotten or they may not understand. It is important also that the receiver is running what the quarterback calls.

Submitted by **Kelly Pritchard** in Lansing, IL. Thanks for contributing to PE Central! **Posted on PEC:** 10/24/2002.

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