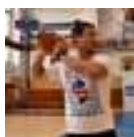




**Manual for physical education teachers
and trainers about flag football**



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Interpretation of used foreign terms



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Practice



This manual was prepared as part of the "Flag Football - Sport for Everybody" project, whose goal is to promote youth participation in sport, organize unique flag-football events for youth on regional and international level and to promote flag football through education of teachers.

This manual is intended for physical education teachers and coaches. We tested the included exercises, and in this form they are intended primarily for students of the second grade of primary and secondary schools.

The main goal is to provide a brief, practical and simple guide with which you can teach your students how to play flag football in a short time. This material is also an inspiration for the creation of new exercises and games that will contribute to improving the quality of physical education lessons in schools or training process in a sports club.

We hope that this experience will be an incentive for you to become interested in obtaining a flag football coach's license or starting a flag football club, or just any sport club. We wish the teachers, coaches and students a lot of fun and enjoyment of the game. Thanks to you, flag football will find its stable place in European schools.

This publication was prepared under Erasmus+ Sport with project "Flag Football – Sport for Everybody" (622906-EPP-1-2020-1-SK-SPO-SSCP)

For future information about the project, please visit: www.playflag.eu



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For any comments on this publication, please contact: info@slovaksport.org

Legenda



Ball



Blue team player



Orange team player



Quarterback



Running back



Center



Marking target



Cone



A pass



Movement of a player without the ball



Movement of the player with the ball

How does SCAN QR CODE work?

At the beginning of each chapter there is a general description of the given chapter. There is a QR CODE icon in the lower right corner of the chapter page. Load this QR CODE into your mobile phone or tablet, which will immediately link you to the YouTube video of the chapter's exercises



The essence of the Play flag football project is to enable every physical education teacher to learn how to play flag football, or at least the basics of each student, whether in the school gym or in the school yard.



Flexible rules

In physical education, there are only as many rules as are necessary for the students to play. The rules of the game are derived from American football. The game itself offers a number of variants from 3 on 3 to 6 on 6. However, the game is most often played 5 on 5. The rules can be adjusted by the teacher according to the size of the gym or field available to her/him, the number of players, or the game level. The rule applies that simplifying the rules should lead to better understanding, fluency, and higher success.



A game for everyone

There are few activities that everyone can play in the classroom. Flag football allows girls and boys to participate, more or less able-bodied. Flag football is suitable for all age categories and it is possible to apply elements of this game or to teach it as a whole at all levels of primary and secondary schools. Only the goals and the choice of exercises are different. The official competition categories are: U10, U12, U15, U17 and men, women.



It can be played anywhere

Each school is limited by its material and technical possibilities. Flag football can be played in any gymnasium, in the school yard, at school in nature or in the park, on the beach. Just adjust the rules or set adjusted goals.



Undemanding material equipment

One ball, a set of flag football belts and a few cones are enough for the game itself. The game uses the same ball as American football. It is produced in several sizes according to the age of the players. When putting on the belt, the flags must be on the sides, not covered by the shirt, unnecessary parts of the belt must be tucked away so that they do not get in the way. The flags are distinguished by color, which also determines the affiliation to the team.

Recommended sports equipment

Category U11

Wilson TDJ



Category U17, women

Wilson TDY



Category U17, U19, men

Wilson GST



Flag belt

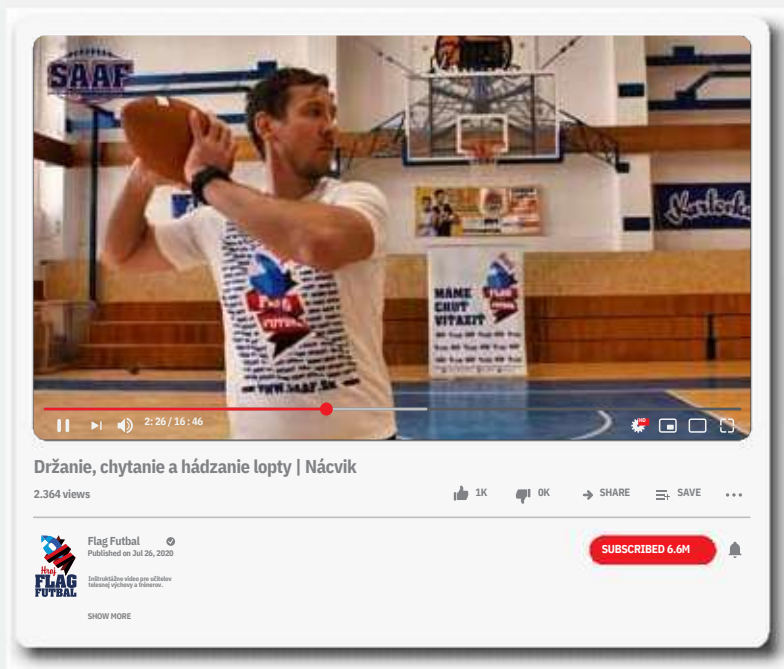
a set of belts



Flag football is a game that, like American football, originated in the Anglo-American environment and uses its own specific vocabulary of terms and situations. Their translation would sometimes not capture the essence or could appear confusing, so they are not translated. Player posts, counting yards, throwing names, offensive drills and much more are an integral part of this sport and it is good if students learn them gradually from the beginning.

Flag football	Flag football is a non-contact version of American football that originated in the 1990s in the USA.
Flag	A colored stripe attached to the player's belt, tearing it off stops the player.
Quarterback	A player of the attacking team who can throw the ball. At his command, the game begins.
Center	A player of the attacking team who starts the game by throwing the ball backwards, the so-called SNAP.
Running back	A player of the offensive team who takes the ball from the quarterback backwards or to the side and leads the offense on the ground.
Down – Set - Hut	A phrase that is used to start the game.
Snap	The name of the center's play to the quarterback.
Offense	Attacking team.
Defense	The defending team.
Interception	Successful interception of the attacking team's ball by the defender in the air.
Incomplete	An unsuccessful attempt by the attacking team to receive a pass.
Endzóna	A marked area at both ends of the field into which the attacking team tries to get the ball and score.
Touchdown	Successful scoring of the attacking team and obtaining 6 points
In	Basic drills of the attacking player, which contain information about the direction and length of the player's movement towards the field of play.
Slant	Basic drills of the attacking player, which contain information about the direction and length of the player's movement towards the field of play.
Fly	Basic drills of the attacking player, which contain information about the direction and length of the player's movement towards the field of play.
Curl	Basic drills of the attacking player, which contain information about the direction and length of the player's movement towards the field of play.
Hitch	A length scale in which distance is measured in flag football. To simplify, it is possible to say that it is one big step. 1 yard = 0.9144 meters
Yard	A length scale in which distance is measured in flag football. To simplify, it is possible to say that it is one big step. 1 yard = 0.9144 meters

1. Holding, throwing and catching a flag soccer ball requires practice and learning new skills. Even if only one special player of the attacking team - the Quarterback - throws the ball in the game itself, in the school environment all students learn all game activities. The very act of throwing or catching the ball correctly is a challenge for students, and a possible initial failure should not discourage them. Flag football is one of the few sports where the ball must not fall to the ground, and therefore "making friends" with the ball can be crucial.



Exercise video on YOUTUBE

<https://youtu.be/HgTk7GRQaz4>

Load this QR CODE into your mobile phone or tablet, which you immediately will link to a youtube video of the exercise chapters.



SCAN
QR CODE



Activity description:

Pupils stand facing each other and throw the ball to each other.

1. Lower arch (they also try to rotation)
2. Upper arch
3. In a backward bend between the legs (SNAP)

TIP:

1. We recommend starting closer and gradually move away
2. To motivate students to a certain number passes, e.g. 5 or 10 without falling balls
3. We recommend throwing with the opposite hand as well at least half of the throws

Safety:

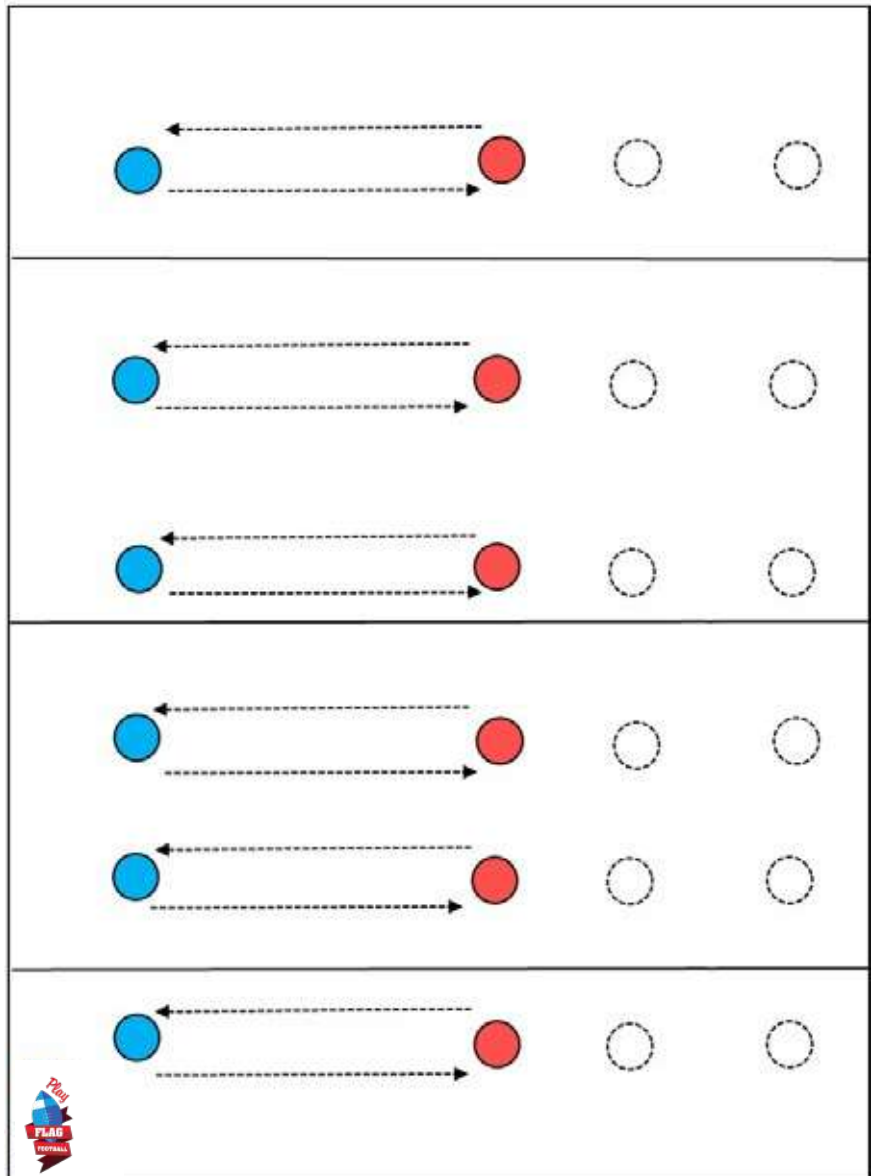
Sufficient distances between the pairs must be observed and make maximum use of space.

Necessary tools:

- » 1 x ball for each pair

Practice:

- » throwing
- » catching



2.

Relay games are an integral part of physical education. If we insert elements of flag football into these games, the students learn several skills and game activities in a fun way, while competing. This form is particularly suitable for a larger number of students.



Držanie, prihrávka, chytanie lopty | Štafetový beh

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SCAN
QR CODE



Activity description:

It is a classic relay race where the task the relay pin is filled with a flag football ball. The student prepares for the SET command and prepares for the command The HUT starts up, goes around the cone and runs back to her/his team, while at the start passes the ball correctly to the line to a teammate who repeats the exercise. A cooperative whose members fulfill a role as first, they win.

Safety:

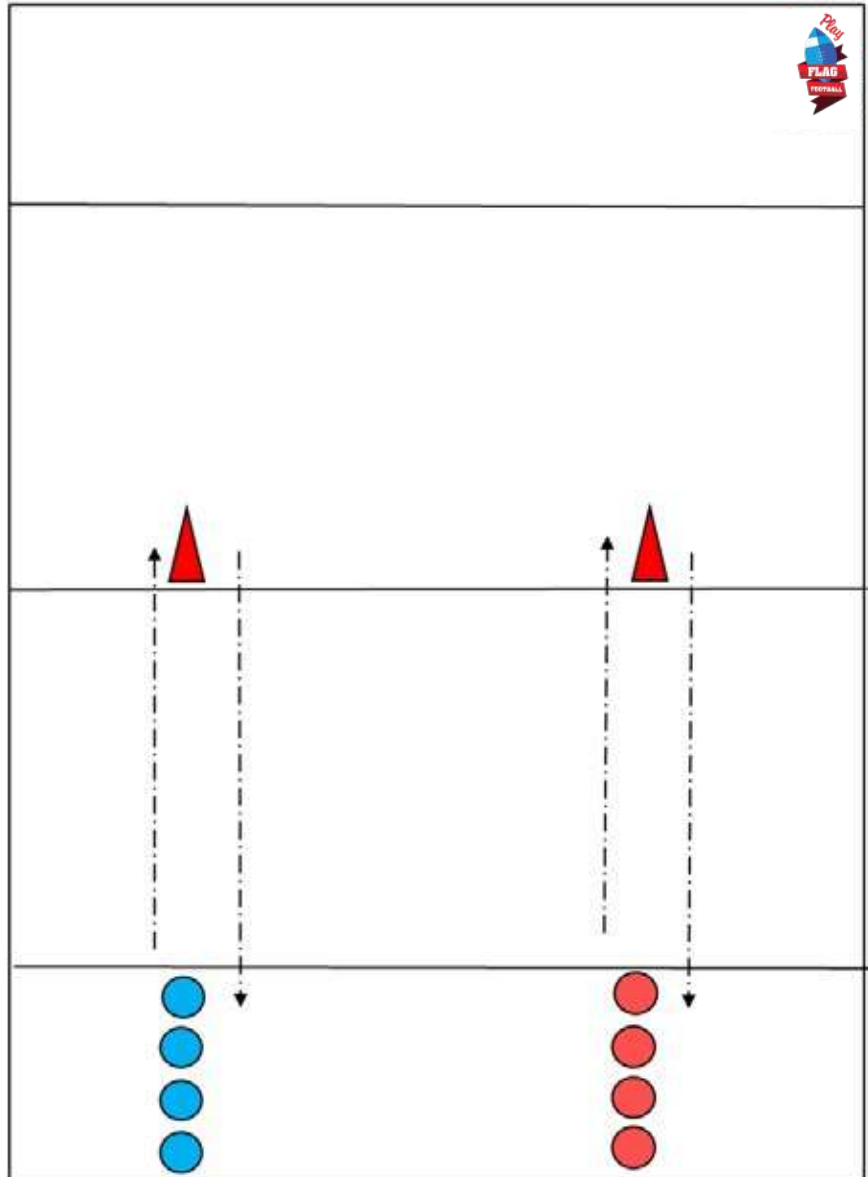
Always pass the ball from the side, not head-on. Another member of the team starts only when a teammate comes to the starting line with the ball.

Necessary tools:

- » 1 x ball for each team
- » 2 x cones for marking corridors

Practice:

- » running with the ball
- » passing the ball



Activity description:

The student prepares for the SET command and HUT for the command it starts, when it reaches the cone, it stops and throws the ball back to the first player who is waiting at the start. After the throw, it remains on the other side. The exercise is repeated until everyone is there players of one team on the opposite side.

TIP:

1. The exercise can be extended so that the moment the last member passes on the other hand, the team is trying again get back to the opposite one as quickly as possible side.
2. Distance of the cone from the starting line we set with regard to the game level pupils.

Safety:

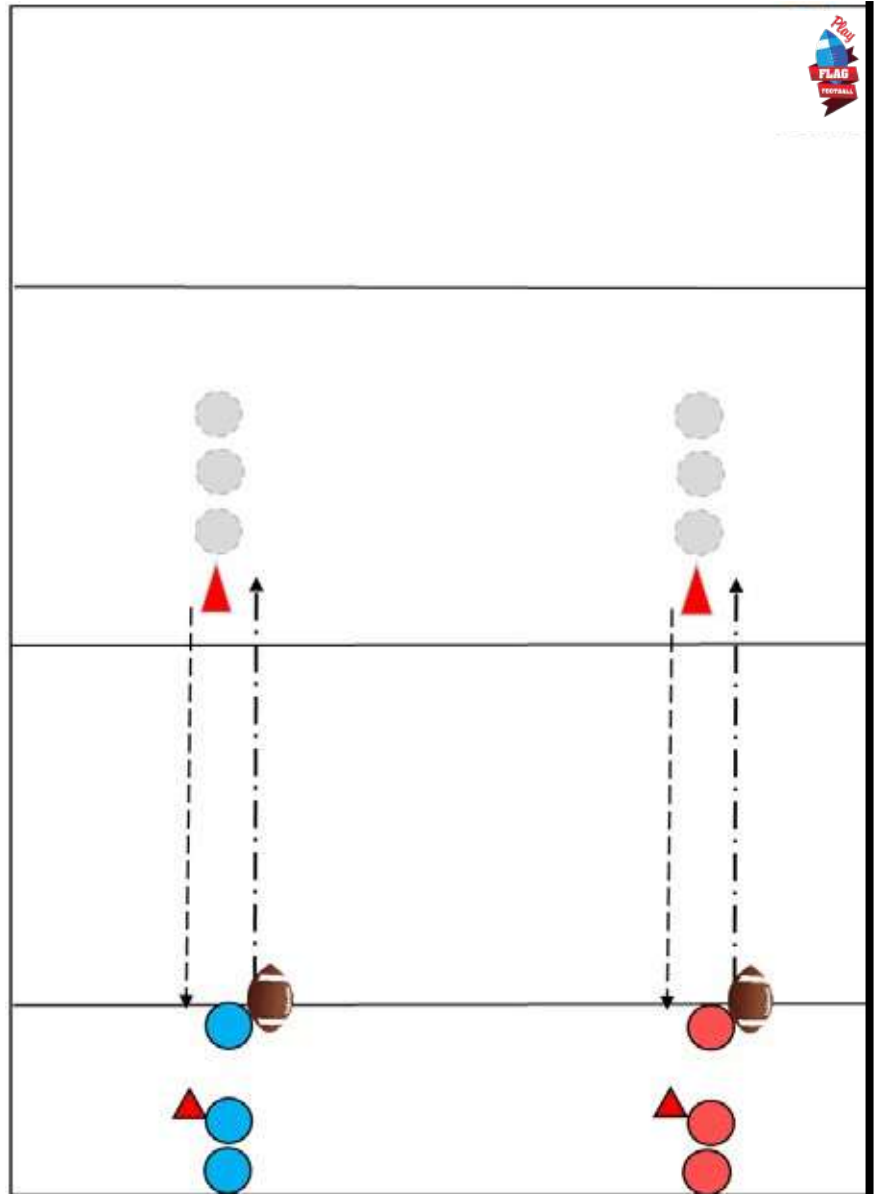
Between the player waiting for the pass and other waiting team members, it is necessary to maintain a distance of 1 meter. An inaccurate pass can cause a hit to faces of an unprepared student.

Necessary tools:

- » 1 x ball for each team
- » 2 x cone
- » 2 x meta

Practice:

- » running with the ball
- » throwing and catching the ball



Activity description:

A classic relay race, where the task of the relay the pin fills the flag football ball. He has the ball the student who stands second in line (does the task quarterback). At the SET HUT command, it runs the first in line, it will stop and process at the mark pass. It then circles the cone and runs back to your team. On the starting line passes the ball to a teammate, again to another in order, and will be placed at the end of the line. Exercise is repeated until everyone has taken turns team members. Exercise is conceivable also as a competition.

TIP:

If the students have mastered the processing of the pass on the spot with a stop, they can try handle a pass on the run at the marker passes.

Safety:

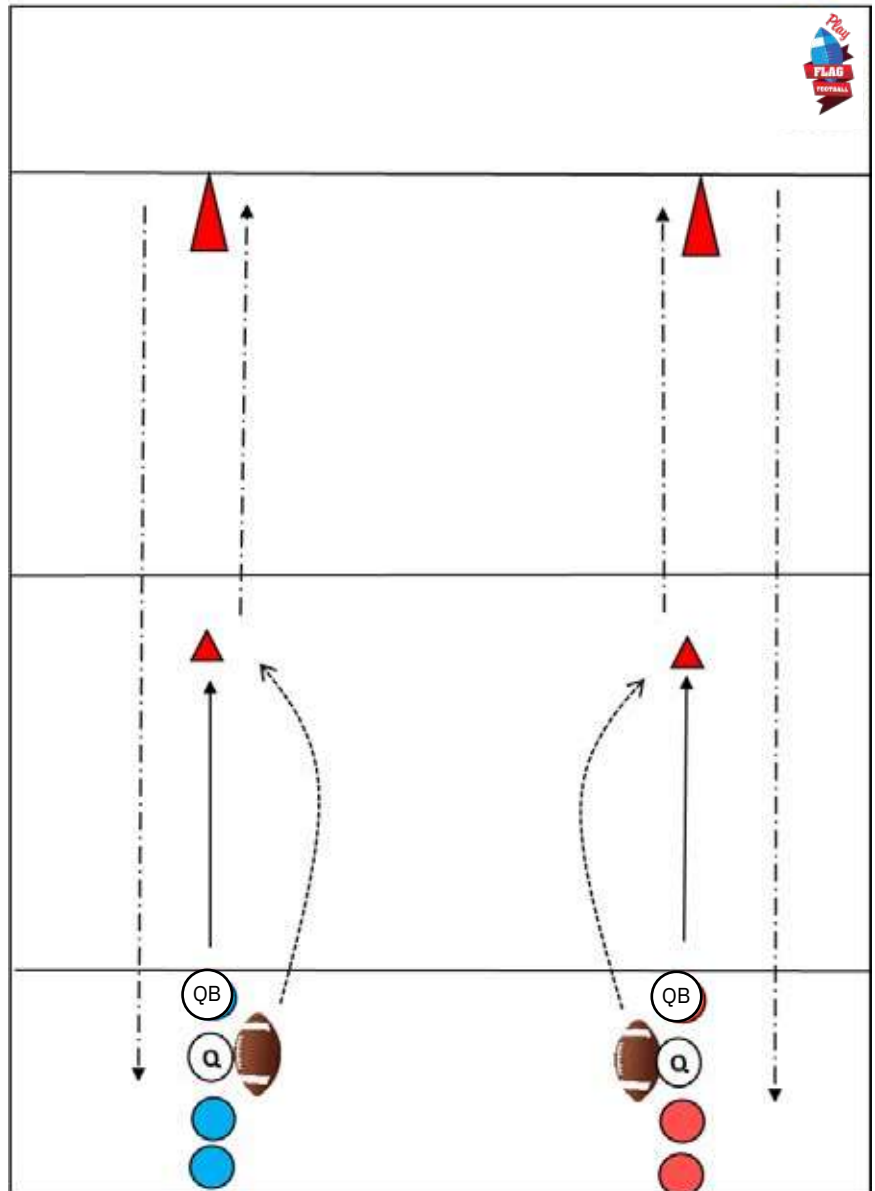
For the Quarterback, it is necessary to leave space for throwing. Other members the teams are a step behind.

Necessary tools:

- » 1 ball for each team
- » 2 x cones for marking corridors
- » 2 x meta

Practice:

- » running with the ball
- » pass
- » ball processing



Activity description:

A classic relay race, where the task of the relay the pin fills the flag football ball. Exercise partly simulates the beginning of the game and the so-called SNAP, i.e. the Center's passing game. The student who has the ball stands second in line (fulfills the role of Center). On the the SET command is prepared and exits at the HUT command first in line, a stops at the mark processes the pass, continues to circle the cone and runs sleep in your team. On the starting line passes the ball to a teammate, again to another in order, and will be placed at the end of the line. Exercise is repeated until everyone has taken turns team members. Exercise is conceivable also as a competition.

Safety:

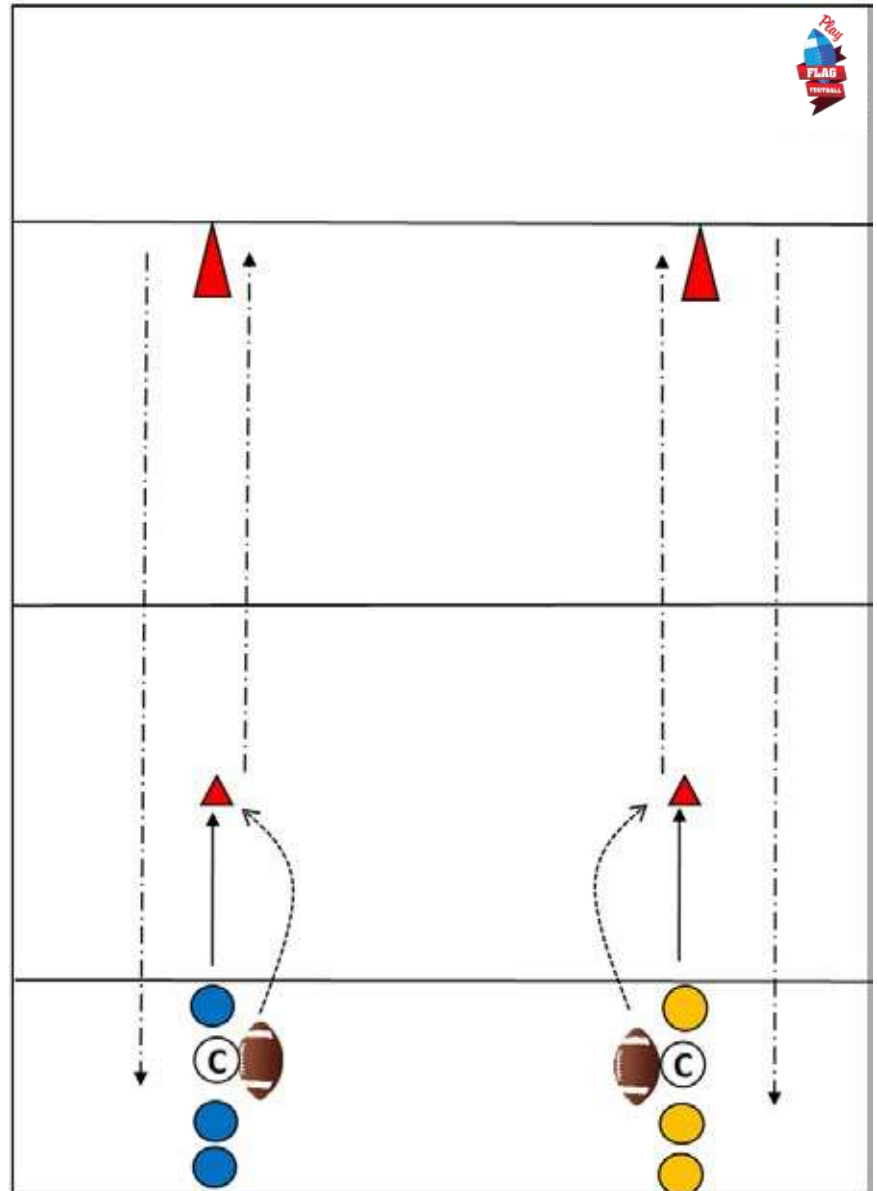
It is necessary to leave space for the Centers. The other members of the team stand a step behind.

Necessary tools:

- » 1 x ball for each team
- » 2 x cone
- » 2 x meta

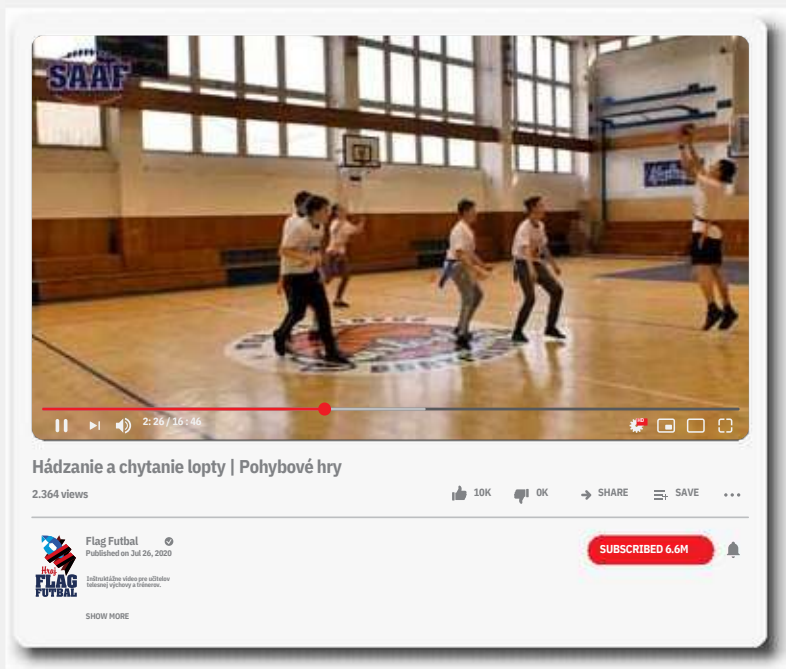
Practice:

- » running with the ball
- » pass
- » ball processing



3.

It is good if, after practicing one of the game activities, students can try this skill in a real game in simplified conditions. The movement games we have selected are popular among students and teachers. The only change is the flag football elements such as the ball, flag belts or the inclusion of the Endzone. A basketball hoop as a target is just one of many ways to motivate students to throw for distance or accuracy.



Exercise video on YOUTUBE

<https://youtu.be/HgTk7GRQaz4>

Load this QR CODE into your mobile phone or tablet, which you immediately will link to a youtube video of the exercise chapters.



SCAN
QR CODE



Activity description:

The game is identical to the well-known movement game on 10 passes. The class is divided into 2 teams. Instead of a classic ball, we will use a ball on the flag. The student with the ball must not move, fulfills the role of Quarterback. Other members his teams must be released and acquired you have space for a pass. Catching the ball in the air (Interception) the game is interrupted and the ball is won by the team that plays the game like this interrupted. If the ball falls to the ground, the ball stays in possession of the attacking team, but they must count passes again from zero. Attacking the team has 2 attempts to score 5 passes.

TIP:

1. Mark the size of the playing area with cones and choose the size corresponding to the number players.
2. Set the number of passes to 5 or 10 game level.

Safety:

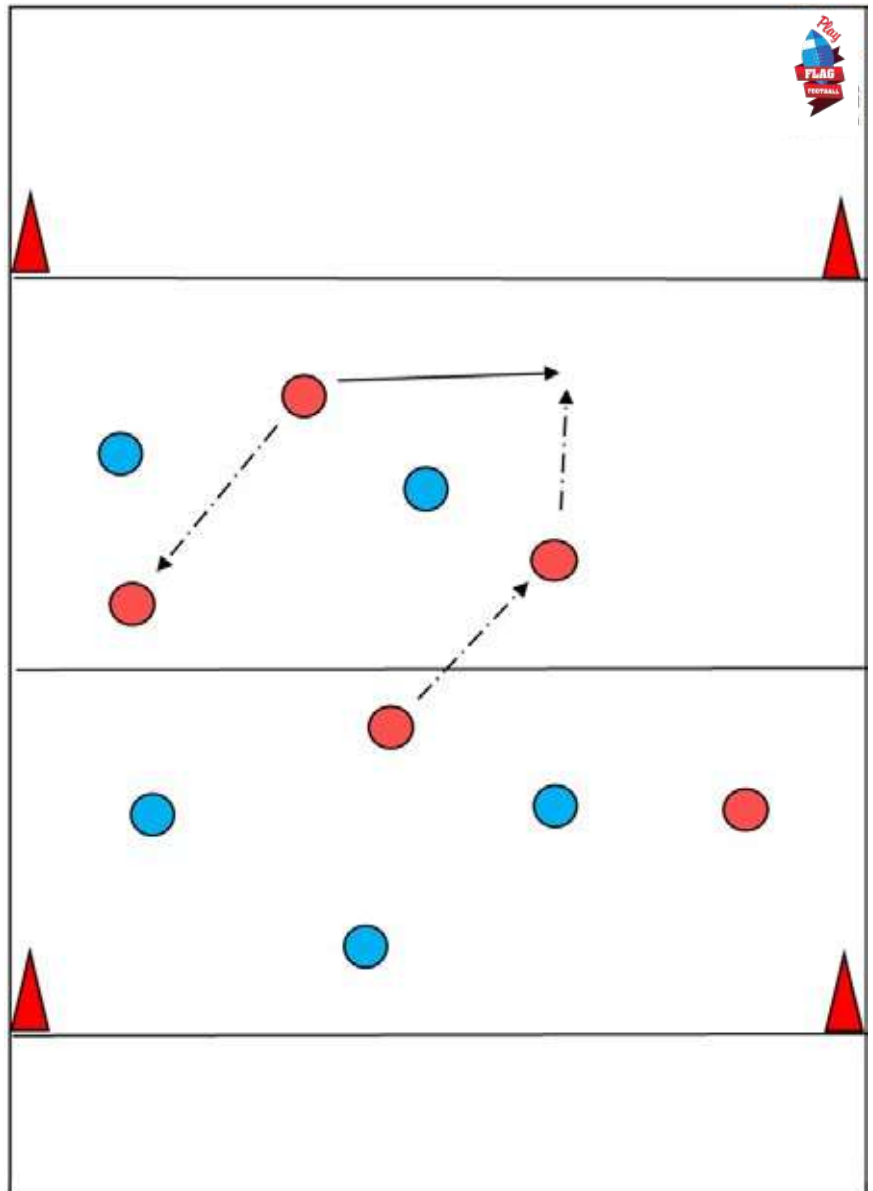
Any player contact is prohibited with the player. Possible contact is assessed as a foul and the ball is won by the other team. The opponent must not poke the ball, pull it, to set off. Catching the ball is possible only in air.

Necessary tools:

- » 1 ball
- » 4 x cones

Practice:

- » throwing and catching
- » interception (catching the ball in air)
- » relaxing in space



Activity description:

The game is identical to the well-known movement game for 10 passes. But the teams are not counting number of valid retries but they try to score in the Endzone. The team scores a point when his player catches the pass in the space behind the cones, approx. 5 m on each end of the gym. The player with the ball can do max. 3 steps, may not roll or move back.

TIP:

1. If when intercepting a pass by the opponent the ball did not fall to the ground, but the opponent did successfully caught, an immediate attack begins of your team. If the ball is dropped to the ground, play is stopped and the attacking team continues the attack from the previous one drop off locations. The attacking team has 2 tries to make it score.
2. Exercise can be made more difficult, e.g. by introducing a maximum number rule pass during attack.

Safety:

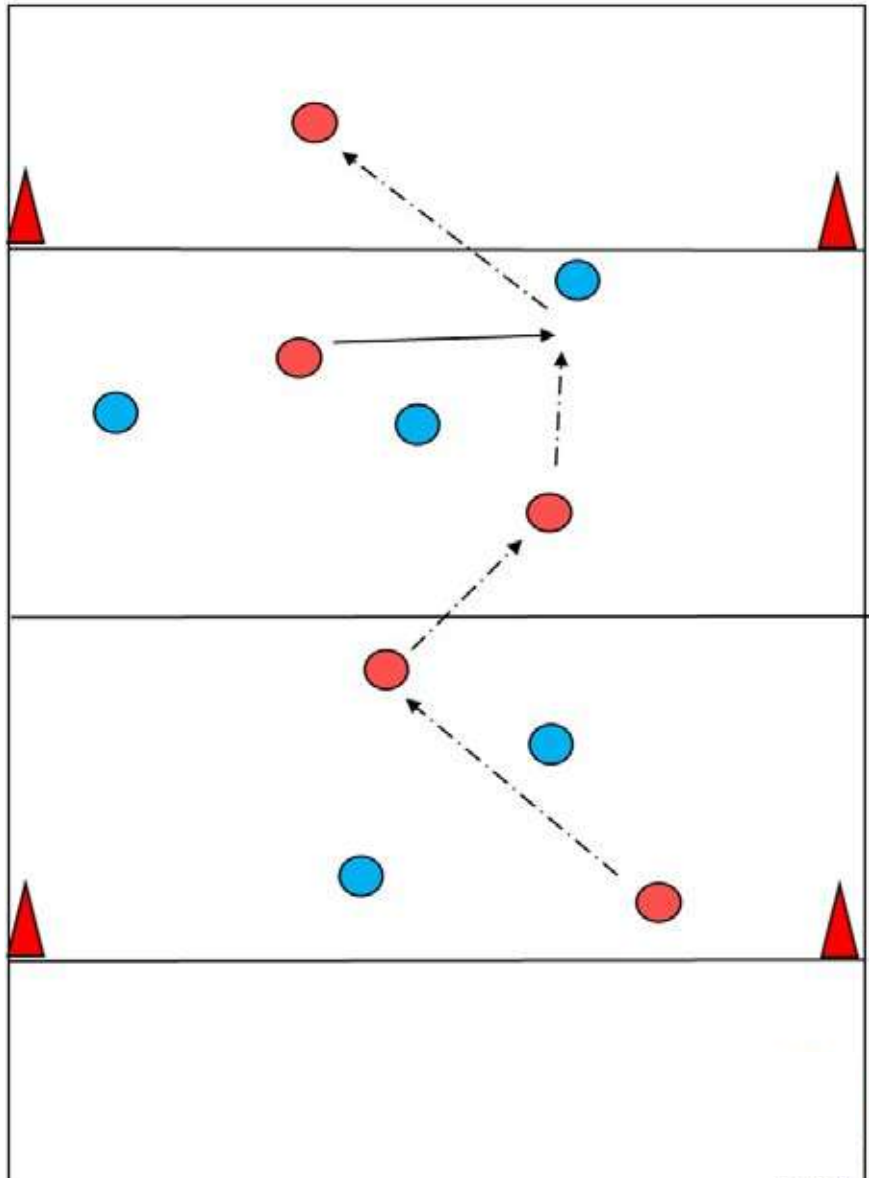
Any contact of the player with players. Possible contact is assessed as a foul and the ball is won by the other team. The opponent must not poke the ball, pull it, to set off. Catching the ball is possible only in air.

Necessary tools:

- » 1 ball
- » 4 x cones

Practice:

- » throwing and catching
- » interception (catching the ball in the air)



Activity description:

Pupils are divided into two teams and they stand in a row in front of the basketball hoop in the distance from which they are able to agree to basket. Every student has a ball. One by one they try to hit the basket or the board.

Scoring:

basket - 3 points
board - 1 point

TIP:

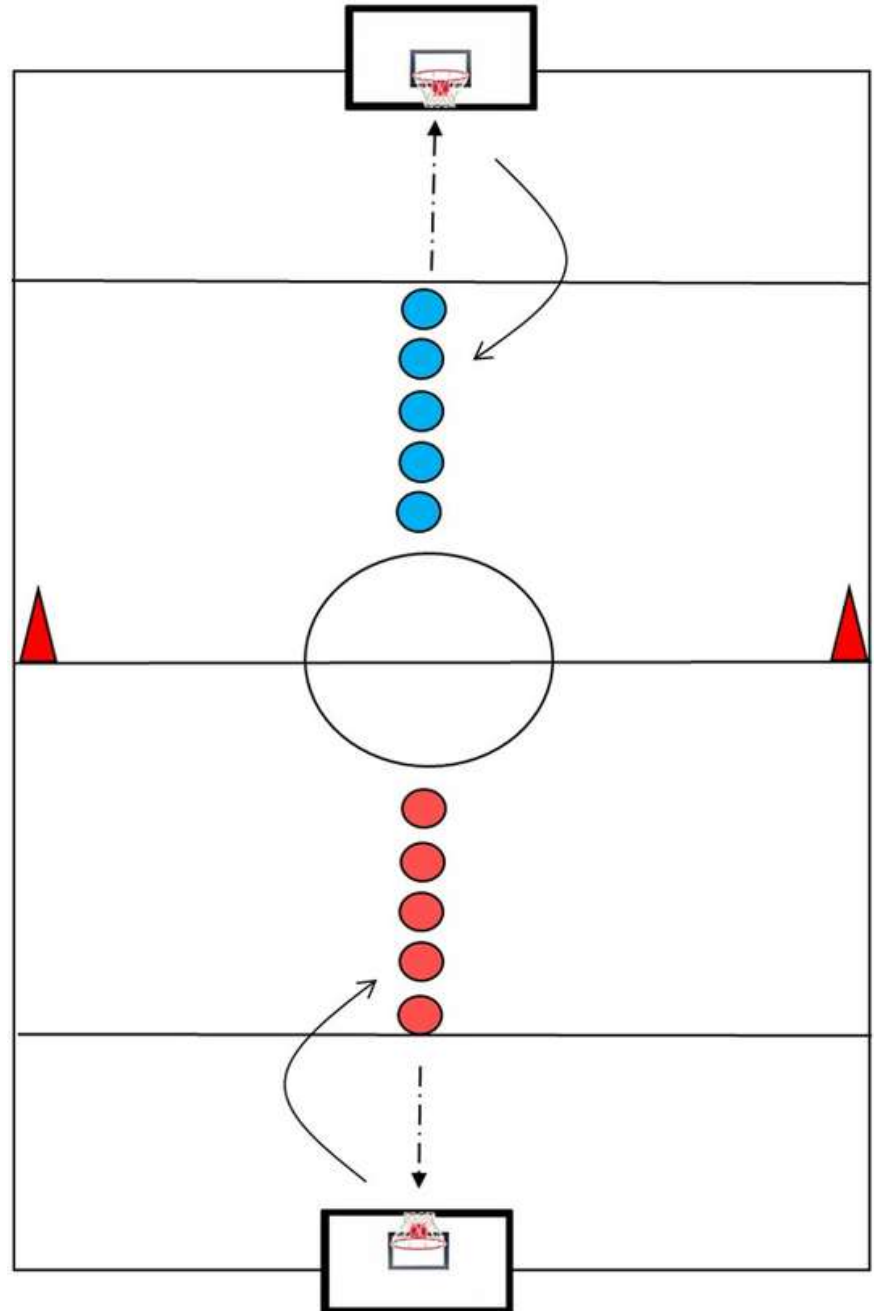
The exercise can also be played as a competition when there is 1 ball in each team. The team trying to upload a certain target number of points, e.g. to 10, or play for as many points as possible for a specified time.

Necessary tools:

» Ideally - every student has a ball

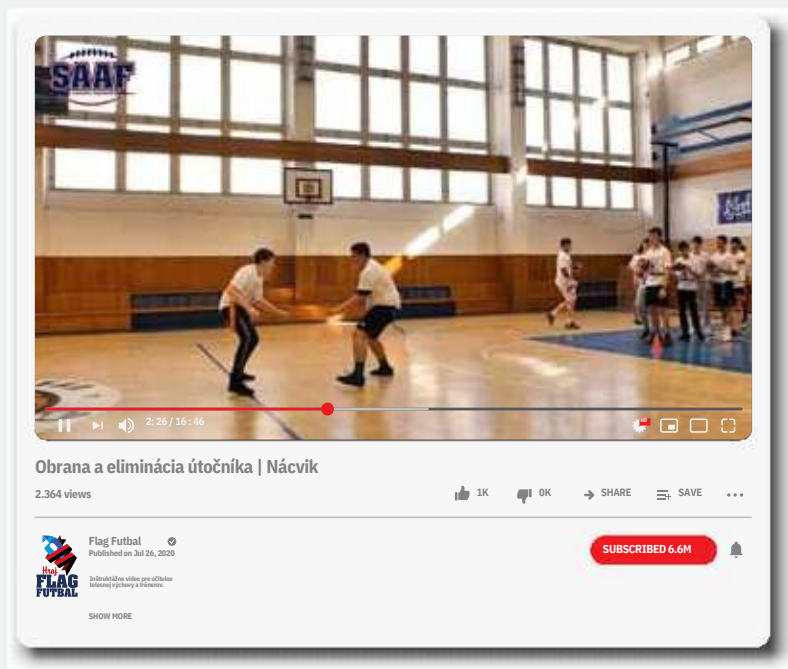
Practice:

» throwing
» scoring on the target



4.

The goal of the defending team is the so-called defense is to eliminate the attacking team's attempt to score or at least to stop their progress on the field. Defense activities include trying to intercept a pass, intercepting a pass and immediately counter-attacking, or stopping running back by tearing the flag from his belt. Tearing off the flag from the belt is a completely new element for students to learn, ideally in combination with a running back.

**Exercise video on YOUTUBE**

<https://youtu.be/HgTK7GRQaz4>

Load this QR CODE into your mobile phone or tablet, which you immediately will link to a youtube video of the exercise chapters.



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Activity description:

The first in line runs out with the ball and tries to get to the END ZONE without the quarterback tearing the flag from his/her belt. Quarterback can only move right - left. Forward or reverse movement is prohibited. The running back must move in cones in the designated space, can use handles, he/she must not jump or defend himself/herself with his/her hand. After tearing the flag, he/she can continue trying to get around the second quarterback as well. By the way to run away he/she will pick up the flags that the quarterback throw to the side of the gym.

Safety:

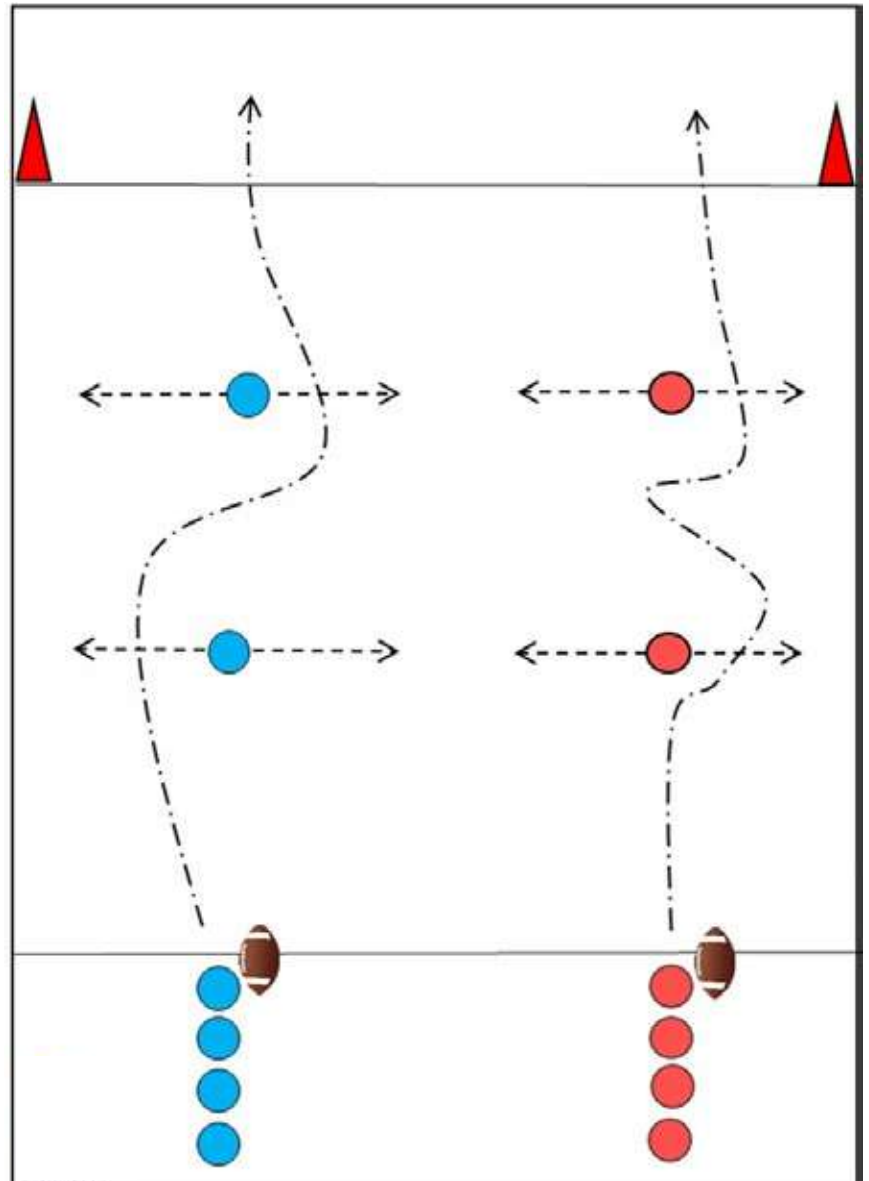
In the case of a narrower gym, it is safer to make only one running corridor. Or put only one quarterback. Strictly it is necessary to follow the movement in the marked corridor.

Necessary tools:

- » flags for each player
- » min. 3 balls to each team
- » 10 x cones / goals for marking corridors
- » 2 x cones to mark the END ZONE

Practice:

- » running with the ball
- » dodging the quarterback
- » practice of eliminating the running back, entrainment flags



Activity description:

The first in line prepares for the SET command and on command HUT runs out and receives a pass from Quarterback. After processing the pass is trying to get the ball into the END ZONE without Running back to tear the flag from his/her belt. The Quarterback can only move to the right -to the left. Forward or reverse movement is prohibited tired The Running back must move in cones marked space, can use the maneuvers, he/she may not jump or defend the flags with his/her hands. After tearing off the flag, he/she can continue trying to also bypasses the second Quarterback. On the way to back collects the flags that the Quarterback throw on the corner.

TIP:

1. The Quarterback should ideally be placed on lines, on which they then move.
2. At the start the role of Quarterback can do the teacher, later the students. Quarterback also take turns in the field.

Safety:

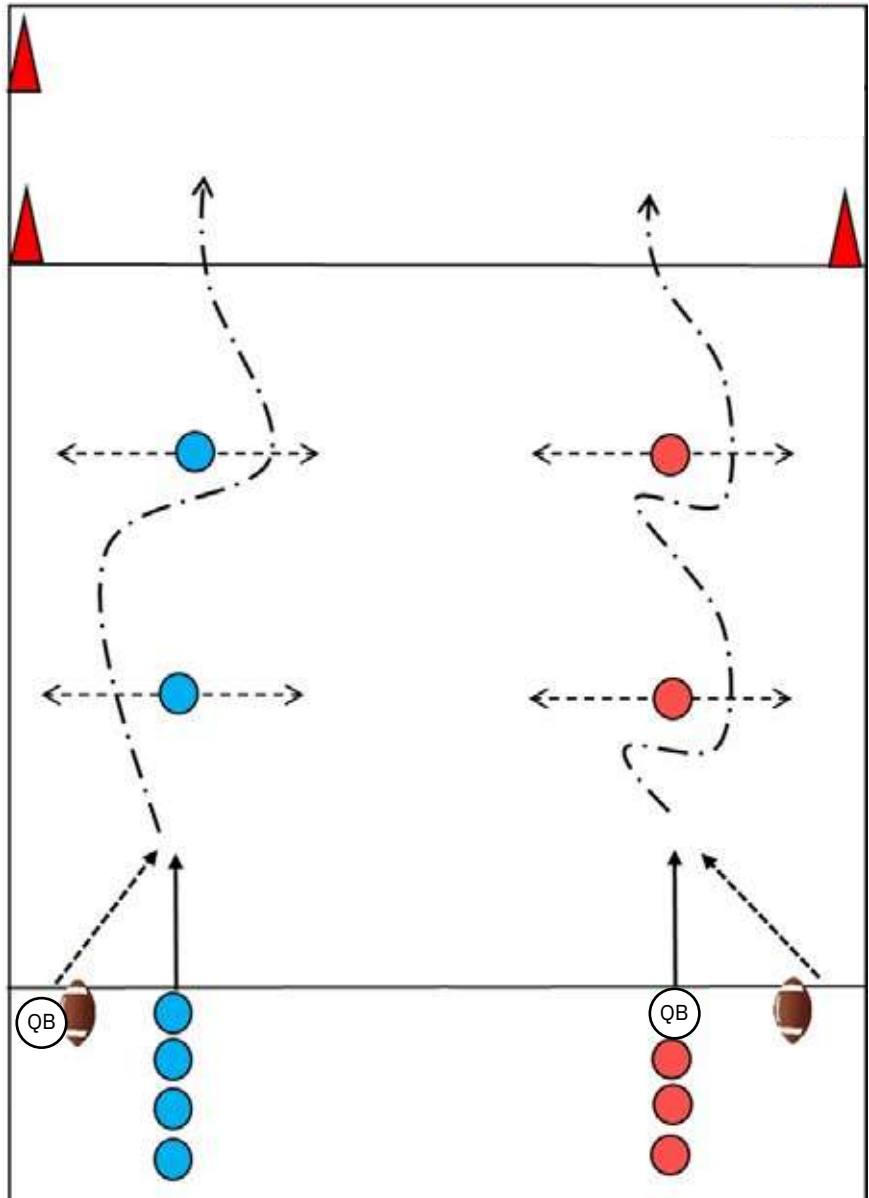
In the case of a narrower gym, it is safer make only one running corridor. Or put only one Quarterback.

Necessary tools:

- » flags for each player
- » min. 3 balls to each team
- » 10 x cones / goals for marking corridors
- » 2 x cones to mark the END ZONE

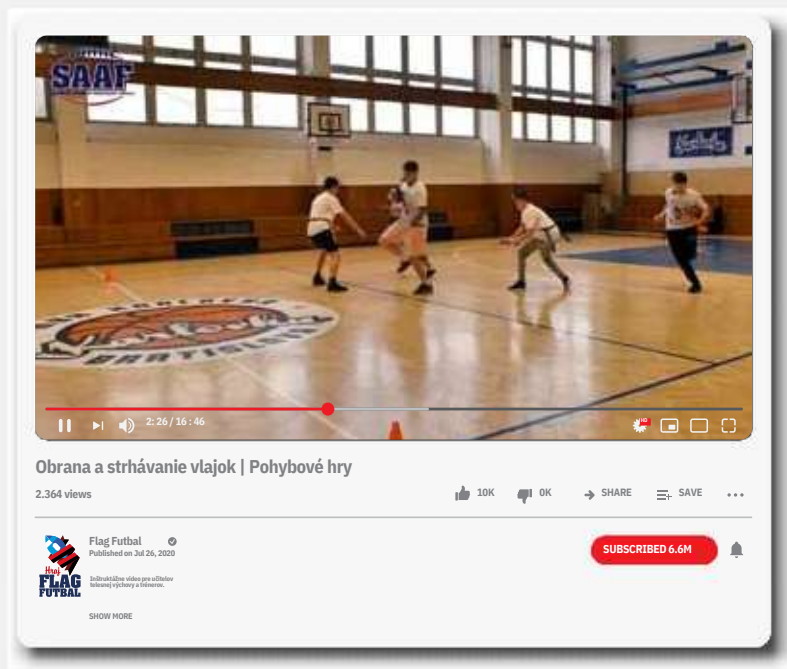
Practice:

- » dodging the Quarterback
- » processing the pass and running with the ball
- » practice of tearing down flags and elimination Running back.



5.

The goal of most of the chases we play is to catch someone, usually by touch. The teacher often decides the degree of touch so that it does not go into strong contact. With the use of flag belts, the situation is resolved, because the one caught is the one whose flag is torn off. Any other contact is prohibited, which is why flag football is a very safe sport.

**Exercise video on YOUTUBE**

<https://youtu.be/HgTk7GRQaz4>

Load this QR CODE into your mobile phone or tablet, which you immediately will link to a youtube video of the exercise chapters.



SCAN
QR CODE



Activity description:

The movement game SHARK is similar to the well-known one chases. Pupils wear a belt clip flags. One has the task of chasing. The student is caught when the pursuer breaks away from him/her at least 1 flag from the belt. Each game begins with the chasing SET (set) and HUT (start) commands. The other kids try to get past the half of the gym marked with cones. Those who succeed will prepare for the next start on the opposite side of the gym. Catchers can only go forward and move sideways. To whom catching rips off the flag, becomes the catcher. According to the number of children can be played with 2, 3... max. 5, catchers, or it is played until all are gone children caught.

TIP:

With enough balls, children can also run with balls and thus simulate effort attacker to reach the Endzone.

Safety:

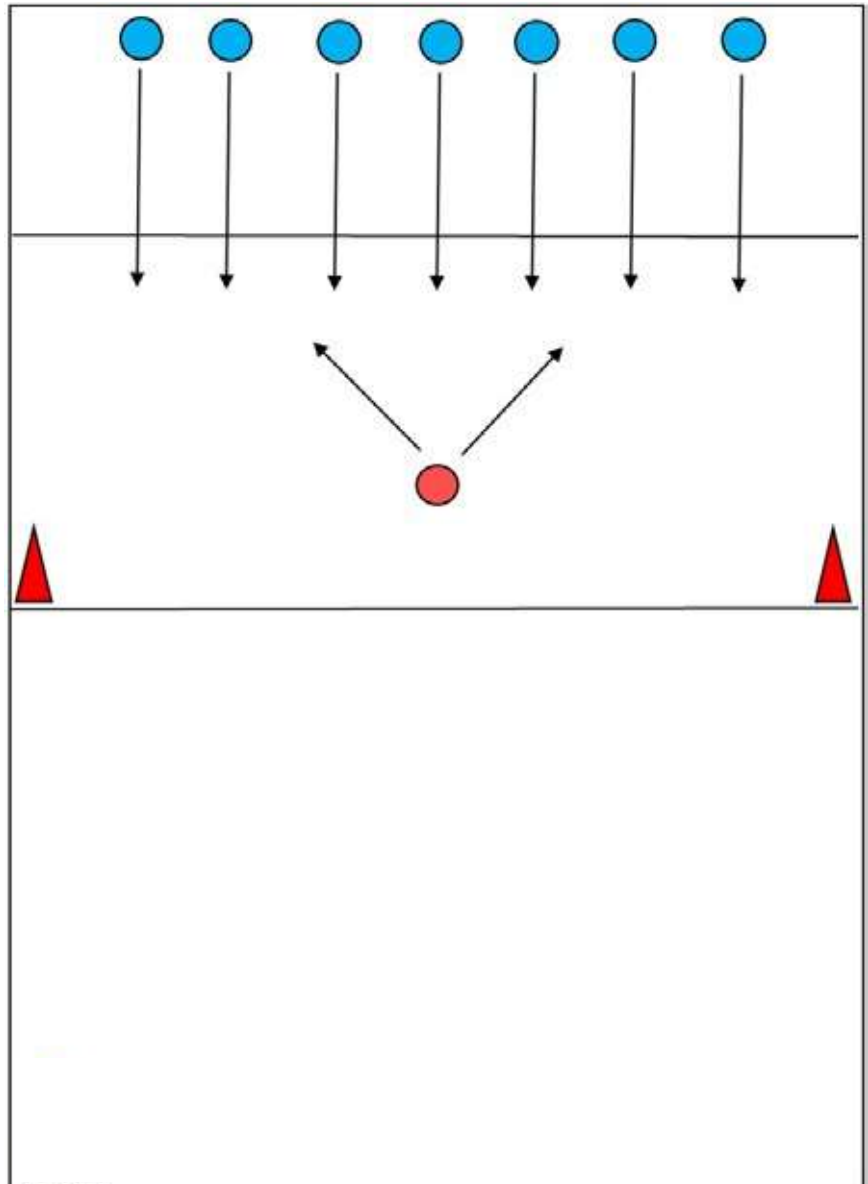
Side lines should be clearly marked for children fields with cones, beyond which they must not pass, otherwise they are caught. Any physical is prohibited contact.

Necessary tools:

- » flags for each player
- » balls
- » cones for marking the side lines

Practice:

- » tearing down flags



Activity description:

The movement game Chase the Flag is a race for time. They have children on their belts spinning flags. One has the task of chasing- tear down flags. At the behest of the pursuer SET and HUT with children they try to avoid in the defined space to the pursuer who moves through all directions and tears off the flags. To whom catching rips off the flag, goes out of the playing field. The game lasts 20 or 30 seconds. The last ones 5 seconds are counting down. After the time has passed, counts how many flags the chaser has collected.

Safety:

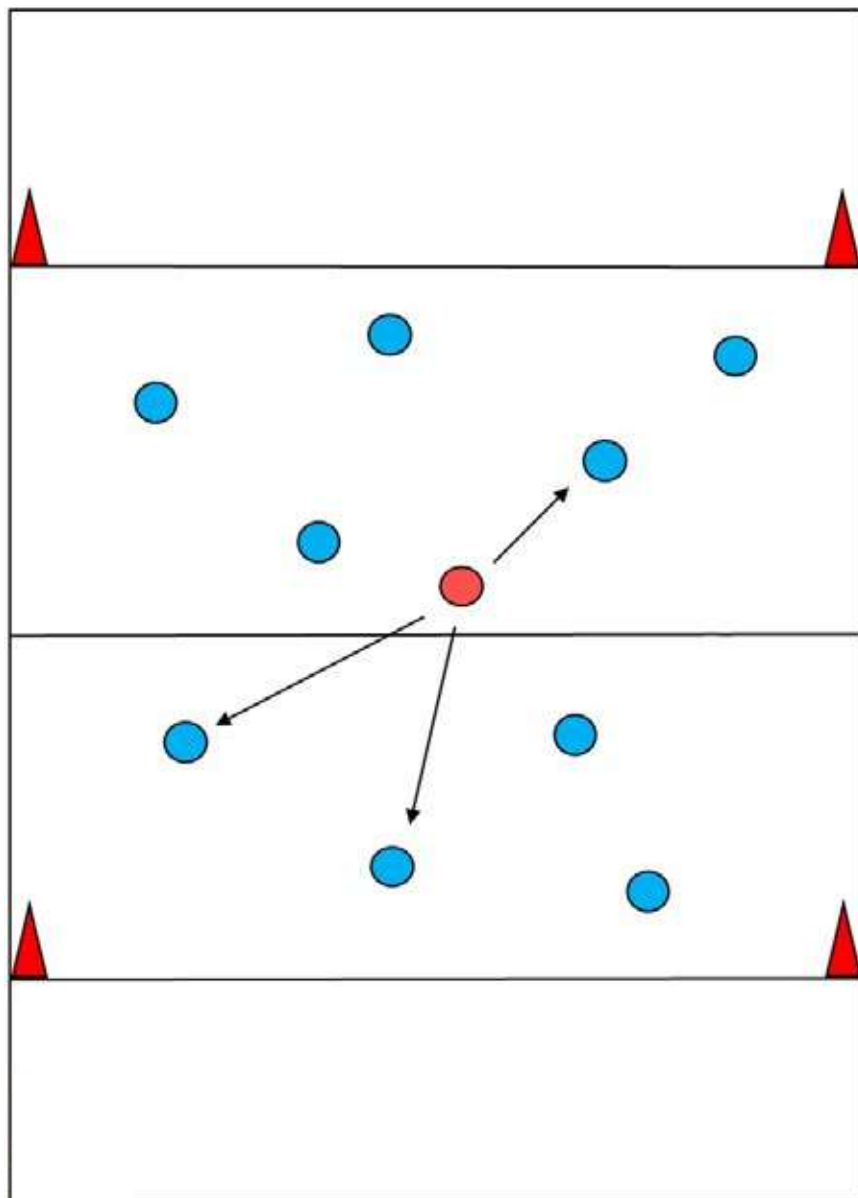
The playing field must be clearly marked for children cones, beyond which they must not pass, otherwise they are caught. It is ideal to choose the dimension that gives a chance to catch and at the same time the children are not crowded. The chaser keeps the torn flags intact in hand. The students who were caught leave what the fastest playing surface.

Necessary tools:

» flags for each player
» 4 x cones to mark the playing field

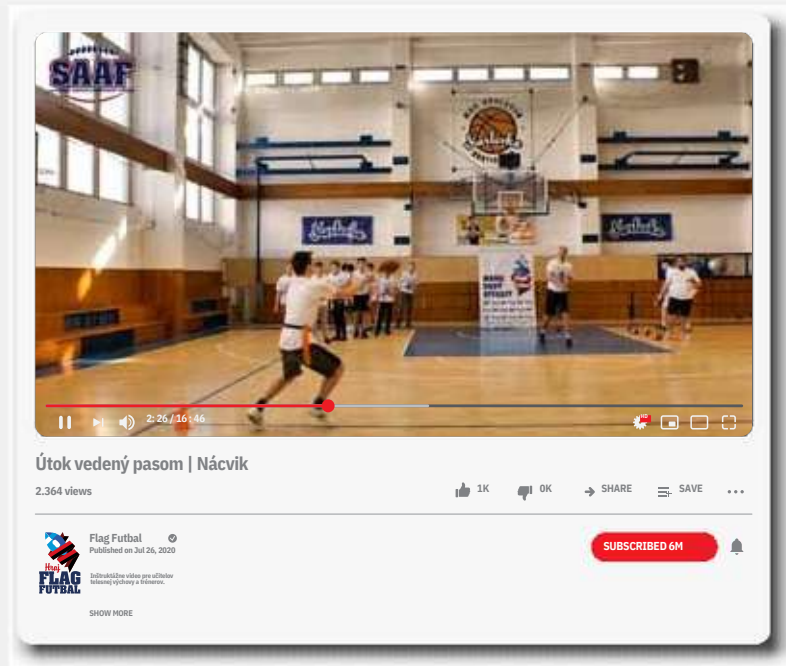
Practice:

» tearing down flags



6.

In flag football, the attack can be conducted through the pass or on the ground. If it is led by a pass, the attacking team uses a number of offensive signals, with which it tries to penetrate deeper into the opponent's territory, or to score. From the many signals, we select the basic ones so that the students are able to use them in the game after just a few hours.

**Exercise video on YOUTUBE**

<https://youtu.be/HgTk7GRQaz4>

Load this QR CODE into your mobile phone or tablet, which you immediately will link to a youtube video of the exercise chapters.



SCAN
QR CODE



Activity description:

One of the students is a Quarterback, the others they stand in line. The first one is ready at the start line. At the Quarterback's command SET (set) and HUT (start) the first in line runs out according to of the IN signal. He tries to catch the pass and get it to the Endzone as quickly as possible.

TIP:

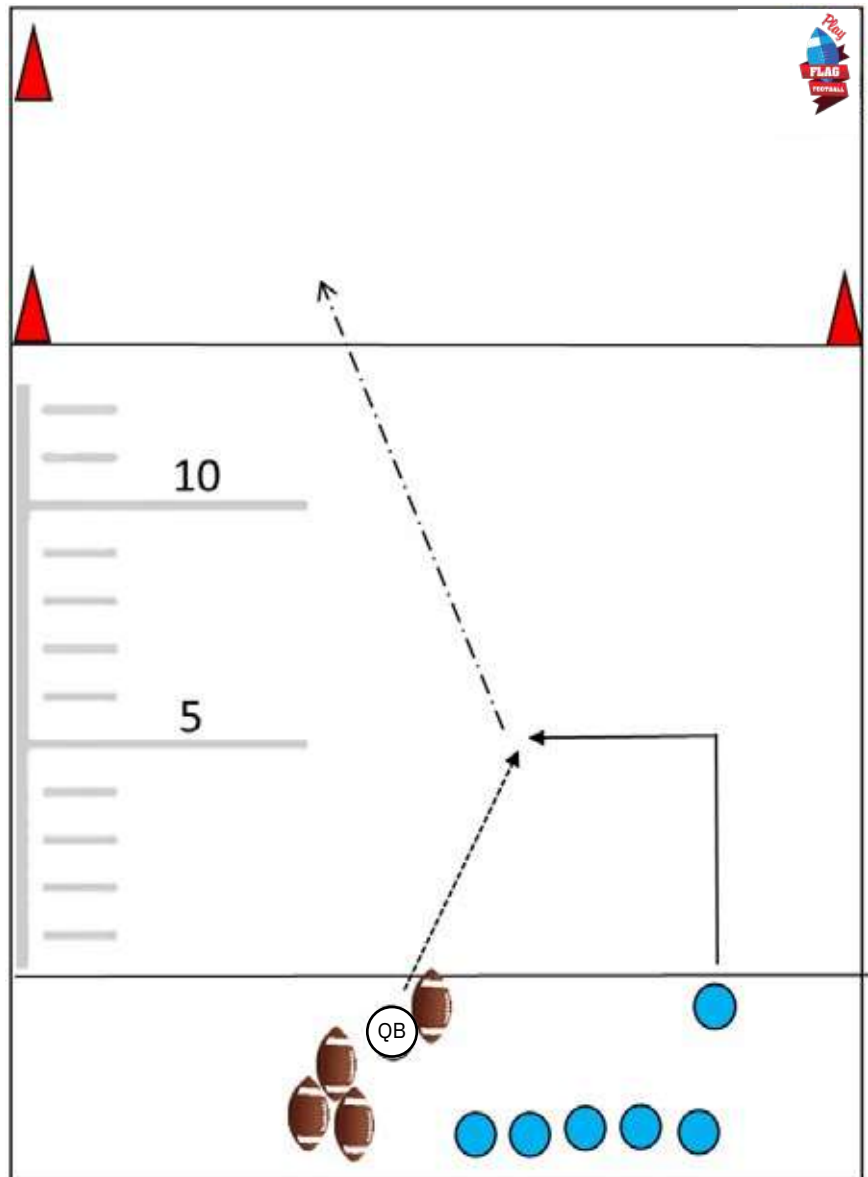
The IN signal can run for a distance of 5 yards or 10 yards. Distance 5 or 10 yards indicates a 90° change in direction. On the students take turns in the quarterback position.

Necessary tools:

- » 10 x ball
- » 4 x cones to mark the Endzone

Practice:

- » throwing
- » catching
- » tactical thinking



Activity description:

The player (QB) is placed with the ball in the middle of the field. The second player (WR) is placed on his level about 10 yards from him. At the command of QB down-set-hut, WR sprints to a distance of 2 or 5 yards and then changes direction by 70 degrees and continues to sprint. QB tries to time the pass so that WR would catch the ball without slowing down.

TIP:

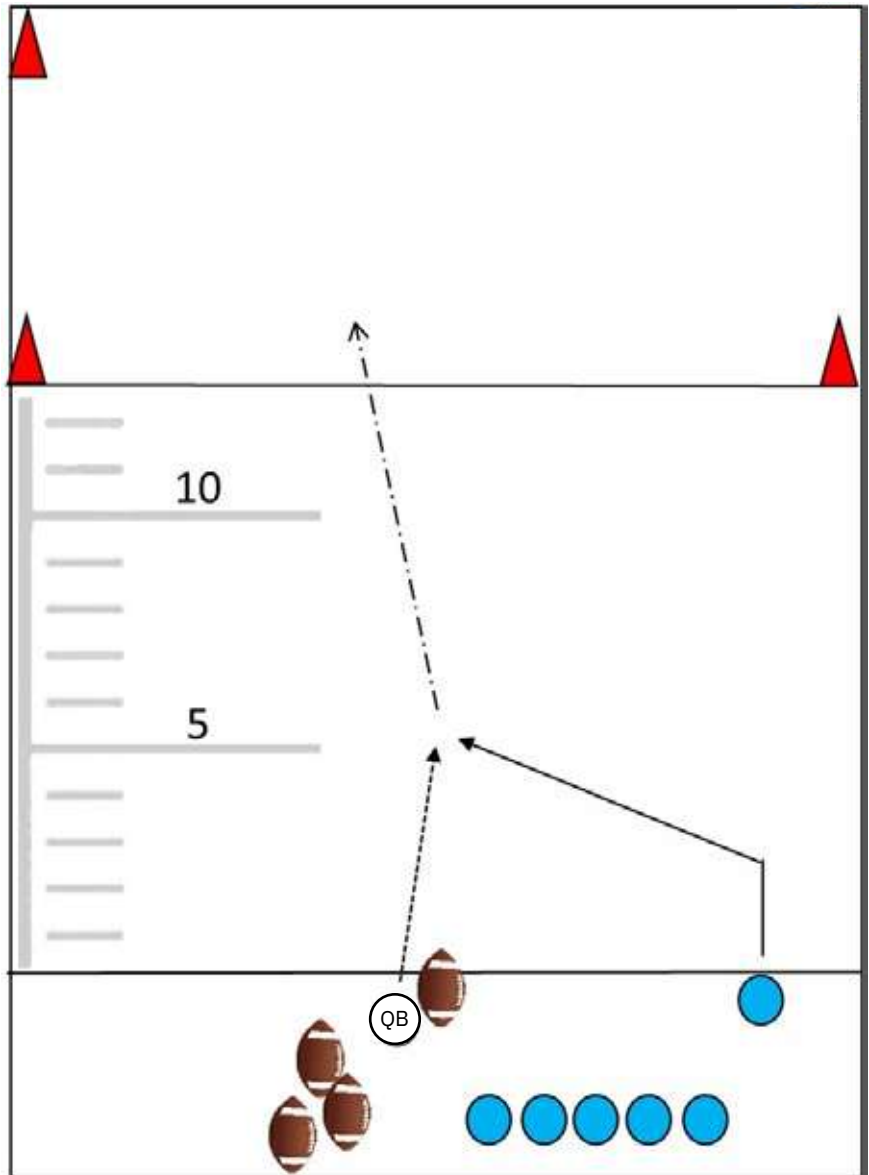
The SLANT signal is run for a distance of 5 yards or 10 yards. It is possible to practice both variants according to the playing level of the pupils. On the students take turns in the quarterback position.

Necessary tools:

- » 10 x ball
- » 4 x cones to mark the Endzone

Practice:

- » throwing
- » catching
- » tactical thinking



Activity description:

The player (QB) is placed with the ball in the middle of the field. The second player (WR) is placed on his level about 10 yards from him. At the command of QB down-set-hut, WR sprints in before full speed. QB tries to time the pass so that WR would catch the ball without slowing down.

TIP:

At the beginning, it is advisable to determine the approximate location handling the pass at a distance that students can do it. Gradually this distance may extend. At the position of Quarterback the students take turns.

Safety:

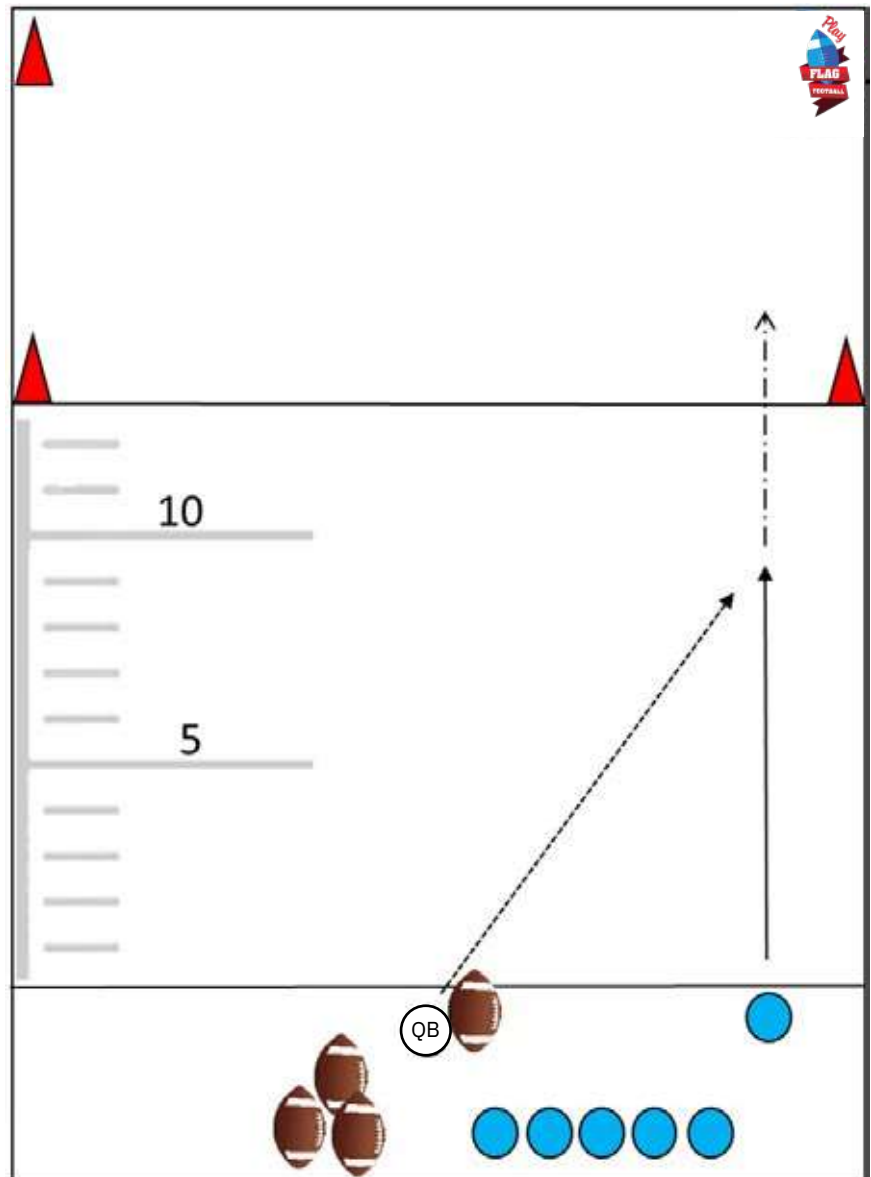
Since the student catches the ball with his back to the direction throw, it is necessary to keep a safe distance from the edges of the gym and the obstacle course running.

Necessary tools:

- » 10 x ball
- » 4 x cones to mark the Endzone

Practice:

- » throwing
- » catching
- » tactical thinking



Activity description:

One of the students is the Quarterback, the others are standing in a row, the first is ready at the starting line. At the Quarterback's command, SET and HUT (start) the first in line runs according to the signal CURL. He tries to catch a pass and get there to the Endzone as quickly as possible.

TIP:

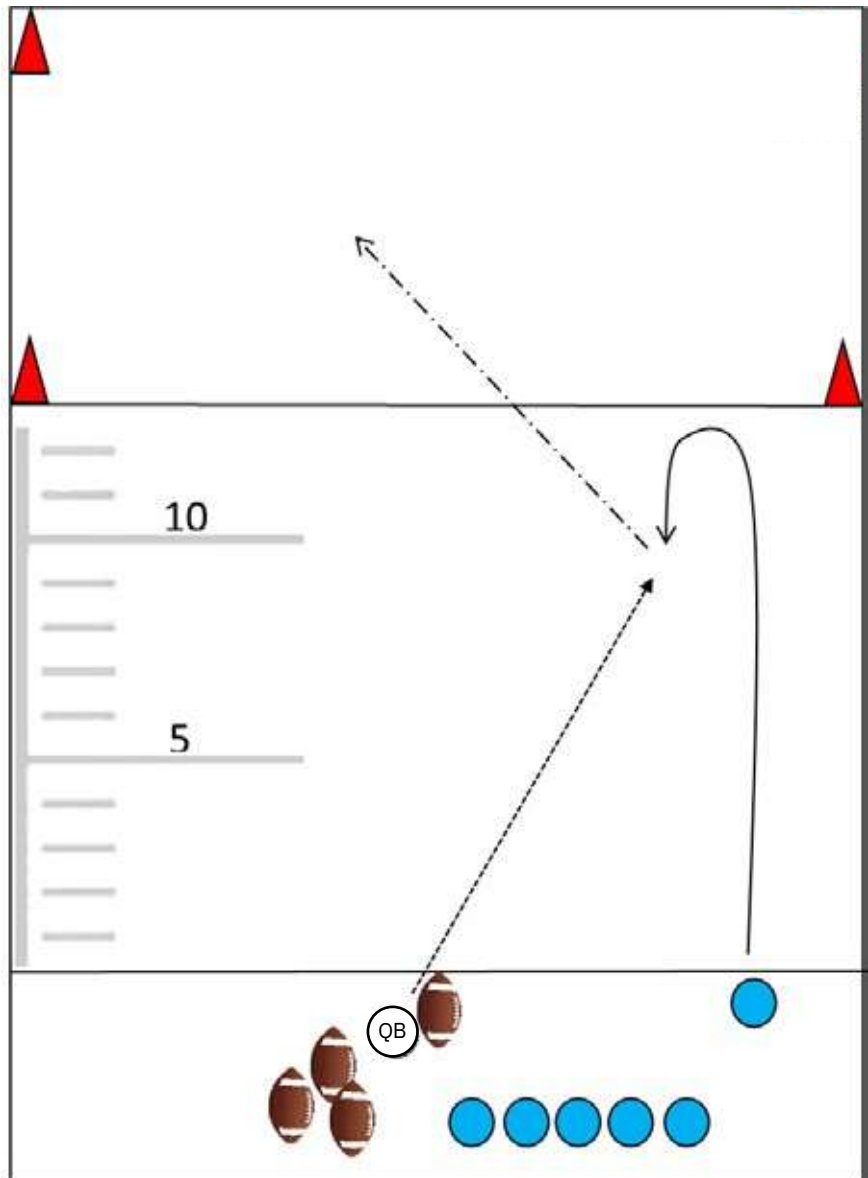
The CURL signal is run for a distance of 5 yards or 10 yards. It is possible to practice both variants according to the playing level of the pupils. On the students take turns in the quarterback position.

Necessary tools:

- » 10 x ball
- » 4 x cones to mark the Endzone

Practice:

- » throwing
- » catching
- » tactical thinking



Activity description:

The player (QB) is placed with the ball in the middle of the field. The second player (WR) is placed on his level about 10 yards from him. At the command of QB down-set-hut, WR sprints to a distance of 5 resp. 10 yards where he stops, then he turns towards the center of the field and takes a step towards QB. QB tries to time the pass so that WR does not have to wait for the ball.

TIP:

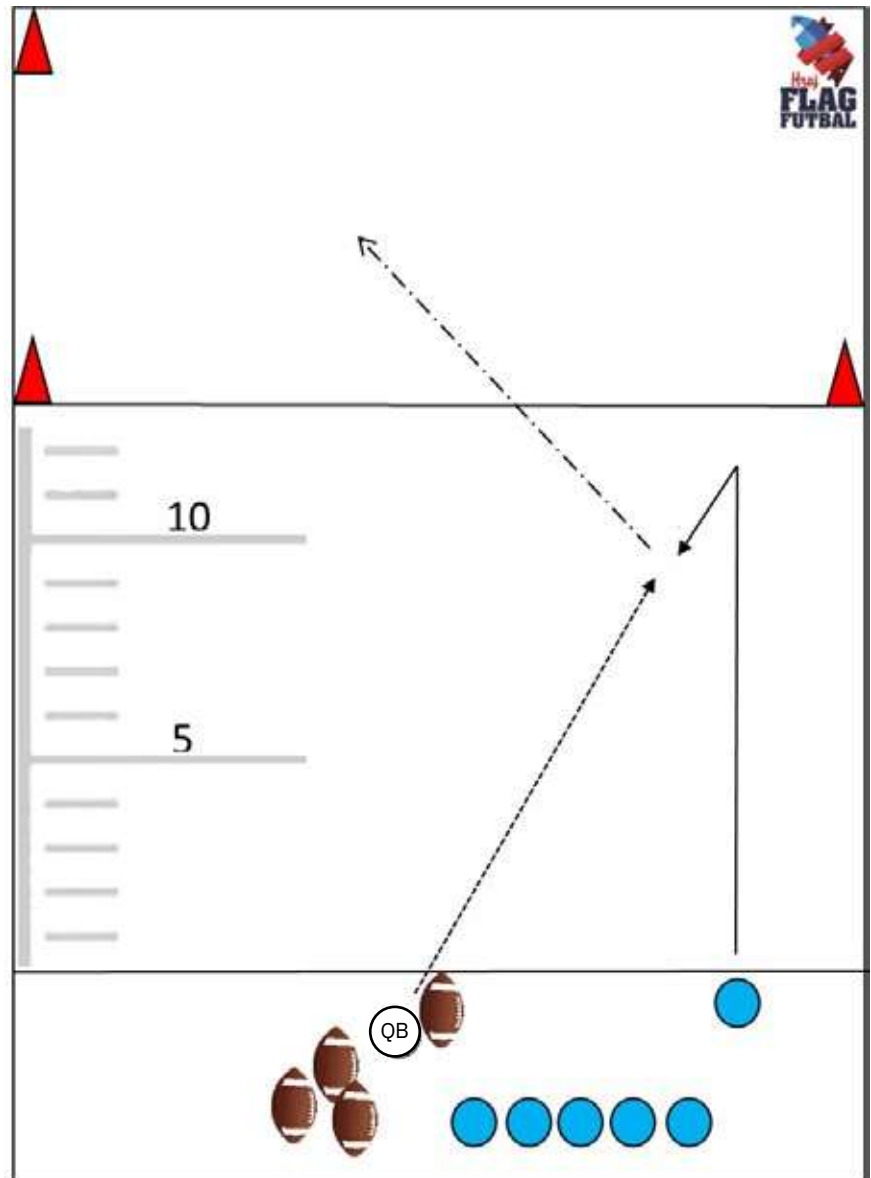
The HITCH signal is run for a distance of 5 yards or 10 yards. It is possible to practice both variants according to the playing level of the pupils. On the students take turns in the quarterback position.

Necessary tools:

- » 10 x ball
- » 4 x cones to mark the Endzone

Practice:

- » throwing
- » catching
- » tactical thinking



**More information, practical excercises,
drills, articles, videos can be found
here: <http://www.playflag.eu/>**
