

FLAG FOOTBALL SEASON

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Overview- I implemented a flag football season in my elective Sport Education class at Williams. With a few rule modifications, the students found much enjoyment in this particular season. Six teams were used with two games going on at the same time during the regular season. The lessons presented will be for 50-minute classes but can be easily modified to block-style classes. I found that Flag football is a great way for you to build a "team environment" within your classes.

DESIRED OUTCOMES

Psychomotor- By the end of the season the student will be able to perform all skills necessary to participate in a flag football game.

Cognitive- By the end of the season the student will be able to understand all of the rules, statistics, and terminology associated with flag football.

Affective- By the end of the season the student will be able to display appropriate play behaviors associated with flag football.



SEASON PLAN

Day 1- Team Formation (Random Lottery), Team Name Selection, Team Duty Selection (in respective order).

Day 2- Training Camp: Throwing competitions (accuracy and distance).

Day 3- Training Camp: Catching competitions, passing patterns (crossing, streak, stop-and-go).

Day 4- Training Camp: Running plays (blocking, hand-offs, pitches, even-odd holes).

Day 5- Training Camp: Defense- rushing the passer, pass defending.

Day 6- Training Camp: Playbook

Day 7- Officiating/Statistics Clinic.

Day 8,9- Non-Counting Pre-season Games

Day 10- Scrimmage within team, finishing touches on plays and positions

Day 11,12,13- Regular Season

Day 14- All-Star Game

Day 15,16,17- Second Half of Regular Season

Day 18,19- Playoffs

Day 20- Super Bowl/Culminating Event



LESSON ONE-ORGANIZATION

Thoughts for the teacher: This is the introductory lesson which develops the organization for the remainder of the season. Be sure to have all of copies of the appendices ready to distribute. Put a ten-minute time restriction on the random lottery as well. The first time you do this you will be overwhelmed by the various forms but after your third season it becomes old hat.

Equipment Needed: Appendices A,B,C, footballs

Set Induction: Introduce the season to the students with some of your expectations (can be derived from the "desired outcomes" listed previously). If this is your first season, tell them what Sport Education is all about.

Activities:

1A. Pick or select students who want to participate in the random lottery for team selection (Appendix A). Be sure to explain the teams they choose will not necessarily be the teams they will be on. Also, instruct the team selectors the information in this process is to remain confidential.

1B. While the 5-6 students are selecting the teams, have the other students work on elementary passing technique.

Teaching Cues:

- A: Grip ball with fingers on the laces.
- B: Step with foot opposite of your throwing arm.
- C: Spin the ball as you release so the ball travels through the air in a spiral motion.
- D: Follow through towards your target.

Skill Refining Activity: (Gradual Toss)

- A. Pair students together and have them pass back and forth from a short distance (5yds. to start). Monitor students to error-correct technique and ensure on-task behavior.
- B. Gradually have them move backwards until they are 20 yards apart. By this time the teams should be selected.

2. Bring class together and announce the teams and where there home-base location will be.

3. Distribute the team name selection form (Appendix B). Be sure to make students aware they are to pick a name which is relative to the sport which has no violent or sexual connotation.

4. Distribute the daily team role sheet to the teams (Appendix C). Explain to the students they are responsible for completing their task after each day. Be sure to convey the procedures when someone is absent and the consequences for not fulfilling your responsibility.

Closure: Be sure to reiterate to students the protocol for training camp. Included should be knowledge of home-base areas, team name, and responsibilities of each team member.

Game Scoresheet

Player	TD Run	TD Catch	1 pt. Run	1 pt. Catch	2 pt. Catch	2 pt. Run
1.						
2.						
3.						
4.						
5.						
6.						

Team Name: _____

Total Score: _____

Scorekeeper Name: _____

Date: _____

Game Scoresheet

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1.						
2.						
3.						
4.						
5.						
6.						

Team Name: _____

Total Score: _____

Scorekeeper Name: _____

Date: _____

Roles for Sport Education

Directions: Everyone on your team must select one role.

Captain: _____ - Responsible for filling out line-up card and keeping the spirits of the team elevated.

Manager: _____ - Responsible for the getting out and putting away of equipment

Team Standing Recorder: _____ - Responsible for recording the win, loss, or ties for his/her team.

Exercise Specialist: _____ - Responsible for counting 5 stretches and 3 pulse elevating activities.

Individual Statistician: _____ - Responsible for recording individual stats such as scoring, assists, saves, etc.

Alternate: _____ - Responsible for knowing and assuming a role in someone is absent.

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Training Camp Team Standing Sheet

Team	Passing (Distance, Accuracy)	Running (Plays)	Defense (2 pass prevention)	Sportsmanship	Total

Random Lottery

Directions: You are about to engage in the process of random lottery. In other words, the people you select will NOT be on your team. You must begin by selecting someone who is the opposite gender of yourself and then alternating genders. Your next selection may be someone who is the same gender. Be sure not to select any of your fellow captains and leave your name off the sheet.

1. _____ (opposite gender) 2. _____ (same gender)
 3. _____ (opposite gender) 4. _____ (same gender)
 5. _____ (opposite gender if available) 6. _____ (same gender if available)

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Team Name Selection

Directions: Select a name for your team. Be sure this name has no sexual, violent, or drug related connotation. Also, the team name must be relative to the activity we are playing (i.e. basketball- *The 76ers*, football- *The Eagles*, hockey- *The Flyers*, etc.)

Team Name: _____

Team Members: _____, _____, _____, _____, _____, _____

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Team Members: _____, _____, _____, _____, _____, _____

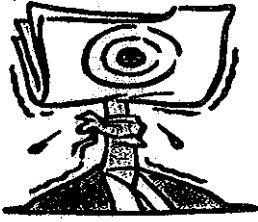
BEGINNING PART OF CLASS PROTOCOL- TRAINING CAMP

The 10 Commandments

1. 5 minute run
2. Go to home base area after warm-up run.
3. Exercise Specialist leads exercises. 2 minutes consist of stretching AS A TEAM, and 2 minutes consist of warm-up in which movement of the lower body is required.
4. Captains meet with Instructor to see what the introductory activity is.
5. Managers get the equipment for the team.
6. Captains meet with the instructor.
7. Teams do the introductory activity.
8. Have your competitions.
9. Team Scorekeepers track the scores on the score sheets.
10. Managers collect equipment after closure.

Field Set Up (Numbers represent the home base area for the teams). Use your judgment to set up the competition areas.

Team 1	Team 2	Team 3
Team 3	Team 5	Team 6



LESSON TWO-THROWING

Thoughts for the teacher- Be sure to establish protocol for each aspect of the lesson. Ensure each student sticks to their responsibility and moves through each part of the model. Make certain students stretch as a team (i.e. count to 8, switch from one plane of the body to the other, etc).

Equipment Needed: 6 Footballs, 12 disc markers, training camp score sheet (Appendix D)

Training Camp Warm-up Protocol: 1-3 from previous sheet.

Set Induction: Today's emphasis will be put on throwing. Point can be earned throwing for distance and accuracy. Review the teaching cues:

- A: Grip ball with fingers on the laces.
- B: Step with foot opposite of your throwing arm.
- C: Spin the ball as you release so the ball travels through the air in a spiral motion.
- D: Follow through towards your target.

Introductory Activity:

A: Students will throw to one other on one knee from 5 yards apart. This is done to force proper upper body technique for throwing a spiral.

B: Medium Range tosses. Have students throw back and forth from 10 yards apart.

Competitions

A: Accuracy Contest- Tape 6 hula-hoops to a fence or similar standing structure. Have each team stand behind a disc from 10 yards away. Each team member gets 2 tosses. Each ball through the hoop is worth a point. Captains will keep score. Team Scorekeeper will mark score at end of the competition. Teacher will give additional points for honesty.

B: Distance Contest- Have each team stand behind a disc. Have each team member throw the disc as far as they can. One person will stand away from the team to mark where the ball hits out of the air.

Rule: The ball must land in between the disc next to you on either side.

Team Scorekeeper will mark score at end of the competition.

Closure: Tally the points from the two competitions and review the cues to throwing. Reinforce the protocol for students as they enter and leave class. Have managers put away equipment.



LESSON THREE- CATCHING

Thoughts for the Teacher- If this is your first season, you probably will be hearing "When are we going to play?" Use some teaching psychology and tell students to be patient because it will all be worth it in the end.

Equipment Needed: Footballs, 18 disc markers, training camp score sheet

Training Camp Warm-up Protocol: 1-3 from previous sheet.

Set Induction-Catching: The focus of this lesson will be on catching and pass patterns.

Teacher Cues:

- A. Balls thrown above the shoulders should be caught with the palms up.
- B. Balls thrown below the shoulders should be thrown with the palms down.

Introductory Activity: (Gradual Toss-Same as Lesson One)

- A. Pair students together and have them pass back and forth from a short distance (5yds. to start). Monitor students to error-correct technique and ensure on-task behavior.
- B. Gradually have them move backwards until they are 20 yards apart.
- C. Teacher monitors for hand placement on throws.

BRING CLASS BACK TOGETHER TO INTRODUCE PASSING ROUTES. DEMONSTRATE COMPETITION TO THE CLASS.

Teacher Cues-(Streak Pattern)

- A. Step to one side to deceive defender
- B. Run as fast as you can in a straight pattern
- C. Look for the ball over your shoulder
Closer to passer

Teacher Cues-(Crossing Pattern)

- A. Run 5 yards in a straight pattern
- B. Stop after 5 yards
- C. Make a 90 degree turn across the middle

Teacher Cues-(Stop and Go Pattern)

- A. Run 5 yards in a straight pattern
- B. Stop after 5 yards
- C. Continue running in a straight pattern
- D. Expect ball over your shoulder closest to passer

Competition (No Points Awarded)

- A. Have managers for each team get three mini-disc. Have them placed where the X's are:

X	X
(crossing route marker)	(Cut marker for crossing and stop-go routes)

Ball	X
(passer line)	(receiver line)

- B. Have each team have a passer line and a receiver line.
- C. The passer will start the competition by yelling "go" and the receiver will have to perform the route as instructed by the teacher. Switch lines after the participants goes.
- D. The instructor will tell the students when to change the route.

Closure: Ask students cues for passing routes and hand placement on catching a ball. Reward points to people who get the correct answers. Introduce tomorrow's focus which is running plays.



LESSON FOUR- RUNNING PLAYS

Thoughts for the teacher- This particular lesson will require a lot of instructing. Be prepared for some resistance from students towards the rules.

Equipment Needed- 6 footballs, training camp score sheet (Appendix D)

Training Camp Warm-up Protocol: 1-3

Set Induction in front of entire class (no captain's meeting)

A. Explain the following rules to the class:

- Must have at least one running play per every 4 plays (a ball either handed off or pitched behind the line of scrimmage, QB rushes do not count).
- To make a first down you have 4 plays to advance into another "zone"
- You must alternate genders at quarterback every play (even if a penalty is called).
- The defense must line up 3 yards behind the ball.
- You must block with your hands behind your back. Blocking with hands will result in a penalty.

B. Explain how the line of scrimmage works.

X (3 Hole) X (1 Hole) X (2 Hole) X (4 Hole) X
(Center)

C. Explain the numbers of the skill positions.

QB- #1 RB-#2

D. Show an example of a play- 22 Dive

XXX ◀ XX (Running back runs in between the third and fourth X).

Activity

- Have students make plays in a huddle and create running plays.
- Monitor students for on-task behavior and error-correction.

Closure- Review of holes and rules. Points will be given to the team-members who answer each question correct.



LESSON FIVE-DEFENSE

Thoughts for the Teacher: The boy's in your class will try to show off their testosterone. Be sure to enforce rules on physical contact, both covering their opponents and snapping the ball from center.

Equipment Needed: 6 footballs, training camp score sheet (Appendix D)

Training Camp Warm-up Protocol: 1-3

Set Induction with entire class: Review of rules. Introduce rules on defense and how the defensive line must line up 3 yards from the ball. Teach how to back-pedal when covering a receiver. Introduce activity.

Activity: Have captain divide team in half (mini-team). In their home base area, have team practice pass-plays and pass defending in a scrimmage format. Give each mini-team 4 plays to complete 2 passes beyond the line of scrimmage. Every two passes is worth 1 point.

Team Competition: Pair one team up with another. Have them continue this activity with the exception it is against another team. Have one mini-team play offense and the other mini-team defends. Tally points at the end of the period.

Closure: Review defending and defensive rules. Have team statisticians record points and managers put away equipment.



LESSON SIX-PLAYS

Thoughts for the teacher: This can be a great lesson but you need to make sure students stay on task. I have seen many off-task behaviors when I have done this. Be sure to circulate among the teams.

Equipment Needed: 6 Footballs, Playbook Sheet (Appendix E), 1 flag belt, writing utensils for each team, transparent paper covers

Training Camp Warm-up Protocol: 1-3

Set Induction for Entire Class: Review of holes, passing routes, and offensive and defensive rules. Explain playbook sheet and directions for completing.

Activity: Have students complete their playbook. Give them only 10 minutes to do so. Then have them practice their plays making sure they alternate genders at quarterback.

Closure: Collect plays. Briefly troubleshoot any problems with the playbook. Introduce how to wear the belts and the penalties for improper wear. Be sure to tell students to have the belts placed on the hips to avoid inappropriate touching. Also, enforce a tucked shirt rule to avoid hiding of the belts.



LESSON SEVEN- OFFICIATING/STATS

Thoughts for the teacher: One of the toughest aspects of the model to implement is officiating and statistics. Be sure to use simple motor learning principles: Keep It Short and Simple! Do not try to overload them with rules and intricate statistics.

Equipment Needed: Whistles, Referee Jerseys, 2 footballs, lined field, 2 tees or mini discs, 2 mini discs for marking defensive line of scrimmage, Score sheet (Appendix F) and Referee Report (Appendix G).

Training Camp Warm-up Protocol: 1-3

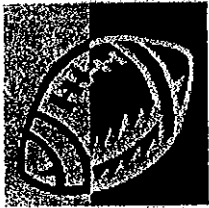
Set Induction with entire class: Review of rules. Introduce the duties of the service team:

- a. Referee- Makes all of the calls, starts play clock.
- b. Linesman (2)- Call balls out of bounds, offside and pass interference penalties, and incomplete passes.
- c. Back Judge- Spots the ball, watches for touchdowns, stands behind the play.
- d. Clock-keeper- Starts the play clock. The offensive team has 20 seconds to get play off after referee starts the play-clock.
- e. Scorekeeper- Keeps track of score and who scored.

Bring two teams out and walk through how a game should be done. Be sure to error-correct where needed. Be sure the 3 teams on the sideline are paying attention to protocol and detail. Rotate 2 more teams on play and a new service team for the others to critique (in a positive manner).

HAVE TEAMS SHAKE HANDS AFTER THE GAME IS OVER. GET THEM IN THE HABIT OF DOING THIS. THERE WILL BE SOME RESISTANCE AT FIRST BUT YOU WILL SEE POSITIVE BEHAVIORS AFTER.

Closure: Go over referee report (Appendix G). Review protocol and responsibilities of service teams.



LESSONS 8 & 9- NON-COUNTING PRE-SEASON GAMES

Thoughts for the teacher: Reinforce to the class these games are strictly done to make the rest of the season go smoothly. Tell them these games will not count towards the final standings.

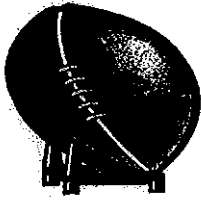
Equipment needed: Whistles, Referee Jerseys, 2 footballs, lined field, 2 tees or mini discs, 2 mini discs for marking defensive line of scrimmage, 2 stopwatches, Referee Reports (Appendix G), Score sheets (Appendix F), and Individual Score sheets.

INTRODUCE GAME DAY PROTOCOL (All teams will perform even if they are the service team):

1. **5 Minute Run**
2. **Exercise Specialist lead stretches.**
- 3A. **Playing teams will practice plays.**
- 3B. **Service teams will get the referee and statistician equipment.**
4. **Play game.**
5. **Shake hands**
6. **Referees, team statistician, and individual statistician fill out forms.**

Play games and error-correct where needed.

Closure: Have team and individual statistician talley points. Go over common mistakes seen throughout the class.



LESSONS 11-13 AND 15-17 REGULAR SEASON GAMES

Thoughts for the teacher: Games will get heated. Remember to state it is only a game and to keep the environment festive.

Equipment needed: Whistles, Referee Jerseys, 2 footballs, lined field, 2 tees or mini discs, 2 mini discs for marking defensive line of scrimmage, 2 stopwatches, Referee Reports (Appendix G), Score sheets (Appendix F), and Individual Score sheets.

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2. **Exercise Specialist lead stretches.**
- 3A. **Playing teams will practice plays.**
- 3B. **Service teams will get the referee and statistician equipment.**
4. **Play game.**
5. **Shake hands**
6. **Referees, team statistician, and individual statistician fill out forms.**

Closure: Have team and individual statistician tally points. Go over common mistakes seen throughout the class.



LESSON 14 ALL STAR GAME

Thoughts for the teacher: This game may get heated. If you feel your class can not handle this, simply continue with the regular season. Remember to state it is only a game and to keep the environment festive.

Equipment needed: Whistles, Referee Jerseys, 2 footballs, lined field, 2 tees or mini discs, 2 mini discs for marking defensive line of scrimmage, 2 stopwatches, Referee Reports (Appendix 7), Score sheets (Appendix 6), and Individual Score sheets.

All-Star GAME DAY PROTOCOL (All teams will perform even if they are the service team):

1. Instructor announces All-Star Participants (Playing and non-playing)
- 2A. Playing teams will practice plays.
- 2B. Service teams will get the referee and statistician equipment.
- 3A. Participants Play game.
- 3B. Others may begin nominations for the individual awards to be given during lesson 20
4. Shake hands
5. Referees, team statistician, and individual statistician fill out forms.

Closure: Have team and individual statistician tally points. Be sure to hype up the remainder of the regular season.



LESSON 18 & 19 PLAYOFFS

Thoughts for the teacher: These games may get heated. If you feel your class can not handle this, explain they may not receive any of the rewards during the award ceremony. Remember to state it is only a game and to keep the environment festive.

Equipment needed: Whistles, Referee Jerseys, 2 footballs, lined field, 2 tees or mini discs, 2 mini discs for marking defensive line of scrimmage, 2 stopwatches, Referee Reports (Appendix 7), Score sheets (Appendix 6), and Individual Score sheets.

PLAYOFF PROTOCOL (All teams will perform even if they are the service team):

*Lesson 18 will have the 3rd-6th place teams compete with the #1 and #2 teams serving as the service teams (they receive a bye)

**Lesson 19 will have the winners of the 3rd-6th place teams playing the #1 and #2 seeded teams. The previous day's losers will be the service teams.

1. 5 minute run
2. Exercise Specialist leads stretches
- 3A. Playing teams will practice.
- 3B. Service teams will get the referee and statistician equipment.
3. Play game.
4. Shake hands
5. Referees, team statistician, and individual statistician fill out forms.

Closure: Have team and individual statistician tally points. Be sure to hype up the remainder of the remainder of the season.



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Thoughts for the teacher: These games may get heated. If you feel your class can not handle this, explain they may not receive any of the rewards during the award ceremony. Remember to state it is only a game and to keep the environment festive.

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- 3A. Playing teams will practice.
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3. Play game.
4. Shake hands
5. Referees, team statistician, and individual statistician fill out forms.

Closure: Have team and individual statistician tally points. Be sure to hype up the remainder of the remainder of the season.



LESSON 20

SUPER BOWL AND AWARDS CEREMONY

Thoughts for the teacher: This game may really get heated. If you feel your class can not handle this, explain they may not receive any of the rewards during the award ceremony. Remember to state it is only a game and to keep the environment festive.

Equipment needed: Whistles, Referee Jerseys, 2 footballs, lined field, 2 tees or mini discs, 2 mini discs for marking defensive line of scrimmage, 2 stopwatches, Referee Reports (Appendix 7), Score sheets (Appendix 6), and Individual Score sheets.

SUPER BOWL PROTOCOL (All teams will perform even if they are the service team):
Instructor will select the service team participants. Other students who are not a part of the contest will select the individual award winners. The instructor will oversee this process.

1. **5 minute run**
2. **Exercise Specialist leads stretches**
- 3A. **Playing teams will practice.**
- 3B. **Service teams will get the referee and statistician equipment.**
- 3C. **Everyone else in class will conduct the award winner selection process (award categories to be established by teacher)**
4. **Play game.**
5. **Shake hands**
6. **Referees, team statistician, and individual statistician fill out forms.**
7. **Instructor presents awards to teams (all) and individual awards.**

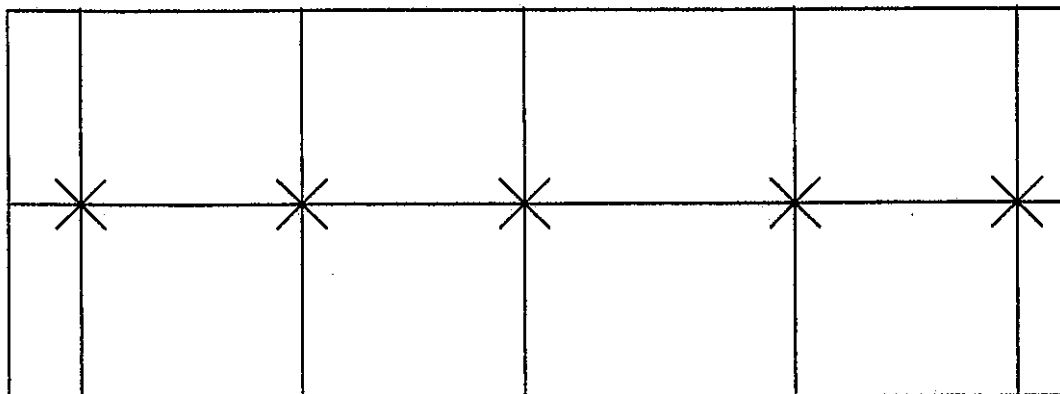
Closure: Have team and individual statistician tally points. Awards presentation will culminate the season.

EQUIPMENT NEEDED

1. Leather Mini-Footballs (Preferably 6).
2. 4 sets of 12 detachable belt flags (1 set of one color, another set of another).
3. Yard markers (can be made using poster board and wood stakes).
4. Football Tees (can use mini-disc).
5. 2 Mini-disc to mark off the defensive line of scrimmage. More may be used to outline the field.

FIELDS

*Put two fields next to each other. The line in the middle should separate both fields. Each quadrant should be 15 yards apart with the exception of the end zones, which are 10 yards apart. Put the yard markers in-between the two fields where the X's are located. The rest of the field can be outline with paint, cones, or mini-discs.



(End zone)

(30 yd.)

(50 yd.)

(30 yd.)

(End zone)