# Year 5/6 Into to American Football

## Learning objective:
1. Understand the basic throwing principles
2. Be able to apply basic rules in a game situation

## Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="https://www.youtube.com/watch?v=JmMGVTi5r7M">https://www.youtube.com/watch?v=JmMGVTi5r7M</a> (snap) Snap and Run</td>
<td>10</td>
<td>Extend:</td>
</tr>
</tbody>
</table>
| • In groups of 3 one person snaps the ball (the centre), the next person receives the ball (quarterback) and the last person runs forwards (running back) and the quarterback throws the ball to this person.  
• Repeat and rotate positions. The quarterback can move with the ball but cannot throw the ball if they run in front of the centre. | 10           | • The quarterback can stand further away from the centre so they have to throw it back between their legs.  
• Increase the distance of the throw to the running back. |
| Support:                                          |              | • Reduce the passing distances.  
• Use a larger ball. |

<table>
<thead>
<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</thead>
</table>
| Explain what the line of scrimmage is and that the quarterback can only throw the ball forwards from behind this line (the players at the front are the blockers).  
The line of scrimmage  
• Organise an attacking team with 3 blockers, a quarterback and a running back.  
• Now introduce a defensive blocking line. After the snap, let the blockers try and block the pass. Defenders cannot move to start with but can jump up to block the pass. | 10-15         | Extend:                             |
| Progress                         |              | • Set out different colour cones that the running back has to run to before they can receive the ball.  
• Introduce more running backs on the attacking team and now let the defending blockers move- they can either intercept/ block the ball or try to touch the quarterback to end the play.  
• Now let quarterbacks try to run past the blockers themselves OR pass to a running back before the line of scrimmage so they have to evade the defending blockers. | 20             | • Reduce the number of defensive blockers.  
• Add more attacking running backs.  
• The quarterback cannot get tagged- this should reduce the pressure on them. |
| Flag Football                    |              | Extend:                             |
| • Organise two teams and give each player a tag belt and two tags.  
• Both teams, when defending, will now have players behind the line of scrimmage (known as defensive ends).  
• If someone gets tagged with the ball then the play stops and the attack start again. Each team has four attacks (known as downs) to score and then the ball is turned over. | 20             | If a player is tagged in front on the line of scrimmage then the next line of scrimmage is organised at that point. However if a player is tagged behind the line of scrimmage the next play starts at the same point as the previous play. |
| Support:                         |              | Support:                            |
|                                 |              | • Overload the attacking team.  
• Quarterbacks cannot get tagged. |
• Refresh learning objectives
• Questions: What positions do you know in American Football? What is a snap? What new rules have you learned?