Year 6 -American Football- Game Situations

Learning objective:
To demonstrate techniques to keep the ball from defenders (all)
To understand the line of scrimmage. (most)
To understand how to use these techniques in a game situation.(some)

Lesson Structure

<table>
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<th>Introduction/ warm-up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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<tbody>
<tr>
<td>Sweep Flag Pulling Drill</td>
<td></td>
<td>Extension</td>
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<tr>
<td>Sweep - Flag Football Drill</td>
<td></td>
<td>● Add another defender who is released further behind the first defender or starts at a different position.</td>
</tr>
<tr>
<td>Setup</td>
<td>15 Minutes</td>
<td>● Add another offensive player that can be passed to once the first offensive player passes the middle cone.</td>
</tr>
<tr>
<td>Set out the 4 cones on the right as a side line where play steps if players pass it. The 3 cones on the left are spread 5 metres apart, with the middle cone being 5 metres away from the cones on the left. On one side is the offensive players and on the other side is defense. The offensive player must pass the centre cone without being tagged by the defender. The defenders job is to try and tag the offensive player after they get passed the centre cone.</td>
<td></td>
<td>Support</td>
</tr>
<tr>
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<td></td>
<td>● Defensive players can only tag after 3 seconds.</td>
</tr>
</tbody>
</table>

Coaching Tips

● Offensive players need to keep a constant fast pace through the middle of the shape and not slow down in front of the defensive players.

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One On One Flag Pulling

Set up a hexagon shape with cones 2-3 metres apart. Groups of 6 to 8 players, offensive players try to get from one side to the other without being tagged by the defensive players. The team with the highest number of flag pulls wins.

15 Minutes

**Extension**

- Set up a time limit for offensive players to get across to the other side.
- Have the defender start in the middle of the hexagon first.
- This drill can be fast paced and you can get in many reps in a short amount of time.

Main (Development/Application) | With timings | Differentiation (Extension/Support)
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**Flag Football**
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 starts again. Each team has four attacks (known as downs) to score and then the ball is turned over.

**Extension**
20 Minutes
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**
- Overload the attacking team.
- Quarterbacks cannot get tagged.

**Offensive Positions**
- Quarterback (QB)
- Running back (RB)
- Wide receiver (WR)
- Centre (C)
- Linesman (LM)

**Defensive Positions**
- Defensive Back (DB)

**Plenary**
In the students team discuss how their game play and how they can make changes to improve further game play.

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