

# **BHS: FOOTBALL**

## **GRADING:**

NAME \_\_\_\_\_

PERIOD \_\_\_\_\_

PERS/SOC RESP/SAFETY (20)	/4	/4	/4	/4	/4	
SKILL (12/24):		APPLICATION 2 (4):				
APPLICATION 1 (4):		APPLICATION 3 (4):				
KNOWLEDGE (6)						
<b>TOTAL (50):</b>						

### **SKILL 1: PASSING**

- Steps with correct lead foot.
- Keeps the ball above shoulder height with the correct grip.
- Utilizes correct target, positioning, and aiming.

### **SKILL 2: CATCHING**

- Catches the ball out in front of body with hands (diamond shape).
- Performs a variety of catches (over the shoulder, high/low).
- Can perform these skills on the run or while running a pass pattern.

### **SKILL 3: ROUTE RUNNING** (Can successfully perform the following patterns on command)

- The Hitch
- The Slant/Post
- The Square Out

### **SKILL 4: OFFENSIVE/DEFENSIVE SKILLS**

- Can play successful man-to-man defensive skills
- Can demonstrate the proper mechanics of offensive/defensive line play.
- Can successfully make an attempt to avoid defenders while in possession of the ball.

**TOTAL SKILL: /12-24**

### **APPLICATION 1: Application of Skills**

- 4 Students apply effective skills with few observable errors in technique. Students can consistently and effectively use offensive skills in the presence of defensive pressure.
- 3 Students apply effective skills with errors in technique. Students are inconsistent in defending and/or using offensive skills in the presence of defensive pressure.
- 2 Students perform skills showing some elements of correct technique, but application is ineffective and inconsistent.
- 1 Students attempt skills but technique is not yet sufficient, resulting in consistently ineffective performance.

### **APPLICATION 2: Application of Strategies**

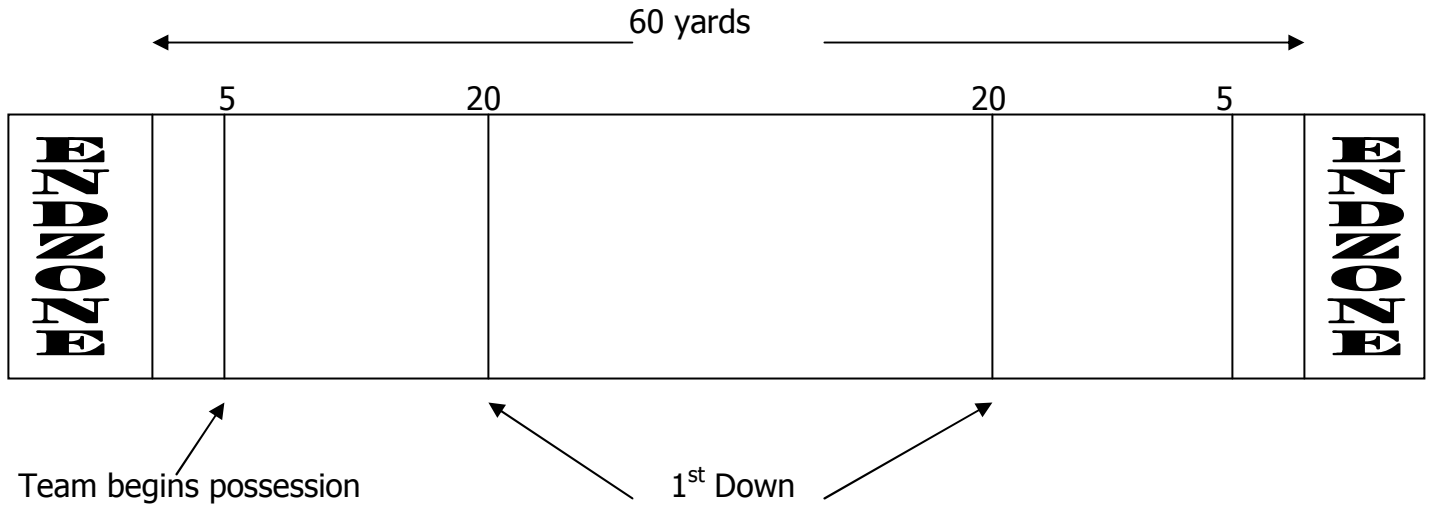
- 4 Students consistently apply effective strategic play, maintain proper spacing, and make decisive decisions to effectively adjust to game situations. Students smoothly between offensive and defensive roles without hesitation.
- 3 Students apply appropriate offensive and defensive strategies in relation to other players, but seem hesitant or indecisive when reacting to game situations.
- 2 Students use some offensive and defensive skills appropriately, but show little evidence of effective contribution to team offense or defense. Students need reminders and assistance from others to become involved in strategy.
- 1 Students use movements that are inconsistent with basic game strategy. Students do not contribute to offense or defense.

### **APPLICATION 3: Application of Rules & Conventions**

- 4 Students apply rules, conventions of play, and terminology without hesitation or observable errors. Students announce score correctly before restarting play after a touchdown or when asked.
- 3 Students apply major rules, conventions of play, terminology correctly, but make minor errors and/or seek confirmation from others. Students announce the score before restarting play after a touchdown or when asked.
- 2 Students demonstrate a general understanding of the game, but need assistance from others to correctly apply rules, conventions, terminology and/or scoring.
- 1 Students consistently demonstrate incorrect application of rules, conventions of play, terminology and/or scoring. Students rely on directions of others to play the game correctly.

**TOTAL APPLICATION: /12**

# FLAG FOOTBALL FIELD



## OFFENSIVE RULES:

1. The offensive team must have a center snap the ball. He is an ineligible receiver.
2. When blocking, an offensive player must have his arms fully extended.
3. The offense has 4 plays to cross the first down marker either by passing or running.
4. Handoffs and laterals are legal.
5. All players are eligible to catch a pass except for the center.

## DEFENSIVE RULES:

1. The defense must have one defensive lineman who is responsible for pass rushing.
2. Once ball is handed off, all defensive players may rush pass the LOS (line of scrimmage).
3. Teams are allowed one blitz per 4 downs.

## DIAGRAM OF 5 PASS PATTERNS

