

Chris

FOOTBALL 101 FOR MOM

1. Corinne - welcome and announcements
2. Chris - welcome and announcements
 - a. Physicals
 - b. Paperwork due before 8/15
 - c. Ad sales due 8/1 - \$350 billed to account

1959-1925
Yale
Rugby

3. Coach Fore

- A. History of football – modern father of football (1) Walter Camp
- B. Modern football – most popular channel for football (2) 212 - NFL Channel
- C. Equipment
- D. Offense, Defense
 - Offense
Huddle – is ~~there~~ ^{where} the (3) play is called by the (4) captain
25 second clock – expires when (5) the play hasn't started
 - Running game – the (6) fullback is the cornerstone of our offense
 - Passing game – a forward pass is not legal when (7) off. lineman
 - Defense
CVCS runs a (8) 4/3 Defense crosses LOS

4. What a field looks like and why it looks like it does

Lines are every (9) 5 yards
The (10) hash marks represent a portion of the field where the ball is marked.

CHRISTINE -WHAT IS A FIRST DOWN?

Only the (11) offense can get a first down.
Remember, the offense is the (12) team w/ the ball
You have (13) 4 attempts to get a first down.
The chains on the sidelines are (14) 10 yards
The offense moves towards their (15) opponents end zone.
Once you get 10 yards, you get another chance to get 10 yards!
If the offense (16) does not get 10 yards in the first (17) 3 plays then they have to make a decision.

5. CHRIS TALKS ABOUT (18) PUNT

CVCS used three types of punts. They are (19) shield, (20) spear and (21) spread.

6. CHRISTINE - CHANGE OF (22) possession

If the offense (23) doesn't get a first after trying and not punting.

After the offense gets a touchdown, or field goal.

If the defense gets a safety.

7. COACH FORE

An interception – when a (24) defensive player catches the ball thrown by the offensive team.

A fumble recovery – when a (25) li picks up the ball that an offensive player has dropped.

The offensive team misses a (26) field goal.

8. COACH FORE TALKS ABOUT BASE (27) R+ STRONG

9. CHRISTINE - Scoring

A team scores points by the following plays:

A (28) touchdown is worth 6 points. It is scored when a player runs the ball into or catches a pass in his opponent's end zone.

A (29) field goal is worth 3 points, and it is scored by kicking the ball over the crossbar and through the goal posts. A field goal is usually attempted on fourth down.

A (30) safety is worth 2 points. A safety is scored by the *defense* when the offensive player in possession of the ball is forced back into his own end zone and is tackled there.

10. Special Teams

Kickoff – we use a (31) numbering system

Kick return – called (32) right, left, middle

Punt return

PAT – either you can (33) kick the ball or run an offensive (34) play

11. Penalties/Officials – see handout

12. Questions

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FACTS OF FOOTBALL

THE GAME

Football is an exciting and rugged sport. Millions gather each year to cheer for their favorite teams in organized contests between little league, high school, college, and professional squads.

Football players wear spiked *cleats*, padding such as *thigh*, *hip*, and *shoulder pads*, and *helmets* with *face masks (bars)* to protect their heads and faces. In American football, eleven players from each team are on the field at any one time, but most teams have many more players waiting on the side lines. Each team tries to score points, mainly by using *plays* (maneuvers) to move the oval-shaped ball across the opposing team's goal line (a touchdown). *Possession* of the ball shifts back and forth, with each team's offensive unit trying to score and the other team's defensive unit trying to stop their progress and make them give up the ball.

We will concentrate here on the professional rules of the *National Football League (NFL)*. College and high school rules may vary slightly.

A game is played over a 60-minute period divided into four 15-minute quarters. The game clock stops for times out, for "incomplete" passes, after scores, and whenever a ball carrier goes out of bounds. Thus, the actual game may last three to four hours.

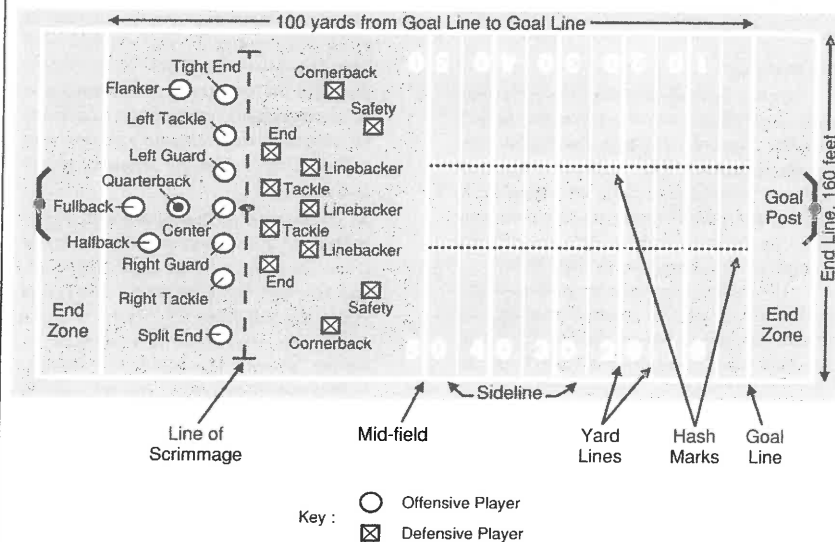
THE FIELD

Football is played on grass or on a synthetic turf surface. The field is 120 yards long - 100 yards for play, with two ten-yard-long *end zones* at each end. Often called a "grid-iron," it is marked with white chalk lines. *Sidelines* border the long sides of the field. Any player who touches or steps on or over a sideline is ruled *out of bounds*. Near each end of the field is a *goal line*, which a ball carrier must cross to enter the end zone and score a touchdown. *Yard lines* cross the field at five-yard intervals and are numbered every ten yards; the fifty-yard line is exactly halfway between the goal lines, at *mid-field*. Two rows of short lines, called *hash marks*, run down the center of the field. All plays begin between the hash marks. Even if a play ends out of bounds - or between one row of hash marks and a sideline - the ball is brought back to the nearest hash mark for the next play. Two *goal posts* with a connecting horizontal crossbar stand at the back of each end zone.

THE PARTICIPANTS

Before each play, both the offensive and defensive teams *huddle* to decide their strategies. Then they line up facing each other on opposite sides of the ball. The *line of scrimmage*, (actually, two imaginary lines running along both ends of the ball), and a

A Football Field and Typical Line Formation



neutral zone (the length of the ball) separate them. At the end of each play, a new line of scrimmage is established, crossing the field at the point of the ball's new position on the field.

Coaches assign team members to particular positions on the field based on their skills, size, strength, speed, quickness, and agility.

The Offense

A typical offense is made up of seven *linemen* and four *backs*. The linemen are normally divided into a group of five *interior linemen* and flanked by two *ends*. The interior line includes a *center*, (who *snaps* – hands or tosses – the ball through his legs to the quarterback to begin each play), two *guards*, and two *tackles*. The linemen *block* for the passer or ball carrier. Depending on what formation is used, the ends – one usually acting as a *tight end*, who lines up on the line of scrimmage near one of the tackles, and the other as a *split end*, or *wide receiver*, who lines up nearer a sideline – can either block or run designed *patterns* (routes) into defensive territory, trying to get into an open area where they can more easily catch a pass. The backfield includes the *quarterback*, two *half-backs* (one is termed a *flanker* if he lines up near the outside of the line) and a *fullback* (often called the *blocking back*).

The quarterback, after receiving the snap from the center, may hand off or pitch the ball backward to a halfback or fullback, run the football himself, or pass it forward – from behind the line of scrimmage – to a wide receiver, a tight end, or one of the backs. The other offensive team members then serve as blockers for the teammate with the ball.

The Defense

On the defensive side of the ball, three units attempt to stop the offensive team's progress. These are the *line*, the *linebackers*, and the *secondary*. Two *tackles* and two *ends* (and sometimes a *nose tackle* who lines up in front of the center) make up the defensive line who try to use their size, speed, and strength to *rush* the passer or ball carrier.

The linebacking unit is composed of a *middle linebacker* and two *outside linebackers*, who position themselves behind the line. They combine their speed and power to rush the passer (this extra pressure is termed a *blitz*), or else move back or sideways to tackle ball carriers or knock down or "intercept" passes.

The defensive secondary (or *defensive backs*) includes two *cornerbacks*, who defend against shorter passes, and two *safeties*, who cover longer passes. Secondary players must

be fast in order cover speedy receivers and sure tacklers to deal with ball carriers who break through the defensive line and the linebackers. Additional "deep" safeties may be used in a *prevent defense*, designed in anticipation of a long pass.

A defensive unit may favor either *man-to-man coverage* (where each defensive back is assigned to cover a particular player) or a *zone defense* (where each player is responsible for a certain area).

The *head coach* and his assistants prepare a *game plan* for each game, listing the offensive plays and defensive formations they believe will be effective against their opponent. They also run practices, see to players' physical conditioning, cultivate teamwork within the different units, and scout opposing teams.

Various officials oversee the game and enforce the rules. The *referee* has general charge of the contest, and other *linesmen* and *judges* are positioned on the field to ensure fair play. A *replay official* examines televised replays to determine whether certain calls made by officials are correct. (In college, no call can be *overturned* and there are no replay officials.) Three people move *yard markers* up and down the field: one marker marks the line of scrimmage; two others, attached by a ten-yard-long chain, help the officials measure to see if "first downs" are made.

SCORING

A team can score in one of four ways:

- A *touchdown* - A player running or catching a ball across an opponent's goal line scores six points. A touchdown may be scored by the offensive unit running its plays and moving the ball over the goal line. The defensive player at times may also score for his team by recovering a *fumble* (dropped ball), *intercepting* a pass meant for a receiver, or picking up a blocked kick and running it over the offensive team's goal line.
- A *conversion (extra point attempt)* - Following a touchdown, the team can score *one extra point* by *place-kicking* the ball through the goal posts. The center snaps the ball from the 3-yard line to a *place-holder*, who balances it, point down, on the ground. The kicker then tries to boot it over the crossbar and through the uprights. (In college and high school, a team can score a two-point conversion by running or passing the ball into the end zone.)
- A *field goal* - Place-kicking the ball through the opposing team's goal post

scores *three points* for the kicking team.

- A *safety* - When a defensive player tackles a ball carrier in his own end zone or blocks a punt out of the offensive end zone, he scores *two points* for his team. The defensive team also earns possession of the ball on the ensuing kickoff.

PLAYING THE GAME

A coin-toss determines which team will *kick off* and which will receive the kickoff. A *special-teams* (or *kicking*) *unit*, comprised of a kicker and tacklers, undertakes to drive the ball from its own 35-yard line deep into opposition territory so that the receiving special-teams unit can not advance the ball too far up the field. The player receiving the kickoff lines up near his own goal line and runs the ball back while teammates block opposing players who try to *tackle* him. A tackle is made when the ball carrier goes out of bounds or when any part of his body (except feet or hands) touches the ground. At times (specifically when the team kicking off needs to get the ball back late in a game in order to score) a kicker will boot the ball only a short distance; this is an *onside kick*. Once the ball travels ten yards or more, it is a *free ball*, and may be recovered by a member of either team. If the ball goes out of bounds on a kickoff, it is a penalty; the offensive team can either take the ball at that spot, or require that it be re-kicked from five yards further back. If the ball goes out of the end zone, or is *downed* in the end zone (the receiver catches the ball and touches his knee down in the end zone), it is a *touchback*, and the ball is put in play from the twenty-yard line.

The respective offensive and defensive units then come on the field. After they line up, the quarterback steps behind the center and calls out *signals* to tell his team when the ball will be snapped. When he receives the ball, he can run, hand off or pitch to a back, or pass to a receiver. If a ball carrier fumbles the ball, it becomes a free ball, and any player - offensive or defensive - can recover it and run until tackled. A fumbled ball that is knocked out of bounds goes to the last team having possession. If the quarterback throws a forward pass and a defender intercepts it, the defender may also advance the ball until he is tackled. After a ball carrier is tackled, play stops and the teams line up again to run another play. A forward pass that hits the ground is *incomplete*, and the ball is returned to the original line of scrimmage for the next offensive try.

The offense has four tries, called *downs*, to advance the ball *at least ten yards*

beyond the initial line of scrimmage. When the team is successful, they earn four more downs to try to gain ten more yards. By consistently achieving *first downs* the team gains yardage, moving the ball down field. For example, the first play of a series of downs is called *first and ten*. (It is the first down and the team has ten yards to go in order to reach another first down.) If the team loses 3 yards on the first play, the situation becomes *second down* and 13 yards to go (second and 13). On second down, if the team moves the ball 8 yards, the situation becomes third and 5. If on *third down* the team moves the ball five or more yards, it gets a new set of four downs (again, first and ten).

If a team fails to make a new first down after four downs, the other team takes possession of the ball at its current position on the field. On *fourth down* a team often chooses to *punt* the ball. A *punter* comes into the game and stands some ten yards behind the line of scrimmage. When the center snaps him the ball, he tries to kick it high and deep to the opposite side of the field before the defensive team can rush and block his kick. A *punt returner* can catch the punt and run the ball back the other way. He may choose to let the ball drop without catching it, allowing the kicking team to *down* (touch) it where it comes to rest; or he can wave his hand to call a *fair catch*, which tells the defensive players that he will not run with the ball upon catching it. If the punt-return man drops the ball, any player on the field can recover it for his own team.

A team will usually select to punt on fourth down rather than try for a first down: (1) When the ball is too close to the offensive team's goal line (If the team should fail in its attempt to gain first down yardage, it would give the opponents the ball in *good field position* and give them an easier chance to score - see Other Terms; (2) when the offense is too far away from the opponent's goal post to try for a field goal; or (3) when the offensive team wants to "pin" the opposition far back in their own side of the field, giving them "*bad*" field position.

On any down (and particularly on fourth down), if the ball is close enough to the opposing end zone, a coach may elect to try a field goal. If the attempt is made (scoring three points) the scoring team then kicks off to the other team; if it is missed, the opposing team takes possession at the line of scrimmage (or else the ball is moved up to the twenty yard line if the line of scrimmage was inside of that area). If a defensive player breaks through the kicking team's offensive

line and blocks a field goal attempt (or a punt), either team may recover the free ball and advance it until a tackle is made. A team may *fake* a punt or field goal and run or pass instead to try to reach first down yardage and keep the ball. Of course, if the attempt fails on fourth down, the defensive team takes possession of the ball at that point.

RULES VIOLATIONS

A *penalty* may be assessed when a player breaks the rules. This usually results in the offending team losing yardage or forfeiting a down (sometimes both). An official throws a yellow cloth *flag* into the air to signal a violation. The captain of the fouled team can normally elect whether to *accept* the penalty or *refuse* it and accept the completed play, if it is to his team's advantage.

The most common violations include:

- **Clipping** - Blocking or pushing a defensive player from behind (15-yard loss).
- **Holding (illegal use of hands)** - Grabbing an opposing player while blocking (a 10-yard loss for offensive holding; 5, for defensive holding).
- **Offside** - When a player crosses the line of scrimmage into the neutral zone before the ball is snapped (5-yard penalty). If no contact is made, a player who jumps back on his own side of the ball before it's snapped, is not offside.
- **Illegal procedure** - When the offense moves before the ball is snapped, or when a team has more than eleven players on the field (5-yard penalty).
- **Interference** - When a pass receiver (or a defender) is shoved or tackled while the ball is in the air. (The ball is moved to the point of infraction when a defensive player interferes; a 15-yard loss is assessed for offensive interference.)
- **Delay of game** - When the 25-second clock expires before the ball is snapped (5-yard loss).
- **Roughing** - When the quarterback, punter, or place kicker is hit after passing or kicking the ball (15-yard penalty and an automatic first down). If a rusher blocks or tips the ball and then hits the quarterback or kicker, it is not considered roughing.
- **Grounding** - When the quarterback intentionally throws the ball to the ground to avoid being sacked (tackled behind the line of scrimmage).
- **Unnecessary roughness or unsportsmanlike behavior** - (15-yard penalty).

- **Grabbing the face mask** - (15-yard penalty for a flagrant, dangerous foul; a 5-yard penalty otherwise.)

OTHER TERMS

Draw - A play in which the quarterback steps back as if he is going to pass, but instead hands off to a running back.

Field position - Refers to where the ball is on the field. (If it is out near mid-field or close to your opponent's goal line, you have good field position; if the ball is near your own goal line, you have bad field position.)

Option play - A play where the quarterback runs along the line of scrimmage to give him time to choose whether to keep the ball, toss it back to a running back, or throw a forward pass.

Pocket - Refers to the protected area (supplied by his blockers) that a quarterback stands in as he tries to pass to a teammate.

Reverse - A running play that appears to be going to one side of the field in order to fool the defense. The ball is then handed off to a wide receiver coming from the opposite direction, who streaks the other way.

Roll-out - When the passer retreats and runs sideways behind the line of scrimmage to avoid tacklers and provide more time to find an open down-field receiver.

Rush - Refers either to the defensive line's attack of the quarterback or to the ball-carrying by a fullback or halfback.

Sack - To tackle the quarterback behind the line of scrimmage before he can pass the ball.

Screen pass - A short pass where the offensive blockers let the defensive linemen through the line to rush the quarterback, and then form a wall of blockers to block for the halfback or fullback receiving the ball.

Shotgun - When the quarterback lines up four or five yards behind the center to receive the snap. This passing formation allows him more time to "see" receivers down-field.

Sweep - A running play around either end of the offensive line.

Trap - A running play in which an offensive blocker allows a defender to move into the backfield, then blocks him from the side, creating a hole through which a running back can carry the ball.