

FLAG FOOTBALL

I CAN ...

Describe the cues for the throwing skill.



Turn your non-throwing shoulder to face the target.
Step with the opposite foot.
The ball is “high in the sky” with back elbow up.
Your opposite hand points at target.
Rotate the hips.
Your throwing hand wrist snaps at target.
Follow through on the opposite side of body.

Describe why it is important to use different forces and/or angles when throwing.

The distance and speed your ball will travel is dependent on the amount of force you apply to the ball. By changing speeds and direction, you catch the defense off guard.

List examples of game strategies.

Vary the plays called in the huddle.
Communicate with teammates.
Play by the rules of the game.
Know your position responsibilities.
Maintain possession of the ball.



Define flexibility.

Flexibility is the range of motion in a joint or group of joints. Flexibility is related to muscle strength. Flexibility can be improved with stretching exercises. While stretching does not increase your muscle strength, it is an important part of reducing the risk of injury and soreness that results from activity.

Define specificity as one of the 4 principles of training.

Specificity is training that is related to and appropriate for the sport that you are training for.
Example – for football, an athlete needs to work on strength/agility/power, flexibility, but can’t forget aerobic capacity. Runners need to “run” yet still work on strength and flexibility. The principle simply states that training must go from highly general to highly specific which includes all areas of fitness.

Describe mental benefits of physical activity.

Physical activity can improve your concentration, creativity, and alertness. Activity boosts memory and your ability to learn. It also reduces stress by the release of endorphins.