

## Physical Education/ PE9 Football Study Guide

- The objective of the game is to score more points than your opponent
  - Football was developed in the mid-1800s
  - The first game of football was played in 1876
  - Walter Camp was the most influential figure in modernizing football
  - In 1906, The forward pass rule was added to the official rules of football
  - This new forward pass rule opened up the game and made more exciting to play and watch
  - Team captains and officials meet in the center of the field to toss a coin and determine who kicks off.
  - The offensive team is in possession of the football and has 4 downs to score or move the ball 10 yards to get a first down
  - Football games are 4 quarters with a halftime between the 2<sup>nd</sup> and 3<sup>rd</sup> quarters.
  - Points may be scored in the following ways:
    - A Touchdown = 6 points
    - A field goal = 3 points
    - A Kick Conversion (after a TD) = 1 point
    - A run or pass conversions = 2 points
    - A safety = 2 points
- Offensive positions in Football are:
- Center, 2 Guards, 2 Tackles Tight ends, Wide Receivers, Quarterback, Fullback, & Halfback

Defensive Positions are:

Cornerbacks, safeties (Strong & Free), Linebackers (Middle & Outside), 2  
Defensive Ends, 2 Defensive Tackles,

- ❖ The Quarterback is the offensive player who calls the plays, directs the offense and passes the ball
- ❖ If the football is dropped or fumbled, both the offensive and the defensive teams have an opportunity to gain possession of the football. The officials will throw a flag to indicate a foul or penalty has occurred

Passing Routes:

“Down and Out”            Toward the sideline

“Down and In”          Toward the middle of the field

“Fly or Bomb”            Straight down the field

“Curl”                      (10 yards down field and curl around back to the ball)

“Fade”    A sideline pattern thrown high and on the sideline as so only the receiver can catch

“Button Hook”    A full straight sprint and then stop and turnaround

“Post”    An angle route towards the goal post

“Post Corner”    A double move pass route that starts straight moves in towards the goal post with  
a second move back to the corner of the end zone .

