

**Rules**

- A game of football begins with a kick-off from one team to the other. A kick-off is also performed after scoring plays (i.e. touchdown and field goal). A kicking tee is used when performing the kickoff.
- A touchdown occurs when the ball is carried across the opponent's goal line into the end zone by a player who has not been tackled.
- A fumble occurs when a player has possession of the football, but then drops the ball during the course of the play before they are "down". This does not include when the ball is dropped on a forward pass.
- A penalty is called when the result of a play or action made by an offensive or defensive player is against the rules. (Examples include holding, interference, roughing, and off-sides)

**Positions**

- The quarterback is primarily responsible for passing and handing-off the football.
- A receiver runs a route in an effort to get "open" so they can catch a pass.

**Terminology**

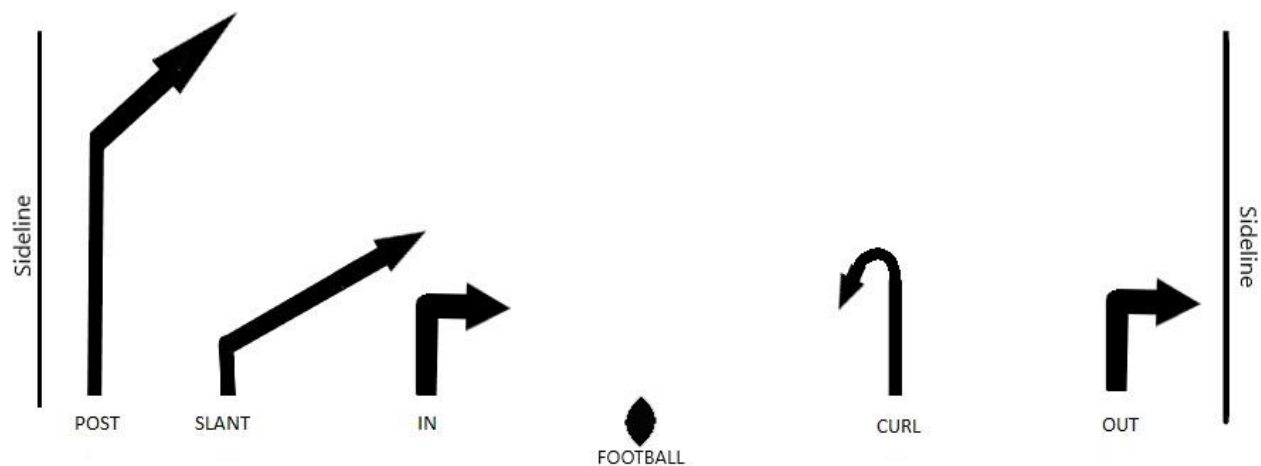
- Defense - The players on the team without the football, who are trying to keep the opposing team from scoring
- End Zone - The area of the field where a team must get the ball to score a touchdown.
- Hand-off - The ball is placed directly into the arms of another player so they can run with/carry the ball. Generally done when a quarterback gives the ball to the running back.
- Incomplete Pass - A ball that is thrown to a receiver who is unable to successfully catch the pass before it strikes the ground.
- Interception - A ball that is thrown by an offensive player, but caught by a defensive player.
- Offense - The team that possesses the football.
- Pass Deflected - Term used when a defensive player legally hits, slaps, or blocks the ball with their hand or arm before an offensive player is able to complete the catch
- Reception - A pass caught by an offensive player.

## Skills

- A pass is when player throws the football towards the opponent's goal line to another player.
- A punt is a kick performed by dropping the ball from the player's hands and then kicking the ball before it hits the ground.
- The skill of catching is performed by a player by placing both hands together to receive the ball.
- When performing a kick-off the ball is placed on a "tee." The non-kicking foot should be placed beside the ball with the kicking leg/foot "locked" straight so the ball is contacted with the top of the foot.

## Routes

Be able to identify each of the routes below.



- Post - A longer route. The receiver runs straight and then turns diagonally towards the middle of the field.
- Slant - A short route that ends with the receiver breaking diagonally across the field.
- In - Route run straight followed by a sharp turn towards the middle of the field.
- Curl - The receiver runs straight followed by a turn back towards the middle of the field.
- Out - Route run straight followed by a sharp turn towards the outside perimeter of the field (sideline).