

FOOTBALL STUDY GUIDE

- It is best to grip the football on the seams and snap down in the throwing motion to create a tight spiral.
- The five basic pass patterns discussed in our football unit:
 - Corner- WR runs 8 yards downfield and cuts 45 degrees toward near corner.
 - Fly- WR runs straight downfield and looks over inside shoulder.
 - Post- WR runs 8 yards downfield and cuts 45 degrees toward goalpost.
 - Down and In- WR runs 5 yards downfield and cuts 90 degrees in.
 - Down and Out- WR runs 5 yards downfield and cuts 90 degrees out.
- One team will kickoff to the other to begin play in a game of football.
- Passing plays, hand-offs, running the ball, and blocking for the ball carrier are all duties of the team that is on offense.
- Rushing the quarterback, covering the receivers, trying to intercept passes, and trying to tag the ball carrier are all the duties of the defense.
- The goal of the offense is to move the ball a certain distance in four downs. If they do not succeed in three downs they are afforded the opportunity to punt the ball to the other team on fourth down.
- Off-sides is a penalty that occurs when the defense is ahead of the ball when the play begins.
- Pass interference is a penalty that occurs when the offense or defense pushes their opponent away from the ball illegally while a pass is in the air.
- Holding is a penalty that occurs when the offense or defense grasps their opponent to inhibit them from making a play.
- A touchdown is worth 6 points and occurs when a team carries or catches a ball in the opponent's end zone.
- A field goal is a ball kicked through the uprights from any position on the field. It is worth 3 points.
- After a touchdown, a team attempts a PAT from the 3 yard line. If the team runs or throws successfully it is worth 2 points, if kicked through the uprights it is worth 1 point.
- A safety (2 points) occurs when the defense tackles their opponent inside their own end zone.

