



# Football



## Table of Contents

Capture the Football .....	3
Duck Duck Tackle .....	4
Gooba.....	5
Indoor Touch Rugby/Football .....	6
Kick, Catch, and Five .....	7
Little Elephant Football.....	8
Snow Flake Football .....	9



## Capture the Football

By: John Byl

### Objectives:

- To perform higher and lower catches in a game like setting
- To apply side catches in a game like setting
- To practice catching while being defended
- To learn how to stay focused on ball

### Number of Players:

- Two teams of 6-10 players each

### Recommended equipment:

- Two footballs
- 10 Pylons to mark field

### Set Up:

- Mark off a field about 40 metres in length and 20 metres in width with a 10 metre end-zone and a centre line
- Each team starts on their side of the field
- A football is placed in both end zones

### How to Play:

- This game is similar to Capture the Flag and Handball. Each team will have a football, which will be placed at the back of their side of the field. The object of the game is to run onto the opposite teams field, grab their football and deliver it back to your side safely. However, there must be at least four people who catch the ball. In order to score a point, the ball must be thrown across the half way line and not run across. Each player is allowed to take three steps with the ball, and then they must throw it to a teammate. If the ball is dropped or intercepted at any point, it is returned to its original spot. When this happens the people in offensive end must come back to their side before re-attempting to get the other teams football.

### Variation:

- Allow players to take no steps while in possession of the football.

### Questions:

- How does a team increase the likelihood of catches being made?



- How do teams best balance getting four passes and preventing the other team from getting their four passes?

## **Duck Duck Tackle**

By: Chris Wilson

A new variation on an old favourite that could be used by secondary football coaches and wrestling coaches. Player sit in a circle and one player is it on the outside of the circle. That player proceeds around the circle touching heads and saying "duck". Select a player and say "tackle". Both players must run once around the circle trying to beat the other player back to the spot the second player was sitting in.

For football, the players could tackle each other to stop the player from getting there first. (Equipment needed)

For wrestling, the players could attempt a takedown to slow the player down. (Mats needed)

\* For safety reasons this is not recommended for other scenarios



## **Gooba**

By: Co op student from GCI in Cambridge.

Equipment: Throton or small football, pinnies.

Divide the group into two equal teams. One team starts at half. Person in possession of the throton has three seconds to pass the ball without being defended. This person must also remain still (no steps, pivot only). The throton is passed down the field towards the end zone. Run in is worth 1 point, pass in is 2 points.

In the event of an incomplete pass(Bad throw, bad catch, knock down, interception) or a time violation(3 seconds), the defensive team takes possession at the location of the infraction.

After a score , the defensive team starts at half.



## **Indoor Touch Rugby/Football**

By: John Byl

Objective: Score more points than the other team by scoring baskets with a rugby ball.

Form two teams of 5-15 players which line up on either side of the gym.

One team is given a rugby ball (a football will also work).

On the leader's signal to begin players scatter around the gym. The player with the ball can remain stationary but has three seconds to walk/run or throw the ball (only backwards passes) to someone else or take a shot at the basket (only if she is past centre). If the pass is incomplete or the shot is missed, the other team gets the ball. If a person is walking/running and is tagged while in possession of the ball, the other team gets the ball.

Each time the ball goes into the basket scores one point.

After a set time limit, the team with the most points wins.



## **Kick, Catch, and Five**

By Dru Masuka – Erin Centre M.S.

Objective : To kick a football into the opponent's end zone.

Teams: Split the class/group into two even teams (A and B) and number off the players 1,2,3, etc.

How to Play:

Teams space themselves on their own half of the playing field.

Player number one, from Team A, starts by drop-kicking/punting the ball as deep as they can into their opponent's territory. Any player from Team B can either catch the ball or stop it as it rolls. Player one from Team B now kicks the ball back into their opponent's area from where the ball was stopped or caught.

Teams continue to move up and down the field trying to kick the ball so that it lands, without a bounce or roll, into their opponent's end zone. Teams move up and down the field when a player catches the ball before it hits the ground. If the catch is good they can take five huge steps forward and kick the ball from that point. After each team scores, teams switch sides, to allow for fairness with field and weather conditions

Players must kick in their number order and they will learn that it works to their team's advantage if they get to the ball quickly and kicks the ball before the other team gets ready.



## Little Elephant Football

By: Chris Wilson

Separate the group into two equal teams. The "offensive" team gets a small elephant that can be held inside the palm and therefore not visible. The offensive team starts at the end zone line and all players run until tagged. Tagged players sit down where touched. If the player with the elephant gets to the other end the team scores a touchdown. If the player carrying the elephant is tagged, the entire team starts again from that point. The 'offensive' team gets 4 downs (tries) to score a touchdown. At this point the opposing team gets a try.





## Snow Flake Football

By: John Byl

With a spray bottle filled with a mix of water and food coloring mark a large rectangle with a centerline to

mark the playing field. Instruct the teams to line up at opposite ends of the field (the North and South poles) for a kickoff. Once someone on the receiving team catches the ball, they must try to move the ball back across the defense's goal line by running with it or passing it to a teammate. Play stops if the person with the ball is tagged by an opponent or slides out of bounds. The teams then face off again on the spot.

After four tries, or a touchdown, the ball goes to the other team. The game ends when either team gets cold.

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