

TOUCH FOOTBALL

- 1st Period - 1-Explanation of techniques of holding, catching, passing, and kicking the ball.
2-Division of groups for passing and receiving.
3-Explanation of the rules of touch football.
4-Squadron competition.
- 2nd period - 1-Divide class into squadron groups
a-Review passing and receiving.
b-Kicking practice, men going down to tag receiver.
2-Squadron competition.
- 3rd period - 1-Divide class on squadron basis.
a-Each group divided into two lines, single file, facing each other. Hand ball to man in other file, both lines at full speed.
b-Review passing and kicking.
2-Squadron competition.
- 4th period - 1-Divide class on squadron basis
a-Review passing skills
b-Demonstration of stance, for backs, linemen, and center.
c-Drill on charging.
2-Squadron competition
- 5th period - 1-Divide class into 4 equal groups.
a-Work on pulling out and turning downfield.
1-Use single lines, and have the odd numbers or even numbers alternate pulling and turn downfield, at the 1st, 2nd, or 3rd opening.
b-Demonstrate techniques of tackling and blocking.
c-Review passing
2-Squadron competition
- 6th period - 1-Divide class into 4 equal groups.
a-Review passing
b-Dummy blocking(one on one) using shoulder block.
c-Dummy tackling(one on one) using head on tackle.
2-Squadron competition
- 7th period - 1-Divide class on squadron basis.
a-Review passing
b-Set up sample single wing offensive formation.
c-Take an end run from this formation.
2-Squadron competition.
- 8th period - 1-Review passing and kicking skills.
2-Divide into squadron groups
a-Review end run from offensive formation
b-Set up line plunge from offensive formation
3-Squadron competition