



# Year 2 - JagTag For Beginners

## Lesson Plan

# PLAYING

## EDSTART

### Lesson Objective

To introduce running with the ball in JagTag

Lesson 1/6

### Equipment Needed

JagTag balls, bibs, cones, hoops, JagTag belts.

### Success Criteria

Children can:

- Know how to hold the ball securely
- Run with the ball whilst changing directions
- Protect the ball with their body when running

### Adapted Learning (Differentiation) (Challenge)

Group by ability, and use smaller/softer balls if needed.

### Key Questions

How do we run with the ball?

### Warm Up

Ball Tig:

Two children start with a ball, and they must run around trying to tig the rest of the children. If a child gets tug, they must then stand with their arms out. They must wait until somebody frees them by running under their arms.

### Main Activity

XXX  
XXX

OOO  
OOO  
OOO

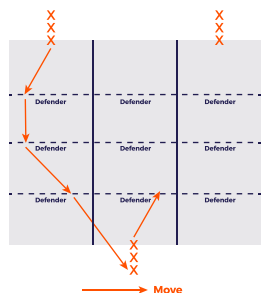
Tic Tac Jags (Running With The Ball):

3-5 Players on each team, Players must race to stand in an open hoop, where the next player throws the ball for them to catch. If pass is successful place a coloured cone inside, if dropped, run the ball back for the next player, continue until team to get three in a row wins.



Running Back Races:

Children get into groups of three and stand at one end of the court in a line. They one ball per group. They will number themselves 1-3. Set up some cones in front of each group along the length of the court. Number 1s will go first and run with the ball in and out of the cones until they reach the end of the area. They will then return to their lines as quickly as possible and hand the ball to the next player. Winners are the first to finish.



Gauntlet:

Split the hall/field into three columns, with the class split into three. 2 Teams attack, 1 Teams defends specific areas.

- Children must try to run from start to finish without being tagged
- Defenders must try to pull a tag off the runner, if they succeed runner goes to back of line

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

5 Points Of Contact:

- Index finger near the back of the ball
- Middle and third finger across the laces
- Thumb on opposite side
- Space between the ball and palm of hand



# Year 2 - JagTag For Beginners

## Lesson Plan

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### Lesson Objective

To introduce receiving a handoff in JagTag.

Lesson 2/6

### Equipment Needed

JagTag balls, bibs, cones, hoops, JagTag belts.

### Success Criteria

Children can:

- Know that they need to run towards the quarterback to receive the ball
- Know to keep the elbow nearest the QB up, outside elbow down
- Secure the football and tuck into ribs

### Adapted Learning (Differentiation) (Challenge)

Group by similar ability.

### Key Questions

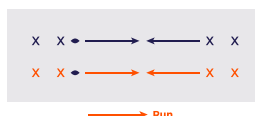
How do you receive the ball from a handoff?

### Warm Up

Tic Tac Jags:

3-5 Players on each team. Players must race to stand in an open hoop, where the next player throws the ball for them to catch. If pass is successful place a coloured cone inside, if dropped, run the ball back for the next player, continue until team to get three in a row wins.

### Main Activity



Ball Handoff:

One player starts with the ball, runs towards the middle, as they approach the middle, the other player from the other side starts to run towards the player with the ball, the ball is handed to the player running towards them, once the ball is handed off, the next player runs to receive the ball. The first stage is the ball is handed over to the right, the player receiving the ball, must be on the left of the player giving the ball. Second stage the ball is handed on the left, the player receiving the ball must be on the right of the player giving the ball.



Down Set Run:

Children get into groups four (1 QB, 1 Centre, 1 Wide Receiver and 1 Running Back). The QB should stand about 3-4 big steps behind the centre. On the QB command "Down, set, hut!", The centre hands the ball to the QB. The QB takes a step backwards as the Running back runs towards them. The ball is handed off into the running backs hands, who runs to score a touchdown. PROGRESSION: Add a defender who tries to pull the flag of the running back.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Receiving A Handoff:

Closest elbow to the QB at the top with the other elbow down, receive ball and tuck into ribs.



# Year 2 - JagTag For Beginners

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<b>Lesson Objective</b>	To introduce how to grip the ball when attempting the quarterback throw	<b>Lesson 3/6</b>
<b>Equipment Needed</b>	JagTag balls, bibs, cones, hoops, JagTag belts.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Hold the ball in one hand</li><li>• Know their index finger is placed near the back of the ball</li><li>• Then place their middle and third finger across the laces</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by similar ability.	
<b>Key Questions</b>	How do we hold the ball?	
<b>Warm Up</b>	<b>Flag Tag:</b> <p>The object of the game is for each player to keep their own flags while pulling as many others as they can. When they pull an opponent's flag, they keep it. The winner is the player who collects the most flags by the end.</p>	
<b>Main Activity</b>	<b>Skill Acquisition:</b> <p>In 2's children work on the technique of gripping the JagTag ball. Encourage them to hold the ball with their index finger near the nose of the ball and middle and third fingers across the laces.</p>  <p><b>Bullseye:</b><p>In two teams of two, players behind the throwing line (line of scrimmage) and have three footballs to throw. Player 1 throws the football first at the dart board made of cones. Swap roles and add their scores together. Team with most points wins. Between yellow and blue 1 point, blue and red 5 points, red and orange 8 points, orange cone = 10 points.</p></p>	
	 <p><b>Jags In The Middle:</b><p>Like piggy in the middle. Start with one or two footballs, footballs are thrown to players in boxes, the Jags in the middle must try to either intercept or knock down the ball. If a Jag knocks the ball or intercepts the ball, the player who threw the ball becomes the Jag and the Jag who caught or deflected the ball goes in the box. If a player in the box hits their hands and drops the ball, they then switch with the nearest Jag. If the ball thrown is not to the players box and uncatchable, the player who threw the ball switches with the nearest Jag.</p></p>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<b>Grip:</b> <ul style="list-style-type: none"><li>• Little finger positioned on the 2nd or 3rd section on the laces</li><li>• Thumb around the nose of the ball</li><li>• Bring ball up to your ear as you are about to throw</li></ul> <b>Throwing:</b> <ul style="list-style-type: none"><li>• Side to target/arm up and back (ball behind head, elbow above shoulder)</li><li>• Step towards target – rotate hips – follow through and across</li></ul>	



# Year 2 - JagTag For Beginners

## Lesson Plan

# PLAYING

## EDSTART

Lesson Objective	To develop the quarterback throwing technique in JagTag	Lesson 4/6
Equipment Needed	JagTag balls, bibs, cones, hoops, JagTag belts.	
Success Criteria	Children can: <ul style="list-style-type: none"><li>• Know to stand side on to the target</li><li>• Have their throwing arm up and with ball behind head, elbow above shoulder</li><li>• Be introduced to the mobile phone/seat belt phrase, to help with throwing</li></ul>	
Adapted Learning (Differentiation) (Challenge)	Group by similar ability.	
Key Questions	How do we do the QB Throw?	
Warm Up	<p>Flag Tag:</p> <p>The object of the game is for each player to keep their own flags while pulling as many others as they can. When they pull an opponent's flag, they keep it. The winner is the player who collects the most flags by the end.</p>	
Main Activity	<p><b>Skill Acquisition:</b></p> <p>In 2's children work on the technique from last week's lesson. Reinforce with the children to hold the ball with their index finger near the nose of the ball and middle and third fingers across the laces.</p> <p><b>Pass &amp; Catch:</b></p> <p>Stage 1, pair up and pass the ball back and forth. Stage 2, throw across to someone who does not have a ball, use communication so not to receive the ball unexpectedly. Stage 3, throw the ball to anyone without a ball, again use communication, once you have thrown the ball, move to another location on the same side you are standing on.</p> <p><b>Throw Catch Repeat:</b></p> <p>In groups of six, players stand around 5m apart in a straight line. Player 1 throws to player 2, who passes to player 3 etc. When the ball reaches player 6, they run with the ball back to the start, and all players move down one position. Once players are back at the position, they started in they stop. PROGRESSION: First team back wins, if they drop the ball they have to start again at the top of the line.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Throwing:</p> <ul style="list-style-type: none"><li>• Side to target/arm up and back (ball behind head, elbow above shoulder)</li><li>• Step towards target - rotate hips - follow through and across</li></ul>	



# Year 2 - JagTag For Beginners

## Lesson Plan

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### Lesson Objective

To introduce the low catching technique in JagTag

Lesson 5/6

### Equipment Needed

JagTag balls, bibs, cones, hoops, JagTag belts.

### Success Criteria

Children can:

- Know when to use the low catching technique
- Track the flight of the ball and move their hands towards that ball to make a catch
- Watch the ball in their hands looking at the tip of the ball

### Adapted Learning (Differentiation) (Challenge)

Change the weight/size of the ball.

### Key Questions

How do we catch a ball at a low height?

### Warm Up

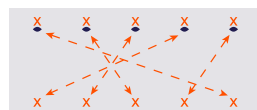
Flag Tag:

The object of the game is for each player to keep their own flags while pulling as many others as they can. When they pull an opponents flag, they keep it. The winner is the player who collects the most flags by the end.

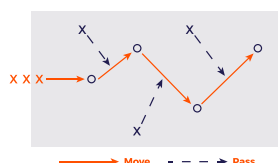
### Main Activity



-- -- --> Throw



-- -- --> Throw



Skill Acquisition:

In 2's children work on the technique of catching the ball down low. Encourage children to watch the ball into their hands.

Pass & Catch:

Stage 1, pair up and pass the ball back and forth. Stage 2, throw across to someone who does not have a ball, use communication so not to receive the ball unexpectedly.

Receiver Gauntlet:

Players in ORANGE run the gauntlet, players in BLUE throw the football. Players in ORANGE must run to each cone and catch the football between the cones as shown. Once the receivers (ORANGE players) caught the football, they must secure the football before releasing the football prior to getting to the next cone. A point is claimed for each football caught and secured. QB's (BLUE players) must retrieve the football after the receiver has placed the football down. Once all the ORANGE players have been, BLUE players switch position with the ORANGE players.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Catching (Low):

- Make a rake (little fingers together)
- Watch the ball in - all the way looking at the tip of the ball

### Lesson Objective

To introduce basic route running in JagTag

Lesson 6/6

### Equipment Needed

JagTag balls, bibs, cones, route cards, hoops, JagTag belts.

### Success Criteria

Children can:

- Know when they are allowed to start the route
- Run different types of routes
- Run the comeback route

### Adapted Learning (Differentiation) (Challenge)

Group by similar ability.

### Key Questions

What routes can we run in JagTag?

### Warm Up

Tic Tac Jags:

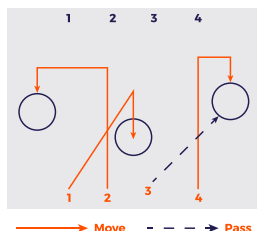
3-5 Players on each team, Players must race to place their coloured cone on a free cone to make three in a row. Players on their team must take their turn one at a time and must run back and tag the next player in order for them to run and place a cone on a free cone.

### Main Activity



Down Set Run:

Children get into groups four (1 QB, 1 Centre, 1 Wide Receiver and 1 Running Back). The QB should stand about 3-4 big steps behind the centre. On the QB command "Down, set, hut!", The centre hands the ball to the QB. The QB takes a step backwards as the Running back runs towards them. The ball is handed off into the running backs hands, who runs to score a touchdown.



Route Running:

Prior to play, receivers must liaise with the QB to see who will go to which box.

On the call of the QB, receivers must get to their box, the QB can only throw the ball when a receiver is in the box.

Defence, on the QB's call, rushes out of their line and defend the pass, only one defence may rush the QB. QB cannot cross the line.

Receiver can only claim a point if they catch the ball and secured whilst in the box.

Calling Routes:

Same set up as above, without the hoops and add two defenders. QB calls the routes and the receivers run them. Defending team tries to stop them by pulling their flags once they receive the ball, or they can intercept. Change roles after five turns.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Routes:

- Comeback - The receiver tries to make the defender think they're going deep, then quickly breaking back and towards the ball
- Curl - move towards the pass when the ball is in the air, putting yourself between the ball and the defender