



Recap: What do we know about JagTag?

Lesson 1/6

To introduce running with the ball in JagTag

Success Criteria

To be able to:

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



Recap: To introduce running with the ball in JagTag

Lesson 2/6

To introduce receiving a hand-off in JagTag

Success Criteria

To be able to:

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



Recap: To introduce receiving a hand-off in JagTag

Lesson 3/6

To introduce how to grip the ball when attempting the quarterback throw

Success Criteria

To be able to:

- Hold the ball in one hand**
- Know their index finger is placed near the back of the ball**
- Place their middle and third finger across the laces**



Recap: To introduce how to grip the ball when attempting the quarterback throw

Lesson 4/6

To develop the quarterback throwing technique in JagTag

Success Criteria

To be able to:

- Know to stand side on to the target**
- Have their throwing arm up and with ball behind head, elbow above shoulder**
- Be introduced to the mobile phone/seat belt phrase, to help with throwing**



Recap: To develop the quarterback throwing technique in JagTag

Lesson 5/6

To introduce the low catching technique in JagTag

Success Criteria

To be able to:

- 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**



Recap: To introduce the low catching technique in JagTag

Lesson 6/6

To introduce basic route running in JagTag

Success Criteria

To be able to:

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