



Recap: What do we know about JagTag?

Lesson 1/6

# To develop the quarterback throwing technique in JagTag

## Success Criteria

### To be able to:

- Stand side on to the target with arm up and with ball behind head
- Know they need to step towards target as they rotate their hips
- Follow through, across the body (Mobile phone/seat belt)



**Recap: To introduce the quarterback throwing technique in JagTag**

**Lesson 2/6**

# **To develop the catching technique in JagTag**

## **Success Criteria**

### **To be able to:**

- Know when to use the low, medium or high catching technique**
- Watch the ball in – all the way looking at the tip of the ball**
- Catch the ball and secure the ball using the five points of contact**



**Recap: To develop the catching technique in JagTag**

**Lesson 3/6**

# To develop the technique of handing off the ball in JagTag

## Success Criteria

### To be able to:

- Know that the QB turns and faces the running back
- Extend their arms with hands on both sides of the ball
- Know to place the ball firmly in RB's stomach as they are moving towards them



**Recap: To develop the technique of handing off the ball in JagTag**

**Lesson 4/6**

# To develop the technique of receiving a hand-off in JagTag

## Success Criteria

### To be able to:

- Know that the running back (RB) receives the ball
- Keep their inside elbow up, outside elbow down, receive ball and tuck into ribs
- Know how to secure the football using the five points of contact



**Recap: To develop the technique of receiving a hand-off in JagTag**

**Lesson 5/6**

# **To develop basic route running in JagTag**

## **Success Criteria**

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### **To be able to:**

- Know when they are allowed to start the route**
- Run different types of routes**
- Run the comeback, curl, in and out routes**



**Recap: To develop basic route running in JagTag**

**Lesson 6/6**

# **To develop basic offense vs defense games in JagTag**

## **Success Criteria**

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### **To be able to:**

- **Run different types of routes and find space to receive the ball**
- **Know that they have four 'downs' to progress the ball forward**
- **Know each role on the field – QB and WR**