



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

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

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**