



**Recap: What do we know about JagTag?**

**Lesson 1/6**

# **To introduce the 'center' and the technique of the 'snap'**

## **Success Criteria**

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

- Understand the role of the center**
- Stand over the ball with feet slightly wider than shoulder width apart and sit down into a squat position**
- Look behind to see the QB (The target)**
- Know that on the QB's command, they swing the ball up and between their legs in a fast continuous motion keeping arms straight and release the ball to the QB**



**Recap: To introduce the 'center' and the technique of the 'snap'**

**Lesson 2/6**

# **To perform the 'QB' throw**

**once received  
from the 'center'**

## **Success Criteria**

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

- Know how they need to stand side-on and to step towards the target as they rotate their hips**
- Vary the distance/height of their throw**



**Recap: To perform the 'QB' throw once received from the 'center'**

**Lesson 3/6**

# **To stop the offense gaining yards by pulling their flags**

## **Success Criteria**

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

- **Know that they have to pull the flag of the receiver who gains possession of the ball**
- **Know to pull the flag, they have to have their eyes on hips, stay low, stay square and reach for the hip**



**Recap: To stop the offense gaining yards by pulling their flags**

**Lesson 4/6**

# **To use plays involving the running back receiving a hand-off**

## **Success Criteria**

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

- **Know how the 'RB' receives the ball off the 'QB'**
- **Know to keep their inside elbow up, outside elbow down, receive ball and tuck into ribs to secure the football using the 5 Points of Contact**
- **Know that RB's start back behind the line of scrimmage in line with the QB**



**Recap: To use plays involving the running back receiving a hand-off**

## **Lesson 5/6**

# **To be able to run different routes**

### **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, out, wheel and slant routes**



**Recap: To be able to run different routes**

**Lesson 6/6**

# **To play small-sided games where the QB calls different plays**

## **Success Criteria**

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

- Start on the line of scrimmage and set up an attack**
- Use multiple players to run different routes**
- Know the basic rules of scoring, and where they need to get the ball to**