



**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**

---

#### **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**

---

#### **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**

---

**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**