

Lesson Objective To run routes on the QB's call **Lesson 1/6**

Equipment Needed JagTag balls, cones, bibs, tag belts.

Success Criteria Children can:

- Understand that they start on the 'line of scrimmage'
- Can run different types of routes
- Can run the comeback, curl, in, out, wheel, slant, flag, post and go routes

Adapted Learning (Differentiation) (Challenge) Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.

Cross Curricular Links Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).

Warm Up Jaguar Tag:

Set up a 30m x 30m area. Everyone has a ball each. It must be held like they are running with the ball. Run around and try to tag as many people as you can ensuring pupils hold the ball correctly. The aim is to get as many points as you can...

A) If you tag someone you win a point

B) If you knock the ball out of opponents hand you win 5 points and opponent loses all their points

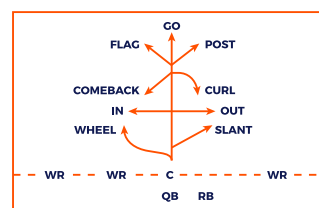
Adapted Learning = more or less chasers (Decided by the ability of the group).

Main Activity Hike, Snap, Throw:

Children in groups of three reinforce their previous years learning. Player 1 is the centre that performs the snap. Player 2 is the QB that shouts hike, receives off the snap and then throws the ball to player 3 who is the wide receiver.

Recap The Running Routes (No Defenders):

Include previous skills such as QB throw, Hike, Snap, Throw, Catch, Run and Score. Routes such as the comeback, curl, in, out, wheel, slant, flag, post and go.



Introduce 1 Defender Whilst Running The Routes:

Children in groups of eight. Centre, QB, WR 1, WR 2 vs 1 Defender.

2 Defenders Whilst Running The Routes: Centre, QB, WR 1, WR 2 vs 2 Defenders.

3 Defenders Whilst Running The Routes: Centre, QB, WR 1, WR 2 vs 3 Defenders.


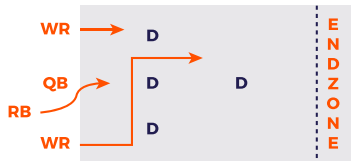
4 Defenders Whilst Running The Routes: Centre, QB, WR 1, WR 2 vs 4 Defenders.

Adapted Learning = Have one defender pressurising the QB, so the Centre has to protect the QB (Advanced). Lower ability, keep to one defender and have three runners instead.

Progress into a 4v4 game – 4 Down attempts to score.

Cooldown Collect the balls and cones in. Recap lesson and key points.

Key Technical Points Comeback, Curl, In, Out, Wheel, Slant, Flag, Post and Go, Agility, Direction change, push off.

Lesson Objective	To use different offensive strategies in game situations	Lesson 2/6
Equipment Needed	JagTag balls, cones, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> Understand they need to create space as they run their routes Know on the QB's call, they plant and accelerate along their route Come up with a variety of offensive plays to score a touchdown 	
Adapted Learning (Differentiation) (Challenge)	Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).	
Warm Up	<p>Netball QB:</p> <p>Two teams, stuck in the mud throwing and catching. Run/ throw/catch to try and get the ball in the end zone (No running with the ball). You can only run without the ball. Groups of 8 (4v4). Set up grids of 30m x 15m.</p> <p>A) Low passes only (Spiders web Catches only)</p> <p>B) High passes above the head (Diamond Catches only)</p> <p>C) Any passes and any catches</p>	
Main Activity	<p>Partner Chase:</p> <p>In pairs, one with a ball and one without. The person with the ball has to get away from their partner (Defender). The defender has to stay as close as they can to them. Focus on changing direction and running into space where there is no one. On the whistle, change roles.</p> <p>Out Of The Blocks:</p> <p>Groups of 5, 1 QB, 2 offence, 2 defenders. On the word HIKE from the QB shout, the wide receiver have to get away from the defenders in to space. QB throws the ball to the WR in the most space. Reset and change roles.</p> <p>Progression: WR can now be used as a screen to block other chasers.</p> <p>Adapted Learning = Low achiever runners start further away from the defender/ Higher achievers start closer together.</p> <div data-bbox="432 1554 938 1713"> <p>Chaser → WR (Distance changes with ability)</p> <p>QB</p> <p>Chaser → WR</p>  </div> <p>Block The Defenders – Groups of 8 (4v4):</p> <p>Mini game where the screens and blockers are used to get in the way of the defenders and create space for others. 4 attempts to score in the end zone. You can block but do not grab the defender.</p> <p>Adapted Learning = 4v1 defender. 4v2 defender.</p> <div data-bbox="963 1751 1315 1910">  </div>	
Cooldown	Collect the balls and cones in. Recap lesson and key points.	
Key Technical Points	Block, Screen, No Grab, Shield, Decoy, Barrier.	

Lesson Objective	To introduce 'man to man' coverage when defending	Lesson 3/6
Equipment Needed	JagTag balls, cones, bibs, tag belts.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Know how to play man to man coverage • Close the gap on the person they are covering • Keep eyes on the hips of the person you are covering and not watch the QB 	
Adapted Learning (Differentiation) (Challenge)	Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).	
Warm Up	<p>Stuck In The Mud Tag:</p> <p>Explain that people with a ball will be the tagger and will be using a ball to tag you. The tagger must hold the ball with one hand. If they touch you, you have to stand still as though you are stuck with legs open. To free them, other players have to crawl through your legs. Demonstrate running with the ball correctly whilst playing.</p>	
Main Activity	<p>Explain Man To Man Coverage With The QB Throw:</p> <p>Key points delivered. Children in groups of 3 QB, WR, LB (Defender). The QB shouts HIKE, the WR runs and the LB carries out man to man marking on them (Shadowing). The aim is to stop the WR catching the ball. The defender follows the same path as the WR (Wide Receiver). Adapted Learning = More challenging, bring the defender closer to the receiver. To make it easier, start the defender further away.</p> <p>Man To Man JagTag Game:</p> <p>4v4 games, emphasise choosing a runner/receiver.</p> <p>Man to Man Coverage Set Up – It's the defender's job to stay with the runner until the ball passes the line of scrimmage. Try to keep your runner from catching the ball by knocking it down or catching it yourself. If it's thrown to someone else, go and tag them. Do not stay with your defender.</p> <p>Attack: WR = Wide Receiver C = Centre QB = Quarterback. Defence: CB = Cornerback LB = Linebacker S = Safety.</p>	
Cooldown	Collect the balls and cones in. Recap lesson and key points.	
Key Technical Points	Eyes on the hips, don't watch the QB, stay low, arms length away, keep the gap small, no grabbing, short footwork.	

Lesson Objective To look at 'zone marking' when defending **Lesson 4/6**

Equipment Needed JagTag balls, cones, bibs, tag belts.

Success Criteria Children can:

- Understand what zone on the field they are covering
- Understand that they need to drop to the back of zone
- Be aware of any receivers entering and leaving their zone
- Understand they don't chase the receivers into another zone

Adapted Learning (Differentiation) (Challenge) Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.

Cross Curricular Links Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Teamwork).

Warm Up Endzone To Endzone:

Recap on the man to man marking. Players pair up. One defender (LB) and one offensive player (WR) with the ball. Each pair is given a number. **On the teacher's command, the teacher shouts out a number.** That pair has to get from one endzone to the other. The aim is for the defender to keep the gap between them and the offensive player really close (arms length if possible). The offensive player can run anywhere they like as long as they get to the endzone. The teacher needs to shout the numbers every 5 seconds.

WR = Wide Receiver LB = Line Backer (Defender).
The red lines show the zones where the offensive player will run.

Adapted Learning = Allow longer times for lower ability children to get to the end zone.

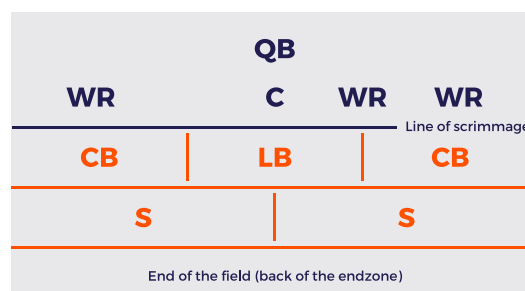


Main Activity Explain Zone Defence:

In groups of 10 (5 offence and 5 defence) on a mini pitch (40m x 20m). Defenders mark a space and not a person. When the ball is snapped, drop to the back of the defensive zone until the ball is thrown or crosses the line of scrimmage. Then everyone runs to the ball to stop the attack.

The orange lines show the zones where each player will cover.

Adapted Learning = Larger or Smaller zones to be covered for different abilities.



Different Zone Structures:

As above but zones are structured differently (See page 2 of this lesson plan). Print out copies of the "Types of Zones" sheet and give each group a copy. Children can try different types of zones and identify which one they feel is most effective.

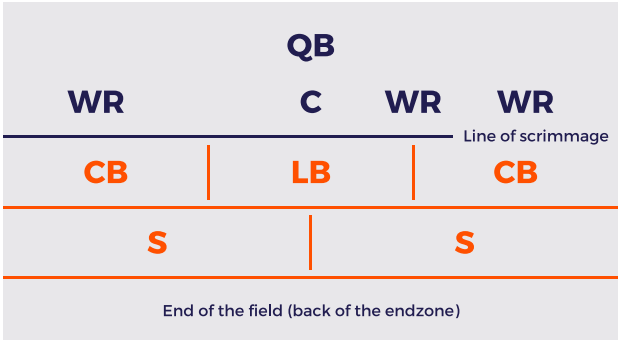
Cooldown Collect the balls and cones in. Recap lesson and key points.

Key Technical Points Zones, area, line of scrimmage, types of zones, CB, LB, S.

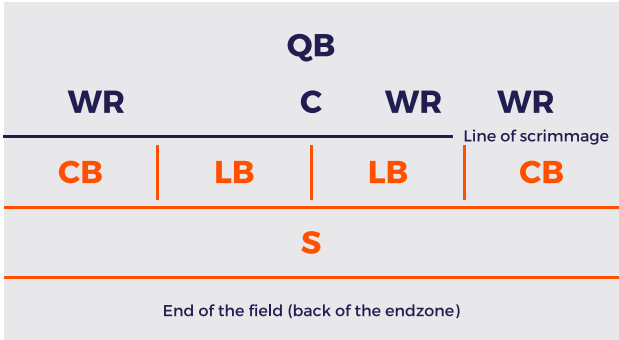
Types of Zones

Lesson 4/6

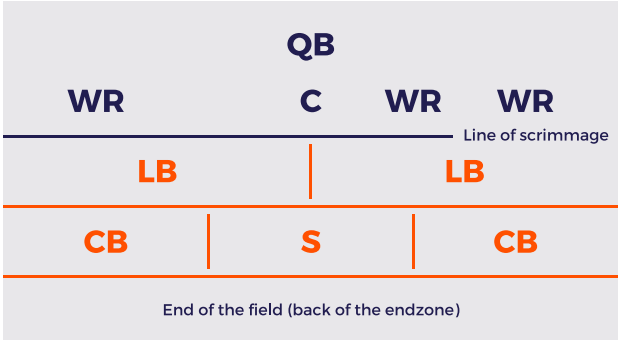
3v2 Zone



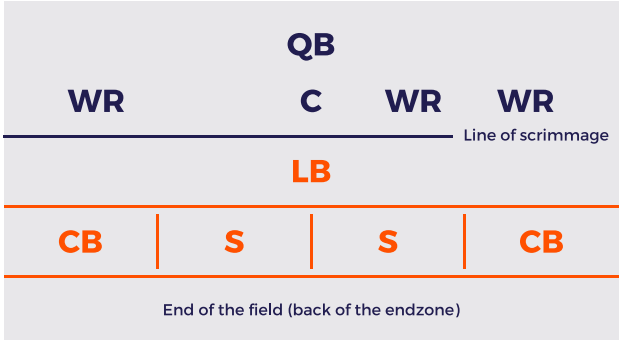
4v1 Zone



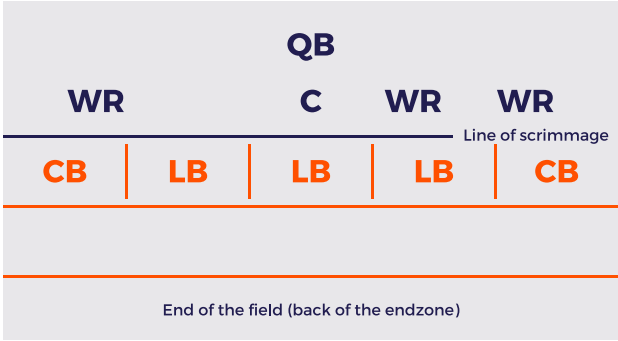
2v3 Zone

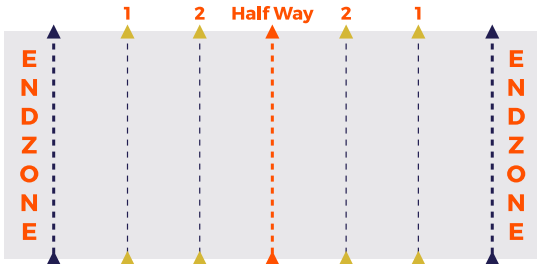


1v4 Zone



5v0 Zone



Lesson Objective	To play 5v5 JagTag Matches	Lesson 5/6
Equipment Needed	JagTag balls, cones, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> Organise their team and call plays to set up an attack Play small games following the rules provided Put into practice the techniques shown 	
Adapted Learning (Differentiation) (Challenge)	Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).	
Warm Up	<p>QB Throw & Catch:</p> <p>Pupils in pairs throwing and catching: A) Standing still. B) Running with the ball.</p>	
Main Activity	<p>JagTag Game:</p> <p>Groups of 10 (2 teams 5 v 5) Pitch size 60m x 30m</p> <p>Teams have 4 Downs to make it to the half way (Red Line). If they cross the half way they receive another 4 downs until they score. Players must stop when they get tagged. To score they need to catch the ball in the end zone. 6 points per touchdown. QB throws from where they were tagged. If a pass is incomplete, the QB throws again from the same spot. Emphasise on going forwards.</p> <p>If they score they get a chance of a bonus point. 1 point from level with cone 1 which is closer. 2 points from level with cone 2 which is further away.</p> <p>A Typical JagTag Pitch</p>  <p>Children must rotate positions: Offence = QB, WR, RB, C. Defence = S, LB, CB. Adapted Learning = Smaller groups, smaller pitch, play with similar ability.</p>	
Cooldown	Collect the balls and cones in. Recap lesson and key points.	
Key Technical Points	Routes, In and Out, Comeback and Curl, Hike, Direction, Agility, Offence, Scrimmage, Man to Man Marking, Zone Marking, Running Plays, Throwing Plays, Blockers, 4 downs, Incomplete, Offside.	

Lesson Objective	To play 5v5 JagTag Matches	Lesson 6/6
Equipment Needed	JagTag balls, cones, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Organise their team and call plays to set up an attack • Play small games following the rules provided • Put into practice the techniques shown 	
Adapted Learning (Differentiation) (Challenge)	Different size Balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (USA info, NFL teams), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), PSHE (Self Esteem, confidence building).	
Warm Up	<p>QB Throw & Run Routes:</p> <p>Pupils in pairs throwing and catching whilst running the routes (Lesson 1).</p>	
Main Activity	<p>JagTag Game:</p> <p>Groups of 10 (2 teams 5 v 5) Pitch size 60m x 30m</p> <p>Teams have 4 Downs to make it to the half way (Red Line). If they cross the half way they receive another 4 downs until they score. Players must stop when they get tagged. To score they need to catch the ball in the end zone. 6 points per touchdown. QB throws from where they were tagged. If a pass is incomplete, the QB throws again from the same spot. Emphasise on going forwards.</p> <p>If they score they get a chance of a bonus point. 1 point from level with cone 1 which is closer. 2 points from level with cone 2 which is further away.</p> <p>A Typical JagTag Pitch</p>  <p>Children must rotate positions: Offence = QB, WR, RB, C. Defence = S, LB, CB. Adapted Learning = Smaller groups, smaller pitch, play with similar ability.</p>	
Cooldown	Collect the balls and cones in. Recap lesson and key points.	
Key Technical Points	Routes, In and Out, Comeback and Curl, Hike, Direction, Agility, Offence, Scrimmage, Man to Man Marking, Zone Marking, Running Plays, Throwing Plays, Blockers, 4 downs, Incomplete, Offside.	