



Recap: What do we know about JagTag?

Lesson 1/6

To introduce running with the ball and how to grip the ball in JagTag

Success Criteria

To be able to:

- Children know how to hold the ball using the 5 points of contact**

5 Points of contact

- Fingers, palm, forearm, bicep, chest (Ball Security)**



Recap: To introduce running with the ball and how to grip the ball in JagTag

Lesson 2/6

To introduce the low catching technique in JagTag

Success Criteria

To be able to:

- **Know when to use the low catching technique**
- **Make a rake with their hands, little fingers together**
- **Watch the ball in their hands looking at the tip of the ball**



Recap: To introduce the low catching technique in JagTag

Lesson 3/6

To introduce the medium and high catching technique in JagTag

Success Criteria

To be able to:

- Know when to use the medium/high catching technique**
- Make a diamond shape with their hands, thumbs together and index fingers together**
- Hold their hands out and away from the body**
- Watch the ball in their hands looking at the tip of the ball**



Recap: To introduce the medium and high catching technique in JagTag

Lesson 4/6

To introduce the quarterback throwing technique in JagTag

Success Criteria

To be able to:

- Know to stand side on to the target**
- Have their throwing arm up and with ball behind head, elbow above shoulder**
- Be introduced to the mobile phone/seat belt phrase, to help with throwing**



Recap: To introduce the quarterback throwing technique in JagTag

Lesson 5/6

To introduce 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 and the curl routes**



Recap: To introduce basic route running in JagTag

Lesson 6/6

To introduce basic offense vs defense games in JagTag

Success Criteria

To be able to:

- Know when they are allowed to start the route**
- Run individual routes avoiding a defender**
- Start to understand need to look at the QB when they want to receive the ball**