



Year 6 - Jag Tag Lesson Plan

COMPLETE
EDSTART

Lesson Objective To run routes on the QB's call

Lesson 1/6

Equipment Needed Jag Tag 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

EDSTART KNOW

- I can explain what the line of scrimmage is
- I can describe different routes such as slant, curl, and post
- I can understand that the QB calls the play

EDSTART GO

- I can run a variety of routes on the QB's call
- I can catch the ball using the correct technique
- I can secure the ball before moving to the next play

EDSTART SHOW

- I can support my teammates by running my route correctly
- I can respect the defenders when they pull my tag
- I can encourage others when practising routes

Key Question

How can you work as a team to attack and defend effectively in flag football? By communicating clearly, using planned routes, protecting the ball, reacting quickly, and supporting teammates in attack and defence.

Warm Up

JUNGLE CHASE: Set up a 30m x 30m area. Each player has a ball, held correctly as if running with it. Players move around the area trying to tag as many others as possible while keeping control of their own ball. Pupils earn one point for each successful tag and five points if they knock the ball from an opponent's hands, causing the opponent to lose all their points. This develops agility, awareness, ball security, and evasion. **PROGRESSION:** Add time limits such as 30 seconds per round or introduce bonus zones worth double points for successful tags.

Main Activity

SNAP, THROW & SCORE: In groups of three, pupils practise key team roles used in flag football. Player one acts as the centre and performs a controlled snap to start the play. Player two takes on the role of quarterback, calling "hike", receiving the ball, setting their feet, and delivering an accurate throw. Player three is the wide receiver, focusing on timing their movement, watching the ball closely, and making a secure catch with soft hands. Clear communication, correct positioning, and teamwork are emphasised throughout. Pupils rotate roles regularly so everyone experiences each position and understands their responsibilities. **PROGRESSION:** Challenge groups to complete five successful snaps and catches in a row before switching roles.

ROUTE MASTERS: Pupils recap key attacking routes including comeback, curl, in, out, wheel, slant, flag, post, and go. There are no defenders at this stage. The focus is on sharp movement, correct angles, timing between thrower and receiver, and teamwork. **PROGRESSION:** Add targets for receivers to catch within specific zones or introduce timed route runs to increase challenge.

DEFENCE ON THE PROWL: Begin with one defender and gradually increase to two, three, and four defenders. Teams of eight include centre, quarterback, and two wide receivers against the defenders. Defenders focus on positioning, anticipation, and reacting to routes. **PROGRESSION:** Add a defender to pressure the quarterback, with the centre protecting them. For developing groups, remain with one defender and use three runners to build confidence.

THE FINAL DRIVE (4V4 GAME): Pupils play small-sided games using four downs to score. The focus is on teamwork, communication, decision-making, and applying routes and defensive strategies learned earlier. Pupils are encouraged to support each other and play fairly. **PROGRESSION:** Encourage pupils to call their own plays and rotate positions between drives so everyone experiences different roles.

Adapted Learning (Differentiation) (Challenge)

SPACE

Shorter routes for beginners, longer for advanced.

TASK

Start with one route, progress to multiple routes.

EQUIPMENT

Use smaller/softer balls for beginners, regulation Jag Tag balls for advanced.

PEOPLE

Work individually first, then in pairs, then in teams with QB/receivers/defenders.

Cooldown

JAGUAR RELAY: The class is split into two teams. Footballs or cones are placed at one end of the area. On "go," the first player in each team runs to collect a ball, performs a short, controlled pass to a teammate positioned halfway back, and that teammate then runs the ball over the finish line. The relay continues until all players have taken part. Once complete, the order is reversed so everyone gets two turns. This activity keeps pupils active while lowering intensity and reinforcing teamwork. **PROGRESSION:** Add fun challenges such as backwards runs, side-steps, or carrying the ball with one hand. End with a short discussion: "What made your team successful?" and "How did teamwork help you finish strong?"

Key Technical Points

Successful flag football requires secure ball handling, clear communication, and precise timing between thrower and receiver. Players must run accurate routes, protect the ball when moving, and react quickly in defence by reading play, positioning their body well, and supporting teammates during transitions.



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Lesson Objective	To use different strategies in game situations			Lesson 2/6
Equipment Needed	Jag Tag balls, cones, bibs.			
Success Criteria	Children can: <ul style="list-style-type: none">Understand they need to create space as they run their routesKnow on the QB's call, they plant and accelerate along their routeCome up with a variety of offensive plays to score a touchdown			
EDSTART KNOW	EDSTART GO			EDSTART SHOW
<ul style="list-style-type: none">I can explain what a down isI can describe how to create space when attackingI can understand the difference between running and passing plays	<ul style="list-style-type: none">I can use different offensive strategies in gamesI can combine running and throwing plays to score touchdownsI can work with teammates to call and execute plays			<ul style="list-style-type: none">I can listen to and respect the QB's decisionsI can encourage my teammates when attackingI can respect my opponents in competitive games
Key Question	How can you create space and keep possession when under pressure? By moving constantly, changing speed and direction, communicating clearly, and using quick, accurate passes to support teammates.			
Warm Up	SPACE INVADERS: The class is split into two teams and plays a "stuck in the mud" style game using throwing and catching to score points by passing the ball into an end zone. Pupils may only move when they are not holding the ball and must rely on accurate passing and teamwork to progress. Games are played in 30m x 15m grids for 4v4 matches. Rounds can focus on low passes only using spider web catches, high passes only using diamond catches, or free choice where pupils select the best pass based on space and pressure. PROGRESSION: Add defenders who can intercept passes or award bonus points for completing five consecutive passes before scoring. ADAPTED LEARNING: Reduce the number of defenders for developing players or use larger grids to increase space.			
Main Activity	THE GREAT ESCAPE: Pupils work in pairs with one attacker holding the ball and one defender. The attacker's aim is to move into space and escape their partner by using quick changes of direction, sharp footwork, and changes of pace to create separation. The defender focuses on tracking the attacker's movement, staying low and balanced, and adjusting position to stay between the attacker and the target. On the whistle, roles are swapped so both pupils practise attacking and defending skills. This activity develops agility, spatial awareness, and decision-making in 1v1 situations. PROGRESSION: Add cones to create safe zones attackers can reach for extra points or restrict defenders to walking only to vary the challenge. OUT OF THE BLOCKS: In groups of five, pupils take on specific roles: one quarterback, two offensive players, and two defenders. On the "hike" call, the wide receivers sprint away from defenders into open space, using changes of speed and direction to create separation. The quarterback scans the field, reads the defenders' positioning, and throws to the best available target at the right moment. Defenders focus on tracking, anticipating routes, and applying pressure without contact. Roles are rotated regularly so all pupils experience attacking and defending positions, building understanding of team play. PROGRESSION: Allow one receiver to act as a screen, legally blocking a defender's path to create space and improve passing options for teammates. BLOCK THE DEFENDERS: In groups of eight playing 4v4, teams have four attempts to score by creating space using movement, screens, and blockers. Players must move constantly to support the ball carrier and are not allowed to grab or hold defenders. The focus is on teamwork, communication, and tactical awareness. PROGRESSION: Introduce zones defenders cannot enter or award points for well-executed team plays.			
Adapted Learning (Differentiation) (Challenge)	SPACE Larger zones for beginners, smaller zones for advanced.	TASK Begin with basic plays, progress to more complex offensive patterns.	EQUIPMENT Use cones to mark clear lanes for beginners, open play for advanced.	PEOPLE Play in small teams, rotate roles so everyone tries QB/receiver.
Cooldown	JAG TAG RELAY RACE: The class is divided into two teams. Players sprint one at a time to collect a cone, run it back, and make an accurate pass to the next teammate to continue the relay. Once all cones are collected, teams work together to build a mini end zone using their cones, reinforcing teamwork and communication. PROGRESSION: Add variations such as hopping, side-stepping, or rolling the ball before passing. Finish in a team huddle to recap what helped them move, play, and create space like pros.			
Key Technical Points	Effective invasion play relies on creating space through constant movement, sharp changes of direction, and clear communication. Attackers must time runs accurately, use quick, controlled passes, and protect the ball, while defenders read play, stay balanced, and apply pressure without fouling.			



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Lesson Objective	To introduce 'man to man' coverage when defending				Lesson 3/6
Equipment Needed	Jag Tag 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				
EDSTART KNOW	<ul style="list-style-type: none">• I can explain what man-to-man coverage means• I can describe why watching an opponent's hips helps in defence• I can understand how to intercept passes safely				EDSTART GO
	<ul style="list-style-type: none">• I can stay close to my opponent and track their movement• I can defend by tagging or intercepting the ball• I can block my opponent from catching the ball				EDSTART SHOW
Key Question	<p>How can you defend effectively in man-to-man situations? By staying balanced, tracking your opponent's movement, communicating with teammates, and anticipating passes to deny space.</p>				
Warm Up	<p>ESCAPE THE JAGUAR: Choose two or three taggers who each hold a ball in one hand. They chase the other pupils and try to tag them by touching them with the ball. If tagged, players freeze with legs apart like "stuck in the mud." Teammates can free them by safely crawling through their legs. Emphasis is placed on holding the ball correctly while running, using space effectively, and changing direction to evade taggers. PROGRESSION: Add time limits for how long players can stay frozen or increase the number of ball-holding taggers.</p>				
Main Activity	<p>SHADOW MATCH (MAN-TO-MAN COVERAGE DRILL): In groups of three, pupils take on the roles of quarterback, wide receiver, and defender to practise realistic man-to-man situations. The quarterback begins each repetition by calling "hike," signalling the start of the play. The wide receiver then runs a pre-set route with speed and precision, focusing on sharp changes of direction and maintaining good spacing. The defender shadows closely, aiming to stay between the receiver and the ball without making contact, using quick footwork, low body position, and balanced movement to react to changes. The quarterback scans the movement of both players and delivers an accurate pass at the right moment once the receiver reaches the correct position. Emphasis is placed on anticipation, reading body cues, timing, and communication between players. After several repetitions, pupils rotate roles so everyone experiences attacking and defending responsibilities. PROGRESSION: Bring the defender closer to the receiver to increase pressure or add timing challenges, such as requiring the route and pass to be completed within five seconds.</p> <p>THE COVER CHALLENGE (MAN-TO-MAN JAG TAG GAME): Pupils play 4v4 small-sided games using man-to-man coverage, with each defender responsible for marking one specific attacker throughout the game. Defenders focus on staying close without physical contact, keeping a low and balanced body position, and watching the attacker's movement to anticipate passes. The attacking team works to complete accurate passes, move into space, and support the ball carrier in order to score in the end zone. Clear communication is encouraged on both sides, with defenders calling switches and attackers signalling for the ball. This activity develops defensive awareness, anticipation, teamwork, and decision-making under pressure. PROGRESSION: Add time limits for passes, such as requiring the quarterback to throw within five seconds, or introduce turnovers for dropped catches to increase intensity and realism.</p>				
Adapted Learning (Differentiation) (Challenge)	SPACE Start with bigger defensive zones, reduce for more challenge.	TASK Practise 1v1 coverage, progress to team defence.	EQUIPMENT Use cones to mark zones and guide positioning.	PEOPLE Pair up for 1v1 defence, then move to small-sided games.	
Cooldown	<p>THE GREAT CHASE RELAY: The class is split into two teams, each lining up behind a cone. On the whistle, the first player in each team sprints to the end zone, performs a "fake catch," then races back to tag the next teammate. The relay continues until all players have taken part, finishing with the whole team jogging a victory lap together around the grid. This promotes speed, teamwork, and enjoyment. PROGRESSION: Add a fun twist by selecting one player from each team to act as a defender, attempting to tag runners before they return. "What makes good marking?" and "How can you help your team defend better next time?"</p>				
Key Technical Points	Effective man-to-man defence requires staying side-on and balanced, matching the attacker's movement, keeping eyes on the hips, and reacting quickly to changes of direction while communicating with teammates to prevent space and intercept passes.				



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Lesson Objective	To look at 'zone marking' when defending				Lesson 4/6
Equipment Needed	Jag Tag balls, cones, bibs, tag belts.				
Success Criteria	Children can: <ul style="list-style-type: none">Understand what zone on the field they are coveringUnderstand that they need to drop to the back of zoneBe aware of any receivers entering and leaving their zoneUnderstand they don't chase the receivers into another zone				
EDSTART KNOW	EDSTART GO <ul style="list-style-type: none">I can explain what zone defence meansI can describe how defenders stay in their areaI can understand how to drop back and cover spaceI can defend by covering my zone on the pitchI can react to receivers entering my areaI can intercept passes or tag receivers in my zone				EDSTART SHOW <ul style="list-style-type: none">I can support my team by holding my positionI can respect my opponents when taggingI can encourage teammates to cover their zones
Key Question	How can a team defend effectively using a zone system? By communicating constantly, covering spaces together, moving as a unit, and reacting quickly to the ball rather than individual players.				
Warm Up	ZONE DASH: Players work in pairs, with one wide receiver (WR) and one linebacker (LB). Each pair is given a number. On the coach's call, the named pair races from one end zone to the other. The WR's aim is to reach the end zone using changes of speed and direction, while the LB shadows closely, maintaining a one-arm gap at all times. The coach calls a new number every five seconds to keep intensity high and ensure all pupils stay alert. This develops sprinting, marking, and awareness. PROGRESSION: Add a ball for WRs to carry safely into the end zone or allow passes that defenders can attempt to intercept.				
Main Activity	COVER THE FIELD (ZONE DEFENCE INTRODUCTION): Divide the class into two teams, with each team positioned in clearly marked defensive zones across the playing area. On the coach's signal of "go," one player from each team breaks out and moves quickly between the zones, tagging a cone placed in each area to represent covering all spaces on the pitch. Players are encouraged to stay balanced, keep their heads up, and move efficiently between zones, just as they would in a real zone defence. Once all cones have been tagged, the player returns and makes a controlled pass to the next teammate, who continues the relay. This activity reinforces spatial awareness, responsibility for areas rather than individuals, and teamwork within a defensive unit. PROGRESSION: Add specific movement tasks such as side-steps, backpedals, or short acceleration sprints between cones to better simulate realistic zone defence movement and transitions. Finish with a short discussion: "What helps a good zone defence?" and "Why is teamwork more important than marking one person?"				
	ZONE SHAPES CHALLENGE (DIFFERENT ZONE STRUCTURES): Using visual prompts that show different types of zone defences, groups work together to set up and practise a range of defensive shapes, such as deep zones, flat zones, or split zones. Pupils position themselves carefully within each structure, focusing on spacing, angles, and shared responsibility for covering areas rather than individual players. Teams then test each defensive shape against simple attacking movements to see which structure is most effective at stopping passes, closing passing lanes, and limiting space. After each round, pupils discuss what worked well, what was challenging, and why certain shapes were more effective in different situations. This encourages tactical thinking, communication, and reflection. PROGRESSION: Add live attacking routes so defenders must react in real time, communicate quickly, switch marks when needed, and adjust their positioning under pressure.				
Adapted Learning (Differentiation) (Challenge)	SPACE Larger zones for beginners, smaller for advanced.	TASK Start with static zones, progress to full zonal matches.	EQUIPMENT Use cones to mark zones clearly.	PEOPLE Rotate roles so all children try offence and defence.	
Cooldown	ZONE WALK: Divide the class into two teams, with each team standing in their assigned defensive zones. On "go," one player from each team sprints out to tag cones placed in each zone, representing the need to cover all areas of the field. Once all cones are tagged, the player passes the ball to the next teammate, who repeats the challenge. The first team to complete the relay wins, encouraging speed, awareness, and teamwork. PROGRESSION: Add movement tasks such as side-steps, backpedals, or short sprints between cones to simulate realistic zone defence movement. Finish with a quick discussion: "What helps a good zone defence?" and "Why is teamwork more important than marking one person?"				
Key Technical Points	Zone marking requires players to defend areas, not individuals, staying balanced and side-on while tracking the ball. Defenders must communicate, adjust spacing, pass attackers on when they move zones, and shift together to close passing lanes and protect space.				



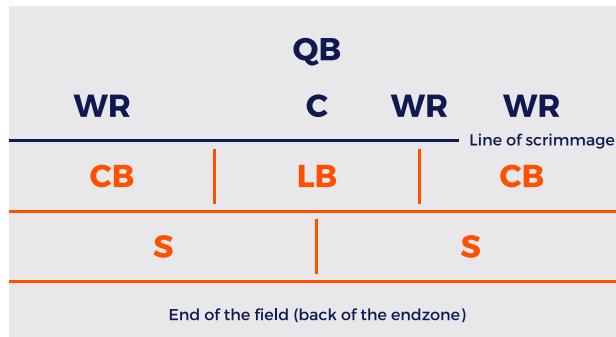
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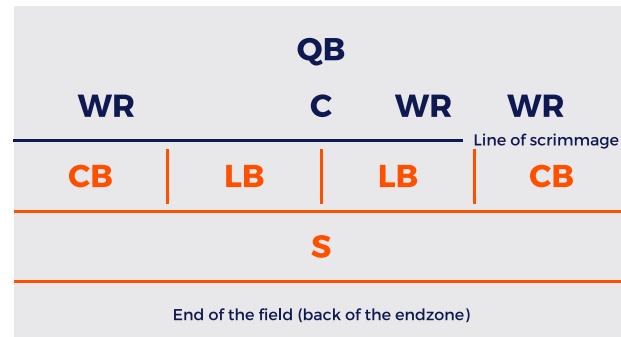
Types of Zones

Lesson 4/6

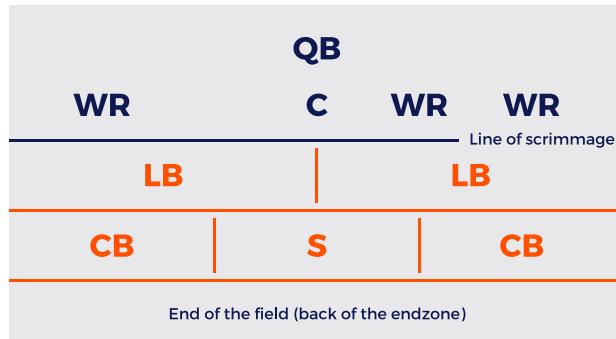
3v2 Zone



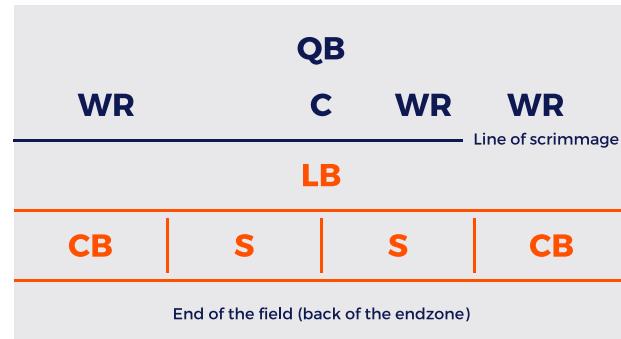
4v1 Zone



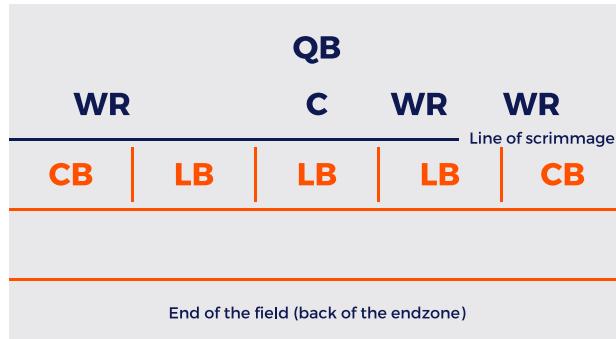
2v3 Zone



1v4 Zone



5v0 Zone





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Lesson Objective	To play 5v5 Jag Tag matches				Lesson 5/6
Equipment Needed	Jag Tag balls, cones, bibs.				
Success Criteria	Children can: <ul style="list-style-type: none">Organise their team and call plays to set up an attackPlay small games following the rules providedPut into practice the techniques shown				
EDSTART KNOW	EDSTART GO <ul style="list-style-type: none">I can play in 5v5 matches using the correct rulesI can use tactics such as quick passes and running playsI can take turns playing different roles in my team				EDSTART SHOW <ul style="list-style-type: none">I can encourage my teammates during matchesI can respect the decisions of referees and opponentsI can show fairness whether I win or lose
Key Question	How do teamwork and communication help you succeed when throwing, catching, and attacking? By calling clearly, moving into space, sharing the ball, and supporting teammates to create scoring chances.				
Warm Up	JAGUAR PAIRS: Pupils work in pairs to practise throwing and catching skills. PART A - STATIONARY: Pupils stand opposite each other, focusing on correct grip, smooth arm action, and catching with two hands in front of the body. PART B - MOVING: The thrower calls "GO!" while their partner jogs or changes direction to receive the pass on the move, concentrating on timing, accuracy, and body positioning. Clear communication such as "READY," "MINE," and "CATCH" is encouraged to build teamwork and confidence. PROGRESSION: Add a light defender to shadow the receiver, forcing them to move into space before catching.				
Main Activity	JAG TAG SHOWDOWN: Pupils are split into two teams of five and play on a 60m x 30m pitch. Each team has four downs (attempts) to reach the halfway line. If successful, they earn four more downs to score in the end zone. The ball carrier must stop once tagged, and the quarterback restarts play from that position. A touchdown, scored by catching the ball in the end zone, is worth six points. After scoring, teams may attempt a bonus throw for extra points: one point from the closer cone or two points from the further cone. Pupils are encouraged to think carefully about spacing, communication, and teamwork when attacking. PROGRESSION: Add rules such as requiring every player to touch the ball before scoring or introduce a defensive time limit to increase challenge. <ul style="list-style-type: none">ADAPTED LEARNING: Reduce pitch size, play 3v3 or 4v4, or simplify rules to focus on passing and movement.POSITION ROTATION: Pupils rotate through all positions to experience both attacking and defending roles.OFFENCE: QB (Quarterback), WR (Wide Receiver), RB (Running Back), C (Centre)DEFENCE: S (Safety), LB (Linebacker), CB (Cornerback)				
Adapted Learning (Differentiation) (Challenge)	SPACE Smaller pitches for beginners, larger for advanced.	TASK Start with limited plays, progress to full matches.	EQUIPMENT Use cones as goals if needed, Jag Tag balls for all matches.	PEOPLE Teams grouped by ability, rotate roles to ensure fairness.	
Cooldown	THE CELEBRATION DRIVE: The class is split into two teams, with each team lining up behind a cone at one end of the area. One player at a time sprints to the end zone, catches a short pass from the coach, and performs their best touchdown celebration. The class then votes for the most creative or team-spirited celebration, keeping the atmosphere fun and positive. PROGRESSION: Add a chasing defender to encourage awareness, agility, and quick decision-making. Finish with a team huddle to discuss how accurate throwing, clear communication, and teamwork helped them move and score like real Jaguars.				
Key Technical Points	Successful flag football performance depends on accurate throwing mechanics, secure two-handed catching, and effective movement into space. Players must communicate clearly, time runs well, and maintain correct body positioning, while quarterbacks scan options and deliver passes with control to support teamwork and attacking success.				



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Lesson Objective	To play 5v5 Jag Tag matches				Lesson 6/6
Equipment Needed	Jag Tag balls, cones, bibs.				
Success Criteria	Children can: <ul style="list-style-type: none">Organise their team and call plays to set up an attackPlay small games following the rules providedPut into practice the techniques shown				
EDSTART KNOW	<ul style="list-style-type: none">I can explain offensive and defensive tacticsI can describe how to win possession and score touchdownsI can understand how to evaluate my own performance	EDSTART GO	<ul style="list-style-type: none">I can apply attacking and defending tactics in gamesI can play in competitive matches following the rulesI can compare my performance to improve	EDSTART SHOW	<ul style="list-style-type: none">I can respect referees and opponents in tournament playI can encourage my teammates throughout matchesI can celebrate success and accept defeat fairly
Key Question	How can timing and communication help your team score in tag football? By running routes at the right moment, calling clearly, and passing accurately to teammates in space.				
Warm Up	ROUTE RUNNERS: Pupils work in pairs to practise throwing and catching while running the routes learned earlier in the unit. One pupil acts as the Quarterback (QB) and the other as the Wide Receiver (WR). The WR runs a set route such as slant, post, curl, or out, while the QB focuses on timing the throw to match the moment the WR changes direction. Emphasis is placed on accurate passing, clear communication using cues like "GO!" or "NOW!", and secure catching technique while on the move. PROGRESSION: Add light defenders to increase awareness, pressure, and decision-making for both the QB and WR.				
Main Activity	JAG TAG CHAMPIONS: Pupils play in groups of ten, split into two teams of five, on a 60m x 30m pitch designed to encourage space, movement, and tactical play. Each team begins with four downs to reach the halfway line, using accurate passing, well-timed runs, and clear communication to progress the ball. If the team is successful, they are awarded another four downs to attack the end zone and attempt to score. The ball carrier must stop immediately when tagged, and the quarterback restarts play from that point, with passes allowed forwards or sideways to maintain continuous play. A touchdown is scored by catching the ball in the end zone and is worth six points. After scoring, teams can attempt bonus throws for extra points, earning one point for a short throw from cone one or two points for a longer throw from cone two. Throughout the game, emphasis is placed on teamwork, safe tagging, communication, movement into space, and positive forward play. PROGRESSION: Introduce a rule that each attacking move must include at least two passes before scoring to further encourage teamwork and ball movement. <ul style="list-style-type: none">POSITION ROTATION: Pupils rotate through all positions to experience different roles and responsibilities.OFFENCE: QB (QUARTERBACK), WR (WIDE RECEIVER), RB (RUNNING BACK), C (CENTRE)DEFENCE: S (SAFETY), LB (LINEBACKER), CB (CORNERBACK)				
Adapted Learning (Differentiation) (Challenge)	SPACE Use standard pitches, adjust for ability levels.	TASK Start with short matches, progress to full tournament.	EQUIPMENT Use Jag Tag belts and balls consistently.	PEOPLE Teams mixed for fairness, rotate roles for experience.	
Cooldown	TOUCHDOWN RELAY: Teams line up behind their cones. On "GO!", one player runs to catch a short pass in the end zone and performs a creative touchdown celebration, such as a "JAGUAR LEAP" or "VICTORY SPIN," before jogging back to tag the next teammate. The relay continues until all players have scored a touchdown, creating energy and excitement. PROGRESSION: Add a chasing defender or a timed challenge to increase intensity. Finish with a quick team huddle to recap the key learning points: teamwork, communication, and accurate route running.				
Key Technical Points	Effective tag football attacking play relies on precise route running, well-timed passes, and secure catching on the move. Quarterbacks must read space and release the ball at the right moment, while receivers accelerate, change direction sharply, and communicate clearly to create and finish scoring opportunities.				