

AMERICAN FOOTBALL SWARM AND CORRAL

Quick introduction

Swarm and Corral is about the defenders tackling as a group to ensure the ball-carrier has no easy path to score a touchdown (TD). 1 ball-carrier takes on 3 defenders in this fast-paced attack & defend game.

Think tactics

- Ball-carriers should consider the best way to manoeuvre around the defenders – not necessarily full-speed in a straight-line.
- Defenders should think about how best to work together in trapping a ball carrier and closing the space they have to run/move in.

Getting started

- With six players per group create a playing area 20 yards by 20 yards.
- 3 players start as defensive players in the middle of playing area (minimum of 10 yards from the start line).
- 3 players start as offensive players, first with 1 ball-carrier who starts on the 20-yard line. One other offensive player either hands them the ball or passes it to them to start the activity.
- The ball-carrier must try to cross the goal-line to score a TD by manoeuvring around the defenders without getting any of their flags (tags) pulled.
- The defenders, working as a group should try to position themselves and close in on the ball carrier in order to make the tackle (by taking the flags from the ball-carrier).
- Once the tackle is made or the ball-carrier scores the defenders have to reset quickly in the middle so the next ball carrier can go 3 seconds after the previous ball carrier is tackled or scores.
- After every offensive player has had a turn, teams swap roles

Health and safety

- A defender should only reach for both flags (good technique) - if they can do so by keeping themselves and the ball carrier out of harm's way.
- If a defender cannot reach both flags safely, then they should go for the nearest flag (not across the body)
- Ball-carriers must try to keep their hands and arms out of the way when tackles are attempted, making sure to secure the ball when doing so – this is to avoid fending off or obstructing the defender (flag guarding) illegally



Officiating

- Two players act as officials.
- One is a goal-line judge to see if the ball-carrier successfully scores.
- Another participant is a referee whose role it is to decide if the ball-carrier has illegally flag-guarded and also to ensure the defenders try to avoid contact.

Hints and tips

- Consult the challenge cards for more details.
- If there are not enough tags play two touch to make a tackle.
- Keep the pace appropriate to all children – some may benefit from more challenge whilst others may not.

Organising the game

- Teams could have up-to 5 player each side with a rotation of roles.
- It is advisable to use a proper American Football, but any ball of any size can be used for this activity.
- The ball-carrier should not start running until 3 seconds after the last ball carrier has been tackled or scored.

Keeping it fun

- Increase the number of defenders (keeping in mind the space) to make it more difficult for the ball carriers and vice versa.
- Increasing the playing area will make it easier for the ball carriers and likewise, decreasing it will make it easier for defenders.

Think inclusive!

- For players who have limited mobility, play the game at walking pace and/or widen the playing area.

BIG ideas

A female Yr11 student filmed, edited and produced a video with a music soundtrack of the American Football Programme at her school with no staff help or involvement.

This was entirely her own idea. It was used at the College's Sport Awards Evening.



“It helps me with team-work because everyone has to work together or it won't go the way it's meant to.”

Jacob, West Exe School

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Teamwork: If we work together and communicate well we will have a better chance of making the tackle.

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AMERICAN FOOTBALL ULTIMATE FOOTBALL



Quick introduction

This is just like Ultimate Frisbee with teams between five to eight players. Teams have four downs (attempts) to score and can throw the ball as many times as they like during a down (backwards or forwards). But if the ball is dropped, intercepted (caught by a member of the other team) possession changes. A touchdown is worth six points.

Getting started

- The field should be 20 yards wide x 25 yards long but can be larger or smaller depending on the size of teams with the number of downs adjusted accordingly.
- Set-up end zones between 5-10 yards deep.
- Players line-up next to the QB and run into a position, catch the ball and then throw the ball to a member of their team.
- If the pass is incomplete, they start their next down from where the pass was thrown.
- Teams are not allowed to score on the first pass therefore must move the ball carefully forward.
- Players can only take two steps with the ball. Extra steps after a catch is 'running' and incurs one point penalty.

Health and safety

- Make sure players have an area to run in so that the team stays spread out.
- Do not encourage or allow everyone to chase after the same ball or all run into the same area.
- Stress that this is a non-contact game!

Think tactics

- Players need to think about where the space is and not just 'follow the ball'.



Officiating

- Let young people officiate. Have two referees, one either side of the playing area or one at the side and one actually in the playing area.
- Penalties are: running with the ball, jumping into another player or deliberate contact (pushing).

Organising the game

- Teams do not wear tag belts for this game. It is about finding space to catch in or intercepting a pass.
- Think about other rules that may apply to this game – what about ‘blocking’ or ‘jumping into a player’ to make an interception?
- This is a fast and intense game. Decide on how long you think it is best to play – for example, two 10 minute halves.

Keeping it fun

- Make sure everyone gets to catch and throw the ball.
- Players must look out for and look after each other – including the opposition!

Think inclusive!

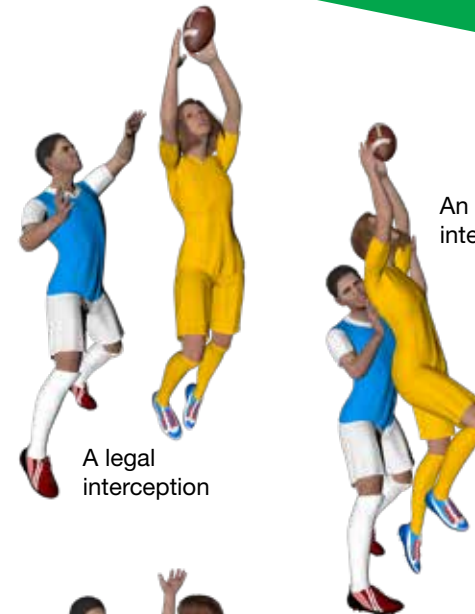
- Ensure each team member touches the ball prior to a touchdown.
- Safety zones can be included within the area to allow students with physical or intellectual impairments to take part in the game.
- On every four downs, the ball must be passed to the player in this area. Defensive players cannot enter this area, Offensive players can.

BIG ideas

Two female Yr12 Media students who also played on the Programme wrote, edited and took photographs for an article in the school newspaper. This was sent out with the town’s local newspaper – *The Exmouth Journal*.

“The great thing about American Football is that there are many different elements to it which set it aside from most sports. So there are many different ways in which you can participate in this epic sport.”

Phoebe
Exmouth Community College



A legal interception

An illegal interception



An illegal block

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Respect: Don't let the excitement of the game cloud your judgement or emotions. Play fair and look after each other.

AMERICAN FOOTBALL

REDZONE



Quick introduction

RedZone is a non-contact 5-a-side game where the aim is to score as many touchdowns (TDs) as possible. One team starts as the 'offense' from the 5-yard line, where the QB must try to throw a TD pass to one of their teammates without crossing the line. 1 point per TD, each team gets 5 attempts, then offense and defense swap places.

Getting started

- Create an End Zone 10 yards deep x 20 yards across.
- Use cones or pitch markings that already exist.
- Mark a 5-yard line away from the goal line from which the QB can throw the ball.
- The Team with the ball huddles to discuss who the Primary and Secondary Receivers are (who the QB will look to throw the ball to first or second?).
- The Offense line up either side of the QB along the 5 yard line, as with a normal play, then when the QB shouts "hut" they run into the end zone.
- The QB can move around the throwing area but must not cross the 5-yard line before throwing the ball.
- If the Defense bats the ball down, they score one point. If they catch the ball (an 'interception') it is worth two points.

Health and safety

- This is a non-contact game. Discuss what would be a fair interception.
- When planning the play, QBs should make sure some players run towards the sides of the End Zone rather than everyone running into the middle.

Think tactics

- Teams on Offense should think about how to 'move' the Defense away from the Primary Receiver to increase their chances of catching the ball.



Officiating

- Let two young people officiate. One is the Line Official positioned at the back corner of the end zone watching the Defense.
- The other is the Referee, positioned diagonally opposite and in line with the goal line, watching the QB and Offense.
- The front Official watches for the following fouls:
 - > The QB stepping over the 5-yard line before throwing.
 - > The QB throwing the ball after seven seconds of calling the snap.
 - > Any player making a movement before the ball is snapped on 'Hutt' in the sequence of 'Down, Set, Hutt'.
- Both Officials watch for the following fouls: 'Pass Interference' – Defenders must not stop an Offensive player catching a ball by contacting the receiver.
- Deliberate contact (pushing or holding) by either Offense or Defense – this is a non-contact game!

Organising the game

- Teams could have up to 10 players as long as there are only four Offensive and five Defensive players in the End Zone on any given play.
- When picking teams, match players according to their experience, height and athletic ability.
- Defending players should only mark the Offensive player they have been given.
- The Safety on Defense can mark any player.
- This is based on a one point conversion after a Touchdown in a normal 5v5 game.

Keeping it fun

- Allow half a point for any Offensive player that touches the ball in the End Zone.
- Reduce the Defensive Team by removing the Safety to making it a 4v4 match-up in the End Zone.
- Balls can be thrown low and caught just as well as thrown high!

Think inclusive!

- QBs who have limited throwing ability can set up at a distance, appropriate to their throwing ability, from the end zone.

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BIG ideas

A couple of Yr12 boys, without adult help, created a Facebook page for their school's American Football Programme. By using social media they promoted the fun and excitement of playing American Football in a school.

“It has given me great friends that I would otherwise not have met or considered befriending.”

Katie
Exmouth Community College



A correct interception attempt by yellow.

An incorrect interception attempt by yellow.

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Teamwork: Communicate effectively with your team and support each other under pressure – no-one wants to lose a game!

