

8th Grade Football

Study Guide

Objectives

- Students will understand the importance of teamwork
- Students will understand both the offense, defense and the roles they each play
- Gain appreciation and understanding for a popular team sport in our society
- Learn and develop problem solving strategies to help them advance in the game
- Students will incorporate offensive and defensive strategies in game play
- Students will participate in more competitive games
- Students will create and practice team playbooks to use during game play

Safety

- Students will wear appropriate physical education equipment
 - Uniform
 - Shoes
 - Flag belt
- Spatial awareness needs to be addressed while on the field of play
- All game rules need to be followed and enforced by both students and teacher

Monroe Rules

- No wrapping or tying of the flag belts
- There are 7 players on each team
- There are no fumbles, when a ball touches the ground it is dead
- The offense has 4 downs to advance the ball to the next zone
- Prior to the snap of the ball all players must be on the proper side of the ball, either offense or defense
- Offense and defensive players may not move at the line of scrimmage until the ball has been snapped
- To start an offensive play the ball must be snapped by the center
- All players are eligible receivers
- Running back may be handed the ball to rush with, but it must be handed off behind the line of scrimmage
- A forward pass is illegal;
 - If the passer is beyond the line of scrimmage when the ball leaves their hand
 - If more than one forward pass has been made in one play

- After a touchdown is scored the team that scores kicks off to the other team
- Any kick off that becomes dead behind the goal line is considered a touchback and the ball is put into play at the numbers
- A flag must be pulled for a player to be down (NO TACKLING)
- No flag guarding
- The defense may rush the quarterback once they have full possession of the ball
- On 4th down the offense has 2 choices:
 - Go for the first down
 - Punt the ball to the other team (the offense must warn the defense that they are punting, no fake punts)

Pro Football Rules

- There are 11 players on each team
- The game starts with a kick off from the teams 30 yard line
- A kick that ends up in or out of the back of the end zone is considered a touchback and the offensive team gets the ball at the 20 yard line
- The offense has 4 downs to advance the ball 10 yards to get a 1st down
- Players are down and a ball is dead when the player with the ball is tackled to the ground
- As the offense gains positive yards they move closer to the other teams end zone where they can score a touchdown
- If a team fails to make a 1st down the team has 3 choices:
 - Go for the first down
 - Punt the ball to the other team, fake punts are allowed
 - Go for a field goal (a kick worth 3 points)
- If they go for the first down and do not succeed the defensive team becomes the offense right where the 4th down attempt was made.
- If the team scores a field goal 3 points are scored for their team and the game is restarted by a kick off
- A fumble is when an offensive player loses possession of the ball while on their feet and it is allowed to be picked up by either team
- Only wide receivers and running backs are considered eligible receivers
- Players that are holding or running with the ball may use their hands to ward off any defensive player that is trying to tackle them
- The defense may rush the quarterback once the ball has been snapped, possession is not needed
- If the offense is tackled in their own end zone, a safety is awarded by giving the defense 2 points and they get the ball back as well, by a kick off

Penalties

Offensive False Start- When the offense moves before the ball is snapped
10 yards

Defensive Encroachment- When the defense moves onto the offensive side of the ball before it is snapped - 5 yards

Pass Interference- When a defensive back physically hinders a receiver from catching a pass from the QB - 15 yards

Face Mask- When a defensive player uses an offensive player's face mask to tackle them to the ground - 15 yards

Intentional Grounding- When the QB throws the ball away to avoid a sack and there is no receiver within 5 yards to catch it
15 yards and loss of a down

Holding- When an offensive player holds a defensive player to keep them from sacking their QB - 10 yards

Chop Block- When an offensive lineman blocks a defensive player below the knees in an attempt to keep them from the QB - 15 yards

Roughing The Kicker- When a defensive player runs into the kicker on a punt or field goal attempt - 10 yards and 1st down

Roughing The passer- When a defensive player hits the QB after he has gotten rid of the ball - 15 yards and a 1st down

Offensive And Defensive Strategies

- The students will use the following playbooks to create and utilize offensive and defensive strategies that their team can use in game play
- All players must have some responsibility to their team in each play
- Each play must have a name that all team members will recognize during game play
- Special Team plays (Kick off and punt plays) can be made as well

Positions

Quarterback- The offensive leader and primary passer (QB)

Center- The offensive player responsible for snapping the ball to the quarterback
The snap of the ball starts each offensive play (C)

Linemen- Players on the offensive and defensive side of the ball who line up on the line of scrimmage (OL - Offensive Linemen DL - Defensive Linemen)

Receivers- Offensive players whose main responsibility is to catch the passes from the quarterback (WR)

Running Backs- Offensive players whose main responsibility is to run the ball (RB)

Defensive Backs- The last line of defense whose main responsibilities are to cover the wide receivers (DB)

Pass Patterns

Square In- A pass route where the receiver runs up 5 yards and in towards the QB

Square Out- A pass route where the receiver runs up 5 yards and out away from the QB

Slant- A pass pattern running up the field on an angle towards the QB

Hook- A pass route where the receiver runs straight up the field and then makes a quick turn back to the QB to receive the pass

Fly- A pass route where the receiver runs straight down the field to receive a pass

Fade- A pass pattern running out and angling away from the QB (a deep pass)

Bomb Pass- a long hail mary type of pass 30-40 yards or deeper

DUPLICATE PASS





