

Flag Football Unit – Middle School

LESSON #4 – Defense

➤ Essential Knowledge (Objectives)

- Student will be able to demonstrate appropriate person-to-person defensive strategies for a corner and a defensive line position.
- Student will be able to demonstrate appropriate offensive strategies as a receiver to evade a defender (moving to open spaces, position between QB and defender).
- Student will be able to demonstrate appropriate zone defensive strategies for a safety position.

➤ National Standards for Physical Education

- Standard 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

➤ Assessment Opportunities

- Informal teacher and/or student peer observations
- Student reflection questions
- Student performance/demonstration of skills
- Skill assessment for person-to-person defensive strategies

➤ Pre-Requisite Knowledge and Skills

- Throwing and catching skills for football
- Pass patterns – hook, slant, fly/go
- Position responsibilities of the quarterback, center, and receiver
- Position responsibilities of the corner

➤ Fitness Focus

- See the [Spring-Jog Line](#) activity in the Football and Fitness Mini Lessons and/or use other mini lessons

➤ Materials and Preparation

- 1 football for each group of four students
- Large playing area
- Poster of pass patterns and cues
- Throwing and catching skill cues
- Diagram of offensive positions
- Person-to-person skill rubric

► **Link (Activate Students' Prior Knowledge)**

Ask students to provide the skills and responsibilities for the corner position on defense. Review the following:

Corner

- Defensive position
- Skill: How close spaces for ball to be passed; agility (able to change direction quickly); speed (keep pace with the receiver); alertness (being aware of where the ball is); and ability to anticipate what will happen
- Responsibility: Keep receiver from getting the ball and help teammates if ball is not thrown to their receiver

Person-to-person defense

- Close the spaces through which a ball or person can pass
- Position yourself between your opponent and the end zone you are defending
- Focus on your assigned player while remaining aware of where the ball is located
- Look for visual cues that help to anticipate what is about to happen (watch the quarterback)
- Keep yourself in a "ready position" in order to make quick movements to take possession of the ball
- If the ball does not go to your receiver, or it becomes a running play, leave your receiver to help out other defenders (teammates)

Say to students: Today we are going to begin with a practice of these positions in groups of four.

Provide students time to practice. Provide specific and descriptive feedback during student practice.

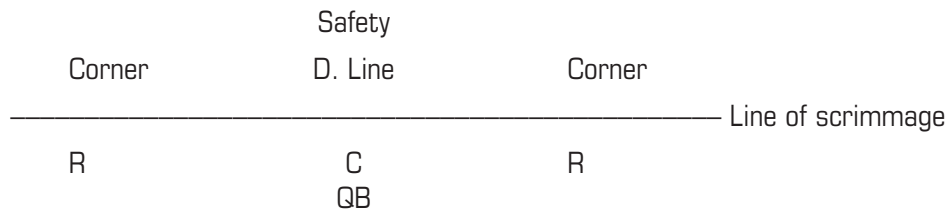


► **Instruction**

Bring students back to the large group.

Say to students: Today we will add two defensive positions and talk about the defensive strategies used in those positions.

Use two groups of four to show a line up as follows:



Ask students:

- What are the defensive positions called that we added? (A: Second corner, defensive linesperson, safety)
- What type of defensive strategy does each corner use? (A: Person-to-person)
- What kind of defensive strategy do you think the defensive linesperson uses? (A: Person-to-person) What about the safety? (A: Zone)
- Why does the safety use a zone defense or what is different about the safety position? (A: Position covers an area and not a specific person)

Discuss with students the different strategies for zone defense. Emphasize the following:

- Close the spaces through which a ball or person can pass
- Position yourself between your opponents and the end zone you are defending
- A zone defense requires focus on the ball while remaining aware of opponents moving through your space
- Look for visual cues that help to anticipate what is about to happen (watch the quarterback)
- Keep yourself in a “ready position” in order to make quick movements to move to the person with the ball or to take possession of the ball

Use students to demonstrate the different strategies.

Say to students: In addition to the defensive strategies we talked about earlier, the defense will be able to rush the quarterback

- The defensive line must count to 5 alligator (1 alligator, 2 alligator, 3 alligator, etc.) before they can cross the line of scrimmage in an attempt to pull the quarterback’s flag
- If the ball crosses the line of scrimmage before the defensive line counts to 5 alligator, they can stop counting and immediately pursue the player with the ball and attempt to pull their flag

Say to students: During your game, it is very important that you understand the difference between complete and incomplete passes

- A pass is completed when the ball is thrown and caught with the receiver establishing control of the football
- A pass is incomplete when the ball is thrown and not caught with control

► Learning Activities (Application of Instruction)

Combine two groups of four. Student groups return to their spaces and practice the new positions. Designate one group as offense and one group as defense. Have the offense run 4 plays, both groups rotating positions each play until everyone has experienced each position. Then have the offensive team and defensive team switch. Repeat using 4 plays and rotating positions. Provide descriptive and specific feedback to students during practice. Encourage students to assist one another.

► Student Reflection (Connect to Essential Knowledge)

Back to Back

Have students pick a partner and stand back to back with that partner. Explain that you will be reading one statement at a time. Students are to decide if they agree with the statement and if so, display thumb up; or if they disagree with the statement, display thumb down; or if they are undecided or do not know, display thumb sideways. Have students face one another after their decision is made and discuss their responses in regard to whether they agree or disagree and why.

Read the following statements:

- The most important position on offense is the center.
- The corner plays zone defense.
- The receiver calls the plays.
- The defender that plays zone is the safety.
- In a zone defense, the player covers a specific person.
- The quarterback has the option to run with the ball.

Add more statements to clarify information as needed.

► Next Steps for Student Learning

Say to students: In our next class we will discuss game play and class rules.

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➤ **Assessments**

Person-to-Person Defense Rubric

4.0	Student consistently demonstrates 3.0 criteria and is able to self-correct when an error occurs
3.0	<p>Student consistently demonstrates knowledge and ability to properly execute person-to-person defensive strategies by:</p> <ul style="list-style-type: none"> • Closing the spaces through which a ball or person can pass • Positioning between your opponent and the end zone you are defending • Focus is on assigned player while remaining aware of where the ball is located • Looks for visual cues that help to anticipate what is about to happen (watches the quarterback) • Maintains a “ready position” in order to make quick movements to take possession of the ball • If the ball does not go to the person they are defending, the student helps out other defenders (teammates)
2.0	Student does not consistently demonstrate criteria in 3.0 (there are errors or omissions)
1.0	Student can perform some or all criteria in 3.0 with teacher direction but not independently

Written Assessment for Offensive Positions

1. List the three positions. List one skill and one responsibility for each position.

Offensive Position Name	One Skill for the Position	One Responsibility of the Position

2. Label the offensive positions:

