

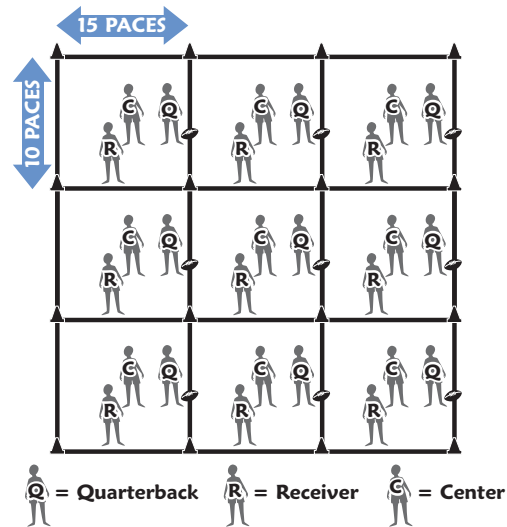


Prep

- 4 cones per 3 students (for boundaries)
- 1 football per 3 students
- 1 stopwatch (for timing group play)

Set

- Create a 10X15 pace grid for each group of 3.
- Form groups of 3 with 1 football; Center, Quarterback and Receiver.



Teach

1. In *2-Minute Drill* you will learn and practice how to snap the ball to the Quarterback as well as passing and receiving.
2. **The Snap** (*Teach and demonstrate the snap.*)
 - The Center is the player who snaps the ball.
 - Stand with legs slightly wider than shoulder-width apart and bend in a squat position.
 - Ball is on the ground with arms on the inside of your legs and head up.
 - Place both hands on the ball, toward the end closest to the line of scrimmage.
 - When you hear “Hike!” snap the ball to the Quarterback using arms and a wrist snap.
3. **2-Minute Drill**
 - The object is to score as many passing touchdowns as possible in 2 minutes using Center snaps and passing plays. Play begins with ball on 1 end of the grid (goal line.)
 - When the ball is caught down the field, the ball (and line of scrimmage) moves to this new spot.
 - Quarterback says, “Down, Set, Hike!” and Center hikes the ball. Receiver runs a pattern and Quarterback throws to Receiver.
 - If completed, place the ball at the point of reception and run another play.
 - If incomplete, return ball to Center, and run another play from line of scrimmage.
 - Touchdowns are scored when Receiver catches the ball across the goal line. Once a goal is scored, begin playing in the opposite direction.
 - Stay in your original positions, then rotate positions at the end of 2 minutes.
4. **Cues**
 - Centers and Quarterbacks hustle to the new spot when a pass is completed.
 - Receivers hustle back to the Center when the pass is not completed.
5. **Challenges**
 - How many touchdowns can you make in 2 minutes?
 - Can you improve each round?
6. **Think About...**
 - How does a good snap help you score faster?
 - What was more effective in scoring quickly, short passes or long passes?

2-MINUTE DRILL

EXTENSIONS

2-Receiver Routes

Add a 4th player to each group as an additional Receiver. Quarterback throws to either Receiver. Alternate so no Receiver gets more than 2 passes in a row.

Pass Defender

Add a 4th (or 5th) player in each group as a Defender. Defenders knock down or intercept passes. Intercepted passes count as incomplete passes and are returned to the Center.



MULTICULTURAL INTEGRATION

In the early days of American Football Glenn “Pop” Warner played and coached for Cornell University, and then coached Pittsburg and Stanford to National Championships. Today “Pop” Warner is best known as the founder of the youth football organization – “Pop” Warner Little Scholars. Each year more than 400,000 young people in 43 U.S. states participate as players, cheerleaders and junior dancers. “Pop’s” legacy has helped youth from many cultural heritages find common ground and mutual respect through sport.



STANDARDS ADDRESSED

NASPE

#1, 2 Snapping, passing, receiving

#3, 4 Aerobic capacity

#5, 6 Cooperation, accepting challenges

Your State (Write in here)



TEACHING TIPS

- Allow students plenty of room to practice and play. Remind them to keep the ball in their own grid and be aware of others around them.
- Increase or decrease the size of the grid to accommodate for passing abilities.

NOTES
