



FOOTBALL 101

English

INTRODUCTION TO OFFENSE

The job of the offense is to move the ball up the field and score points

- This can be done either by running forward with the ball or throwing it up the field for a teammate to catch

The offense is given 3 chances (or downs) to make it at least 10 yards

- If they make it 10 yards or more, they retain possession of the ball and are given another 3 downs to make it another 10 yards
- If you are looking at the scoreboard you may see "1st and 10" this means that the offense is on their first down and needs 10 yards to retain possession

QB NATHAN ROURKE



FOOTBALL BASICS

- ✓ The object of the game is to score more points than the opposing team
- ✓ The Field is 110 yards long and 65 yards wide, with a 20-yard end zone at each end
- ✓ The game is played in four 15-minute quarters, for a total of 60 minutes of playing time
- ✓ Teams are made up of 45 players, with 12 players from each team taking the field at a time
- ✓ At the start of each half and following a scoring play, a kickoff takes place where one team kicks the ball to the other
- ✓ The team with the ball is known as the offense, while the team without the ball is known as the defense

OFFENSIVE POSITIONS

QB

QUARTERBACK

The most important player on offense as he is the one who decides whether to throw the ball to a teammate, hand the ball off for a teammate to run with or run with the ball himself

OL

OFFENSIVE LINE

Responsible for blocking the defensive team from pressuring the quarterback

WR

SB

WIDE RECEIVER & SLOTBACK

Primarily responsible for running the ball up-field after catching a throw from the quarterback

RB

FB

RUNNING BACK & FULLBACK

Primarily responsible for running with the ball up the field after taking a hand-off from the quarterback

ADDITIONAL PLAYS YOU MIGHT ENCOUNTER

FUMBLE

When a player who has possession and control of the ball loses it before being downed (tackled), scoring, or going out of bounds and may be recovered and advanced by either team.

INTERCEPTION

When a forward pass is caught by a player of the opposing defensive team and leads to an immediate change of possession during which the defender who caught the ball will immediately attempt to move the ball as far towards the opposing end zone as possible.

INCOMPLETE PASS

A forward pass that hits the ground before a player on either team gains possession. Stops the clock while causing the down to advance by one and the offensive team to gain zero yards.

PENALTY

A sanction called against a team for a violation of the rules and often results in the ball being placed either closer or further away from a team's end zone depending on who committed the foul.

TIMEOUT

Signaled by either a player or coach when they wish to stop the game clock from running or want to discuss further strategy.

INTRODUCTION TO DEFENSE

The role of the defense is to stop the offense from moving the ball forward by either tackling an offensive player to the ground or forcing them out of bounds

- If the offense fails to move the ball 10 yards within 3 downs, the ball is given to the defending team who will then bring on their offensive players and try and move the ball up field in the opposite direction to score points

Often you will see a team kick the ball away on third down to change the field position for the opponent receiving the ball

FIVE WAYS OF SCORING POINTS

TOUCHDOWN - 6 POINTS

TD

Awarded to a team when they advance the ball either by running or throwing it into the opposing teams end zone. To score a touchdown the nose of the ball must cross the goal line.

FIELD GOAL - 3 POINTS

FG

Awarded when the team in possession of the ball kicks the ball between the uprights and over the crossbar.

EXTRA POINT - 1 OR 2 POINTS

PAT

Occurs immediately after a touchdown, during which the scoring team can try and score one extra point by kicking the ball through the uprights in the manner of a field goal, or two extra points by bringing the ball into the end zone in the manner of a touchdown. Extra points can also be returned for two points for the defense via a turnover.

SAFETY - 2 POINTS

S

Awarded to the defensive team when an offensive player starts in the field of play but ends up tackled in his own end zone.

ROUGE - 1 POINT

R

Scored when the offensive team kicks the ball into the defensive team's end zone and it is not advanced out, earning the kicking team one point.

INTRODUCTION TO SPECIAL TEAMS

The special team's unit consists of an assortment of players who come onto the field when there is a kick involved and includes either a kicker or punter as well as a kick or punt returner

DEFENSIVE POSITIONS

DL

DEFENSIVE LINE

Primarily responsible for moving past the offensive line to stop the opposing team from running and the quarterback from throwing

CB

S

CORNERBACKS & SAFETIES

Primarily responsible for covering the opposing team's wide receiver and slotback positions

LB

LINEBACKERS

Stop running backs as they move past the defensive line while are also responsible for pressuring the quarterback