

## Objective

By the end of this lesson, the student will understand the basic rules and strategies of football, be able to explain the roles of different positions, and demonstrate fundamental skills such as throwing, catching, and passing a football.

## Materials and Prep

- A football (or any suitable ball for practice)
- Open space for practice (backyard, park, etc.)
- Measuring tape (optional for field dimensions)
- Water for hydration
- Notebook and pen for jotting down notes

Before the lesson, ensure you have a safe area to practice and that the student is wearing comfortable clothing suitable for physical activity.

## Activities

### • Football Basics Discussion:

Start with a discussion about the basic rules of football. Talk about the objective of the game, how points are scored, and how many players are on each team. Make it interactive by asking questions and encouraging the student to share what they already know.

### • Position Roles Exploration:

Explain the different positions on a football team (quarterback, wide receiver, linebacker, etc.). Have the student pick a position they find interesting and discuss its responsibilities. This can be a fun way to connect the student's interests with the game.

### • Skill Drills:

Practice fundamental skills like throwing, catching, and passing the football. Set up simple drills to enhance hand-eye coordination and teamwork. For instance, practice throwing the ball back and forth, or set up a target to aim for.

### • Mini Football Game:

If possible, invite a family member to join for a short, friendly game. This will help the student apply what they've learned in a real game scenario. Focus on teamwork and having fun!

## Talking Points

- "Football is a game of strategy and teamwork. Can you think of a time when teamwork helped you succeed?"
- "There are 11 players on each team. What do you think is the most important position and why?"
- "The quarterback is like the captain of the team. They decide the plays. What would you do if you were the quarterback?"
- "Scoring a touchdown is worth 6 points! What do you think makes a good play to get into the end zone?"
- "Catching the ball is a key skill. What do you think helps you catch a ball better?"
- "In football, you can pass, run, or kick to advance the ball. Which method do you think is the

most effective?"

- "Practicing skills is important. How do you think practice helps athletes improve?"
- "Football is not just about physical skills; it's also about mental strategies. What strategies do you think are important?"
- "Let's think about safety. What are some ways we can stay safe while playing football?"
- "Have you ever watched a football game? What did you enjoy about it?"
- "Remember, the most important part of playing sports is to have fun! What do you enjoy most about playing?"