




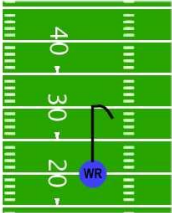
## Activity Plan for Intermediate Football Throw and Catch

Week 1			
Activity	How many or how long	How many days	Instructions
Football throw 	10 mins/day	3 days/wk	Practice throwing a football to a partner or at a target. Make sure the football is the right size for your hand. Hold the football near one end. The three longest fingers on your hand should be on top of the laces on the football with the thumb underneath on the other side of the ball. The football is thrown overhand.

Week 2			
Activity	How many or how long	How many days	Instructions
Football Catch 	10mins/day	3 days/wk	Practice catching a football that is thrown by a partner. In football, it is really important to protect the ball when you catch it so that players on the other team can't get it or knock it out of your hands. On every catch, pull the football into your chest and cover it with your arms.

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Week 3			
Activity	How many or how long	How many days	Instructions
Throw & catch 	15 mins/day	3 days/wk	Throw and catch the football with a partner. Remember to protect the ball every time you catch it. Try to make each throw a little "off target", so that the person catching it has to take 2 or 3 steps in order to reach the ball. Alternate throws so that the person steps right, left, forward and backward.

Week 4			
Activity	How many or how long	How many days	Instructions
Button Hook Pass 	15 mins/day	3 days/wk	The button hook is one of the first running patterns that football players learn. The players use running patterns represented by numbers. The quarterback calls out several numbers before the play starts and players on the same team know where they are supposed to run by what numbers are called. We'll say that calling number "16" means you run a button hook pattern (or you can choose whatever number you want). To start the play, the thrower (your partner) and runner (you) stand beside each other. The thrower calls 2 or 3 numbers and when the thrower says "16", the runner starts to run. For a button hook, the runner runs straight ahead for 5 to 10 metres and then abruptly stops and turns around to face the thrower. The thrower should be ready to throw the football as soon as the runner turns around (before the defense players realize what is happening). For variety, you can also do a left or right button hook. Let's say "23" is a right button hook. You start the same way (beside the thrower), but when the thrower says "23" instead of running straight ahead you run on a diagonal ahead and to the right. The abrupt turn just as the ball is thrown is the same as for the straight button hook. A left button hook (let's say "35") is done the same way except that you run forward on a diagonal to the left.