

Las Positas College  
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## Course Outline for KIN FL2

### FLAG FOOTBALL 2

Effective: Spring 2015

#### I. CATALOG DESCRIPTION:

KIN FL2 — FLAG FOOTBALL 2 — 1.00 - 2.00 units

This is an intermediate course designed to teach students the principles of short-field flag football. Instruction will include: rules, regulations, and concepts of play for 4-on-4 and 5-on-5 flag football.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN FL1 - Flag Football 1  
with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

**Family:** Kinesiology Flag Football

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	54.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

**Before entering this course, it is strongly recommended that the student should be able to:**

A. KINFL1

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- Demonstrate knowledge of the rules involved with the game of 4-on-4 and 5-on-5 flag football;
- Demonstrate use of offensive and defensive strategies used in 4-on-4 and 5-on-5 flag football;
- Illustrate how a specific drill leads to a stated objective
- Identify specific conditioning skills, including warm up, needed to become more successful in 4-on-4 and 5-on-5 flag football;
- Compare and contrast differences between 4-on-4 and 5-on-5 styles of play

#### V. CONTENT:

- Explanation and demonstration of rules associated with 4-on4 flag football;
- Overview of basic skills football skills;
  - Passing
  - Catching
  - Snapping
  - Blocking
  - Sportsmanship/team cooperation
- Discussion of game strategies and rule interpretations;
  - Offensive strategies
  - Defensive
- Proper warm up and warm down activities utilized in flag football;
- Conditioning drills for 4-on-4 and 5-on-5 flag football;
  - agility
  - quickness
  - aerobic
- Participation in skill development and drills associated to flag football;
- Explanation and demonstration of rules associated with 5-on-5 flag football;
- Explanation and demonstration of the differences between 4-on-4 and 5-on-5;
  - Rules and styles of play
  - Different offensive strategies
  - Different defensive strategies

- I. Participation in a "hands on" experience via participation in actual games.

#### VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -
- B. **Lecture** -
- C. Group and team discussions concerning strategies involved with flag football;
- D. Student participation in scrimmages and game situations;
- E. Individual and small group drills for skill amelioration;

#### VII. TYPICAL ASSIGNMENTS:

- A. Lecture/Demonstration
  - 1. Quick slant receiving route
- B. Class participation in quick slant
  - 1. Class is provided a coned course to follow without catching. Students will participate at half-speed the first time through while focusing on correct steps and hip direction.
  - 2. Class progresses to full speed without catching.
  - 3. Class progresses to full speed with catching.
- C. Skill Building Exercise
  - 1. Students participate from a variety of start positions, applying footwork skills.
  - 2. Students participate with a defender.
- D. Students will complete a quiz regarding rules and regulations

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Class Participation
- 4. Class Performance
- 5. Final Class Performance
- 6. Other:
  - a. Student participation
    - 1. participation is evaluated daily
  - b. Written Exams on rules of each sport covered in class
    - 1. In a try of conversion how many yards out does a team have to go for a one point try? \_\_\_\_\_ For a two point try? \_\_\_\_\_
    - 2. After a score and conversion play, where is the ball place to put the next series of downs into play? \_\_\_\_\_
  - c. Skill tests as utilized in flag football. (e.g. passing accuracy test, 40 yd dash, etc.)

##### B. **Frequency**

- 1. Written examinations, 2 per semester;
- 2. Daily evaluation of student's progress/ participation level by instructor

#### IX. TYPICAL TEXTS:

- 1. National Intramural-Recreational Sports Association (2011). *2011 & 2012 NIRSA Flag & Touch Football Rules Book & Officials' Manual* : NIRSA.
- 2. Plays, FB (2012). *Unbeatable Flag Football Playbook*. : Amazon Digital Services.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Appropriate exercise attire. Field/turf cleats are optional.