

Las Positas College  
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## Course Outline for KIN FL3

### FLAG FOOTBALL 3

Effective: Fall 2015

#### I. CATALOG DESCRIPTION:

KIN FL3 — FLAG FOOTBALL 3 — 1.00 - 2.00 units

This course is a continuation course for Flag Football 2. Review of the rules and regulations will be included. This level course will provide instruction on more complex offensive tactics, defensive strategies and concepts of play for 7 on 7 and 8 on 8 flag football. Students will receive instruction on the the principles of long-field flag football.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

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

KIN FL2 - Flag Football 2  
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
- B. KINFL2

#### IV. MEASURABLE OBJECTIVES:

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

- A. Explain the rules involved with the game of 7-on-7 and 8-on-8 flag football;
- B. Illustrate the use of offensive tactics used in 7-on-7 and 8-on-8 flag football;
- C. Demonstrate the use of defensive strategies in 7-on-7 and 8-on-8 flag football (stunting, zone coverage, etc)
- D. Describe and perform conditioning drills and proper warm up, for 7-on-7/8-on-8 flag football
- E. Distinguish fundamental differences between "short-field" (4-on-4/5-on-5) and "long-field" (7-on-7/8-on-8) flag football

#### V. CONTENT:

- A. Explanation and demonstration of rules associated with 7-on-7 flag football
- B. Review of basic skills/concepts
  - 1. Passing
  - 2. Catching
  - 3. Snapping
  - 4. Blocking
  - 5. Sportmanship/team cooperation
- C. Discussion of game strategies and rule interpretations
  - 1. Offensive strategies
    - a. Route levels
      - 1. short
      - 2. intermediary
      - 3. long
    - b. Purpose of various routes
    - c. Down and distance strategies
  - 2. Defensive strategies

- a. zone coverage
  - 1. man coverage
  - 2. cover 2
  - 3. cover 3
  - 4. rushing
- b. Specific down and distance strategies
- D. Proper warm up and warm down activities utilized in flag football
- E. Conditioning drills for 7-on-7 and 8-on-8 flag football
- F. Participation in skill development and drills associated to flag football
- G. Explanation and demonstration of rules associated with 8-on-8 flag football
- H. Explanation and demonstration of the differences between 7-on-7 and 8-on-8;
  - 1. Rules and styles of play
  - 2. Different offensive strategies
  - 3. Different defensive strategies
- I. Participation in a "hands on" experience via participation in actual games

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Demonstration** -
- 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. Cover 2 defense
- B. Class participation in zone drills
  - 1. Students are assigned zones on the field, marked with cones. Students will guard/cover a receiver as they pass through their zone at half speed.
  - 2. Students will "pass" the offensive player off to the next zone, not allowing them to receive a pass at half speed.
  - 3. Class progresses to full speed with catching.
- C. Skill Building Exercise
  - 1. Students participate with one zone/one receiver.
  - 2. Students progress to one zone/two receivers.
  - 3. Students progress to multiple zones/multiple receivers to simulate regular play.
- 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. Method of Evaluation
    - 1. Student participation
      - a. participation is evaluated daily
    - 2. Written Exams on rules of each sport covered in class.
      - a. 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? \_\_\_\_\_
      - b. After a score and conversion play, where is the ball place to put the next series of downs into play? \_\_\_\_\_
  - 3. Skill tests as utilized in flag football. (e.g. passing accuracy test, 40 yd dash, etc.)

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

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

#### IX. TYPICAL TEXTS:

- 1. Plays, FB (2012). *Unbeatable Flag Football Playbook*. : Amazon Digital Services.
- 2. International Federation of American Football, . (2013). *IFAF Flag Football Rules* (First ed.). LaCourneuve, France : IFAF.
- 3. NIRSA. Flag & Touch Football Rule Book & Officials' Manual 2013-2104. NIRSA , 2013.

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

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