

Las Positas College  
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### Course Outline for KIN FL3

#### FLAG FOOTBALL 3

Effective: Fall 2013

#### I. CATALOG DESCRIPTION:

KIN FL3 — FLAG FOOTBALL 3 — 0.50 - 2.00 units

This is an intermediate/advanced course designed to teach students the principles of long-field flag football. Instruction will include: rules, regulations, and concepts of play for 7-on-7 and 8-on-8 flag football.

0.50 - 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:**

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	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. Demonstrate knowledge of the rules involved with the game of 7-on-7 and 8-on-8 flag football;
- B. Demonstrate use of offensive strategies 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 demonstrate conditioning drills, including 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. 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. Proper exercise attire. Field/turf cleats are optional.