

Las Positas College
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Course Outline for KIN FL2

FLAG FOOTBALL 2

Effective: Fall 2019

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

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	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:

Methods/Frequency

- A. Exams/Tests
- B. Quizzes
- C. Class Participation
- D. Class Performance
- E. Final Class Performance
- F. Other
 - 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.)

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.