FLAG FOOTBALL

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, planing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Flag football is a game that can be enjoyed by everyone, it includes running, throwing and catching. A team's strategy is the most important part of the game. Pads or belinets are not required since tackling or blocking is not allowed.

In flag feetball games, teams of five players throw and run with a football to move down the field. The team with the ball is referred to as the offense and the team without the ball is called the defense. The defense tries to stop the offense by pulling a flag out of the belt of the player who has the ball.



HISTORY OF THE GAME

The game of American football has been played since the mid-1800's. The first college game occurred between Princeton and Ratgors in Nevember of 1869. The professional game of football has been played in some form since 1895.

It is believed that touch football had its beginnings in the 1930's and that flag football was played in the early 1940's as a recreational sport for military personal. Recreational

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