British American Football TCR Game (Throw, Catch, Run)

Quick introduction

This is a non-contact team competition developing the American Football skills of throwing, catching and running. Players throw, catch and run with the ball in sequence.

Getting started

- Teams of 5 or 6, mixed or same sex (girls vs boys) line-up one behind the other facing a cone with a football on it.
- On the first whistle, the first player runs to the ball, picks it up and throws it back to the next person in line.
- The second player catches the ball (or recovers it if they drop it) and runs forward to the cone.
- The player who has just thrown the ball runs to the back of their team line and waits their next turn. All players must run, catch and throw three times each.
- The game ends with the winning team sitting down.

Health and safety

- The player that has thrown the ball and is running back to their team line, must run to their right.
- Teams should be far enough apart to avoid a player running forwards colliding with a player running back.
- Players should stay behind the cone before their turn and not creep forwards.

Equipment required

- Two cones per team.
- One small American football or tennis ball per team.

BRITISH AMERICAN FOOTBALL – TCR GAME

PHYSICAL ME

- If using an American football catch the ball with two hands, palms facing the ball and thumbs and forefingers touching to make a diamond shape.
- Throw the ball with a hand at one end, thumb underneath with index finger on top and at least one other finger touching the laces.
- Hold the ball at shoulder level pointing sideways away from the head, with the hand at the end closest to the head.

SOCIAL ME

Leading and volunteering

- Shout encouragement to team-mates.
- If a player drops the ball continue to encourage them and congratulate them when they pick the ball up and run.
- Remember, no-one tries to lose, everyone tries to win – support each other if things go wrong!
- Officials and leaders can ensure the competition runs smoothly by making sure everyone stays behind the cones.

Think inclusively (STEP)

Space

- Vary the distance between the cones depending on the ability of the group.
- Add zones to the area for players who are at different levels of performance.

Task

- Alternate the throws between above head catches and below waist catches.
- Allow players to throw underarm or roll the ball.

Equipment

- A soft mini-American football is the best to use but any appropriate ball or object can be used to encourage the throwing action.
- Use larger/softer/brighter/ objects for visually impaired players.

People

- Encourage teammates to pass the ball to wheelchair users at a suitable height.

SPORTING ME

Spirit of the Games:

Excellence through Competition

RESPECT

At the end of the game, teams should clap each other for taking part – without losers there are no winners!

TACTICAL ME

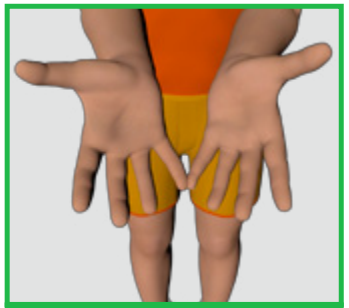
Decide if the best runners should go first in the line or the best catchers – like in a relay-race – do you want a strong start or a strong finish?

THINKING ME

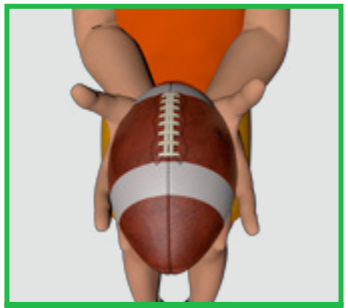
- As I catch the ball, I must look at it all the time.
- When I throw the ball, I must hold it firmly and look where it is going to go
- What would I want someone to say to me if I dropped the ball?

Hands for high catch without ball

Hands for high catch with ball



Hands for low catch without ball



Hands for low catch with ball

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Primary Intra-School/Level 1 Resource - Challenge Card

British American Football Field Goal Challenge

Quick introduction

Field goal challenge is a kicking game for teams of 5. The aim of the game is to score as many points as possible using a field goal kick into a target on the floor. The game should be played outside.

Getting started

- Players in teams of five will kick from 10-15 yards away.
- A shape like an American football goal is laid out on the ground using cones. (it is a 10 yard box with one end missing and it has one middle 'leg' to stand on).
- Two points are scored if the ball lands between the 'uprights'.
- Everyone in each team has a kick at the goal.
- The kicker stands with their kicking foot behind the ball.
- The kicker takes three steps back in a straight line.
- With both feet together, they turn and face the 1 o'clock direction (or 11 o'clock if left footed).
- They take two side-ways steps and step back on their kicking foot.
- They take two steps and kick the lower half of the ball.
- When not kicking;
  - watch and support your teammates or
  - practice kicking by 'flip kicking the ball' – placing the foot in the correct position under the ball and flipping it to a teammate or,
  - kick the ball into an empty goal net.

Health and safety

- Everyone in the teams needs to warm-up their legs before playing
- Everyone on the kicking team needs to stand behind the kicker.

Equipment required

- Cones.
- A small American football or a plastic American football.
- A cone or kicking tee to put the ball on.

BRITISH AMERICAN FOOTBALL – FIELD GOAL CHALLENGE

PHYSICAL ME

- Take normal steps backwards and to the side.
- Only take two steps forward when kicking the ball.
- Kick the ball with the top & side of the foot.
- 'Scoop' the ball into the air with your foot than 'kicking through it'.

SOCIAL ME

Leading and volunteering

- The non-kicking team stand behind the goal area to check where the ball lands and comes to rest.
- The kicking team needs to watch and support the kicker. Cheer or clap if they score a point and help them not to get upset if they miss
- Players in the non-kicking team carry the ball back for the next kicker ready for their team to kick.

Think inclusively (STEP)

Space

- The point at which the ball is kicked can be made closer or further away.
- The distance between the uprights can be increased or decreased to improve accuracy.

Task

- Players could throw or roll the ball / object from a closer position if they are unable to kick.
- The number of kicks / throws can be increased if players cannot reach.

Equipment

- Use a cone to place the ball in for kicking to make it easier.
- Use a different size or shape of ball/object.

People

- Wheelchair users can throw, roll or release the ball into the target area.
- Other people could also act as referees and / or keep a written score card.

THINKING ME

- Why is it better to carry the ball back than just kick it?
- How will I feel if I am the last to kick and if I score we win and if I miss we lose?
- I must remember to balance properly when I kick.

SPORTING ME

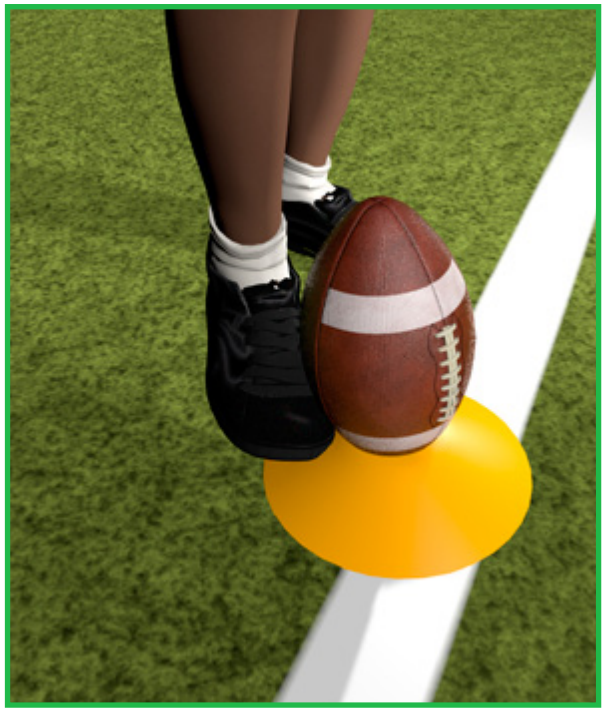
Spirit of the Games:

Excellence through Competition

I must remember I am part of a team. I will support the last person kicking and understand the pressure they are under.

TACTICAL ME

Do you want the best kicker to kick first or last, in case the score is drawn at that point?



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British American Football Defend the Box Game

Quick introduction

Teams take it in turns to try and run players through the other team's 'box' carrying an American football without being tagged by the Defence and score 6 points if successful. The team with the most points wins.

Getting started

- An area 10 yards x 10 yards is marked-out using cones.
- Players put on tag-belts.
- Each player in Team A has a go at tagging Team B's players as they one-by-one run through the box. Once all of Team A's players have played defence, Team B's players go in the box to defend and it is Team A's turn to score points.
- The defending player must not stand in the way of the runner and can only tag from the side or the back.
- If they drop the ball in the box, the defending team scores two points.
- If a defender deliberately blocks an attacker, it is a three-point penalty.

Equipment required

- Cones or throw down lines to mark the area.
- A small American football or a plastic American football.
- Rugby-style tag belts. A loose sash could be used if it is easy to pull off the player without hurting them.

Health and safety

- This is a non-contact game,
- Both players in the box must avoid colliding with the other player.
- Make sure those not taking part stay outside the playing area.

BRITISH AMERICAN FOOTBALL – DEFEND THE BOX GAME

PHYSICAL ME

- Offense: This is the team trying to score points.
- Try and fool the defender about where you are going to run to by changing speed and direction.
- Defence: This is the team trying to stop the offense scoring.
- Watch the runner carefully to see which way they move to try and avoid you.
- Position yourself at their side or behind them to tag them – don't stand in front of them.

SOCIAL ME

Leading and volunteering

- The referee blows a whistle to start a game and the referee and the line official holds their arms straight-up when a player scores.
- Referees should be positioned at diagonally opposite corners of the box. One at the start looking downfield and one on the end (goal) line.
- If wheelchair users or those who are unable to run are acting as referees, they should position themselves on either side of the box.

Think inclusively (STEP)

Space

- The box can be made longer, wider or shorter.
- If larger, two players could defend the box with one player defending one half and the other player defending the other half.
- Wheelchair users should play this game on a hard surface in exactly the way non-wheelchair users do.
- In a group of mixed physical abilities, this should be played indoors.

Task

- Allow players with locomotion challenges a head start or start the defender further back in the box, possibly even outside the end of the box.
- Replace defenders with cones/obstacles, and record time, to make the challenge easier.

Equipment

- Rugby tag belts are perfectly good to use.

People

- Someone should be referee to judge if a penalty has been committed.
- Give visually impaired players a guide to assist them through the area replacing defenders with appropriate obstacles.
- Have two offensive players vs one defender, if the defender is good.
- Have two defenders vs one offensive player, if the offensive player is good.
- Let all the team run through the box in quick succession (not all at once) against either one or two defenders.

TACTICAL ME

- Changing the speed at which you run through the box could give you an advantage and help you change direction. Don't always run fast!
- When defending, don't run at the offensive player immediately – watch the way they move.

THINKING ME

- How could I avoid the defender? Run faster? Use a 'spin-move'?
- How easy will it be to jump away from the defender and then run quickly past them?

THE SPIN MOVE

SPORTING ME

Spirit of the Games:

Excellence through Competition

Play with determination and honesty within the rules and try not to foul your opponents.

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