Flag football

1. Each team have 5 player
2. Start the game 1. Coin toss, which team wins the toss will start in front of his own try zone 5 yards.
3. Each team has 4 time to over half court. If the team over half court, they will have 4 more times to try the ball.
4. If the team can’t try the ball, the other team will start in front of his own try zone 5 yards.
5. Touch down 6 points
6. After touch down you can choose 5 yards to start of 12 yards to start to get the extra points. 5 yards get 1 point. 12 yards get 2 point.
7. Quarterback cant rush
8. Quarterback have to pass the ball in 7 seconds.
9. Every defensive can blitz which mean to kill the quarterback, but the player have to in front of the starting line 7 yards.
10. Offensive only one player to move
11. [Quarterback](http://www.dummies.com/how-to/content/player-positions-in-american-football.html#glossary-quarterback)**:** The leader of the team. He calls the plays in the huddle, yells the signals at the line of scrimmage, and receives the ball from the [center](http://www.dummies.com/how-to/content/player-positions-in-american-football.html#glossary-center). Then he hands off the ball to a [running](http://www.dummies.com/how-to/content/player-positions-in-american-football.html#glossary-running_back;_tailback;_halfback;_wingback) [back](http://www.dummies.com/how-to/content/player-positions-in-american-football.html#glossary-running_back;_tailback;_halfback;_wingback), throws it to a receiver
12. **Running back:** A player who runs with the football.
13. **Wide receiver:** A player who uses his speed and quickness to elude defenders and catch the football. Teams use as many as two to four wide receivers on every play.
14. **Safety:** The players who line up the deepest in the secondary — the last line of defense. There are free safeties and strong safeties, and they must defend the deep pass and the run.
15. **Cornerback:** The players who line up on the wide parts of the field, generally opposite the offensive receivers.

16.You have to listen me, I will teach you some move, I cant draw here.

Lesson plan

Day 1

Warming up

Teach how to catch the ball

Teach how to throw the ball

Teach some move

Teach how to play the game

Day2

Teach the other move

Over view some rules

Play a game

Day 3

Play a full game without stop