Football Review

Definitions:

1. Number of players on the field at one time per team – 11
2. Offense – team that has possession of the ball
3. Defense – team attempting to get possession of the ball
4. Kick Off – starts the game and is done after a team scores
5. Touch down points – 6
6. Field Goal – 3
7. Extra point – 1 point after a touchdown
8. Run or pass after a touchdown – 2 points
9. Safety – 2 points
10. First down – the ability to move the ball ten yards within 4 plays
11. Line of scrimmage – ball placement before each play. Must have 7 players on the line of scrimmage. Offense and defense must line up behind the line of scrimmage
12. Completion – a pass caught by the offense
13. Interception – a pass caught by the defense
14. Huddle – a team meeting
15. Fumble – a dropped ball once possession has been established
16. Down – the official name for a play
17. Lateral – ball tossed from one offensive player to another behind them
18. Stiff arm – extended arm and hand by the ball carrier to push away defender
19. Route – pathway receiver takes to get open for a pass
20. Sideline – considered out of bounds. A player becomes ineligible for a pass if he/she steps out of bounds and comes back in.
21. Onside kick – short kick to regain possession, however, the ball must go 10 yards

Playing Field/Other Information

- Only certain players can run with the football on offense
- The field from end zone to end zone is 120 yards
- High School teams play 12 minute quarters
- The kickoff is from the 40 yard line
- There are four quarters in each game
- Offensive Positions: Quarterback (takes the ball from the center), half backs (runs the ball), tight end (blocks and catches the ball), wide receiver (catches the ball), linesmen (blocks on the line of scrimmage)
- Defensive Positions: linesmen (attempts to sack the quarterback and make tackles), linebackers (second line of defense), defensive backs, cornerback, safety (all defend wide receivers)

Defenses

1. Pass defense – man to man, zone, prevent
2. Run defense – blitz

Penalties

1. Pass interference
2. Holding
3. Roughing the kicker
4. Off sides