

ALLEGANY-LIMESTONE HS

PHYSICAL EDUCATION

STUDY GUIDE

FOOTBALL

Center – offensive player who snaps the football between his/her legs to the quarterback. Is an eligible receiver.

Field Goal – can occur on any offensive down when offense kicks ball into goalpost, and is worth 3 points.

Interception – when the defense steps in front of an offensive receiver and catches a ball intended for that offensive player.

Kickoff – occurs at the start of the game and after extra point conversion attempt after touchdown.

Line of Scrimmage – imaginary line that extends from sideline to sideline where the offense puts the ball in play from.

Linebacker – defensive player who is responsible to defend one of the backfield positions from the offense.

On Side kick – occurs when kicking team recovers football during the kickoff.

Quarterback – offensive player who directs the offense, can hand the ball off, pass the ball or run with the ball.

Running Back – offensive position who can run or catch the football.

Safety – occurs when an offensive player is tackled in end zone, and is worth 2 points. Team that scored the safety also gets possession of football via a free kick situation after safety has been awarded.

Touchdown – can be scored by either offense or defense by possessing the football in opponent's end zone, and is worth 6 points.

- Throwing a football with opposition means you step toward the target with your opposite foot
- Throwing a spiral requires one to follow through with your thumb pointed down
- Throwing to a moving target requires you to throw slightly ahead of the receiver
- Catching a football requires the receiver to catch ball away from your body
- Catching a football above the waist one should put your thumbs together
- Catching a football below the waist one should put your pinkies together