3 on 3 Ultimate Football

Goal:
- To score 4 points (spell the word TEAM) by catching 5 consecutive passes to score one point (1 letter)

Bullying Awareness Prevention Concept or Goals:
- To work as a team to make 5 successful passes and catches to score points
- To help teammates become successful at passing and catching

Recommended Grade Level: Grades 4-12

Space or Activity Area: Large enough area for players to run safely, throw footballs and catch

Equipment/Materials Needed:
- Size appropriate football for each 3 on 3 game #W18714—Bullying Awareness Football
- Poly spots markers or cones as boundary markers

Description of Activity/Game:
- One team starts off with the football
- The other team is on defense
- On the signal the offensive team attempts to throw and catch 5 consecutive passes to score 1 point (the letter T)
- If successful, they place the ball down on the ground and change to defense
- Any incomplete pass goes over to the other team
- Defense may not touch an offensive player
- Players must throw the ball within 5 seconds of receiving it
- The first team to spell TEAM wins the game and it starts over again

Fitness/Skill Components:
- Football passing
- Receiving
- Defense

Rules:
- No contact is allowed
- Players holding the ball may pivot but cannot move around
- Defense must give the passer 3 steps of clearance to pass

Assessment:
- Keep track of the passes made and which players makes them
- Check on the defensive skills
- Observe movement away from the ball on offense
Debriefing Ideas:
- What made a successful pass?
- Who helped the team work better?
- How can you do this more efficiently?
- What patterns were used?

Extensions:
- Make more passes necessary to win a letter
- Let the offense keep the ball after 5 passes caught
- Add more players to teams
- Make an area to “Score” in

Additional Suggestions and Ideas:
- Change the letters or concepts expressing Bullying Awareness thoughts for receptions

Author: John L. Smith
1989 NASPE National Teacher of the Year
FlagHouse Educational Consultant