

6th Grade Football Study Guide

Football Terms:

Quarterback – Position that calls plays, can pass **OR** hand-off the ball.

Running Back – Position that takes a hand-off and **RUNS** with the ball.

Center – Position that hikes the ball.

Blocker – Position that protects the quarterback.

Receiver – Position that runs a pattern and **CATCHES** a pass

Touchdown – purpose of the game in which a score of 6pts is made.

Down - Each time a play occurs. We have 4 of these in our games.

Huddle – Gathering as a group to make a play.

Fumble – When the ball is dropped by a player during the game.

Goal Line – The line in which the ball must cross to score a touchdown.

End Zone – Area in which the ball needs to enter to score touchdown.

Offense – These players or positions are trying to score a touchdown.

Defense – These players are trying to prevent the other team from getting into the end zone.

Line of Scrimmage – Ball starts from this position, the place where the ball was last fielded.

First Down – When a team moves football 10 yards they receive a 1st down which gives them a new set of 4 downs.

Angle of Rebound and Spin:

Sidespin - is used when throwing the football spiral

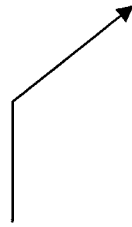
* When punting a football, if you want the ball to go up and forward, the angle of your foot should be pointed. *

Pass Patterns:



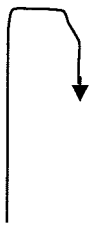
QB R

1. Z Pattern



R QB

2. Post Pattern



R QB

3. Button Hook



R QB

4. Square out