

# Saint Rose of Lima School

Register early - Space is limited - Deadline 3/17<sup>th</sup>

## Flag Football, Grades 3-5, 2016-2017

Title of Program: Flag Football: Grades 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>, Boys and Girls

Dates of Program: Fridays- 4/7, 4/20, 4/28, 5/5, 5/19, 5/25. Makeups TBD.

Time: 3:15-4:30

Fee: \$105.00 dollars

Location: SRS soccer field

Please send a note in with your child for their homeroom teacher for each class they attend.

Course Description: Learn fundamentals of Football and engage in game play using fundamentals.

Teacher Advisor/Instructor: Mr. Timothy Dunn

Contact Information: [dunn@stroseschool.com](mailto:dunn@stroseschool.com)

- **Session I Outline:** Dynamic warm up. Teach fundamentals of stance/starts and passing. Install spread formation and 2 pass plays. Practice handoffs and running routes.
- **Session II:** Dynamic warm up. Teach stance and starts. Teach fundamentals of ball security and running with the ball. Install 2 running plays. Practice fumble recovery and running routes.
- **Session III:** Dynamic Warm up. Review passing and running skills. Teach drive blocking skills. Run plays installed. Install one trick play. Practice cadence and huddle formation
- **Session IV:** Dynamic warm up. Teach fundamentals of defense. Play 1 on 1 passing games. Scrimmage with 2 teams. Play/steal the football. Teach rules of football.
- **Session V:** Dynamic Warm up. Install 2 passing plays and practice plays. Teach fundamentals of defense, and scrimmage. Practice intercepting a ball. Practice kickoffs. Teach rules of football.
- **Session VI:** Dynamic warm up. Walk through passing and running plays, review defense and scrimmage with 8 minute running quarters. Use kickoffs and punts. Munchkins provided on last day!

**Please note: An up-to-date Annual Physical should be handed in to Nurse Bonnie and is required when participating all sports at St. Rose**

Return Registration Form (please return in envelope with payment payable to St. Rose of Lima School to the attention of the instructor. **Please return registrations by March 17<sup>th</sup>** to order AS Sport shirts.

Name of Enrichment Program: Grades 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>, Boys and Girls

Name of Student \_\_\_\_\_ Grade/Teacher \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Information \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_ (Checks/No Cash payable to Saint Rose School)

Email \_\_\_\_\_

Shirt Size- YS\_\_ YM\_\_ YL\_\_ YXL\_\_ AS\_\_ AL\_\_