

## Seymour Middle School 7<sup>th</sup> Grade Football Study Guide

### Terms:

1. **Downs**- In class you have four downs to get a first down and four downs to score a touchdown.  
In college, professional, and high school football you have four downs to get ten yards.
2. **Defense**- The team without possession of the ball.
3. **End Zone**- The area at either end of the field, beyond the goal line. A pass caught in the end zone is a touchdown.
4. **Fumble**- Dropping the ball while holding it.
5. **Hand off**- Giving the ball to a player on your team.
6. **Holding**- Holding on to an opponent with your hands. (5 or 10 yard penalty)
7. **Goal Posts**- The posts outside the end zone on both sides of the field.
8. **Red Zone**- The twenty yards closest to the end zone a team is scoring at.
9. **Interception**- A forward pass caught by a defender.
10. **Line of Scrimmage**- An imaginary line formed by the nose of the ball. (The line runs from sideline to sideline)
11. **Offense**- The team with possession of the ball.
12. **Off-sides**- Being over the line of scrimmage when the ball is centered.
13. **Kick-Off**- Used to start the game, at the start of the second half, and after a touchdown/point after attempt.
14. **Blocking**- A method of keeping the defense from getting to the player with the ball.
15. **Incomplete Pass**- A forward pass that is not caught.
16. **Shotgun**- When the quarterback stands about five yards behind the center. A long snap is used.
17. **Punt**- Dropping the ball and kicking it before it touches the ground.
18. **Centering**- A method of putting the ball in play. Done by the offensive center.
19. **Sack**- Tackling the quarterback behind the line of scrimmage.

**20. Faircatch**- A player may make a faircatch on a kickoff or punt by raising and waiving his/her hand above his/her head before making the catch. He or she may not run with the ball or be tackled after they make the catch.

**21. Pass Interference**- When someone is trying to catch a pass, the person cannot be bumped, pushed, or touched. This is a 15 yard penalty.

**Pass Patterns:**

1. Fly

2. Down and Out

2. Down and In

4. Flag

5. Post

**Scoring:**

In professional, college, and high school football there are four ways to score.

1. **Touchdown**- (6points)

A touchdown is scored when a person crosses his/her team's goal line with the ball, or catches a pass while in the end zone.

2. **Point After Touchdown (P.A.T.)**- Also known as the extra point.

A P.A.T. is the play after a touchdown is scored and occurs from the three yard line.

a. If the team passes or runs the ball in they get 2 points.

b. If the ball is kicked through the goal post you get one point.

3. **Field Goal**- (3 points)

A field goal is worth three points and is awarded when the offensive team kicks the ball through the goal posts.

4. **Safety**- (2 points)

A safety is scored when the offensive team is tackled in their own end zone.

**Player Positions:**

**Offense:**

**Running Back**

**Running Back**

**Quarter Back**

**Wide Receiver**

**Tight End Tackle Guard Center Guard Tackle**

**Wide Receiver**

**Running Backs**- Main job is to run with the ball. Do some pass catching and blocking.

**Quarterback**- Start every play, hand the ball off, run, or throw a pass.

**Wide Receivers**- Main job is to catch passes but also do some blocking.

**Tight End**- Block and catch some passes.

**Tackles and Guards**- Main job is to block.

**Center**- center the ball to the quarterback and block.

## Defense:

Corner back     Def. End   Def. Tackle   Nose Guard   Def. Tackle   Def. End     Corner Back

   Line Backer     Line Backer

   Safety     Safety

**Corner Backs & Safetys**- cover wide receivers and tight end help out with tackling.

**Line Backers**- cover running backs and make most of the tackles.

**Nose Guard**- take on the center and try to make tackles up the middle, and try and sack the quarterback on pass plays.

**Defensive Tackles**- take on the offensive tackles and try to make tackles in the middle, also try and sack the quarterback on pass plays.

**Defensive Ends**- Try to keep the running backs from carrying the ball outside and help in making tackles and sacking the quarterback.