

Some Things You Really Must Know

When was Football Invented?

American football, that is! To most of the world “football” means soccer. The idea of running the football into the end zone to score a goal comes from the English sport of rugby. American football comes from both of these sports – football and rugby. Kicking a ball through posts to score a goal comes from soccer. The American version of football was invented in the 19th Century by college students looking to make up their own version of rugby and soccer. By the 1920s, the United States had its own professional football league.

Huddle Har-Har

Ever wonder what football players *really* say in the huddle? They tell jokes, of course! Why else do they clap after they break the huddle — because they all thought the joke was sooooo funny! For instance:

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|---------------------------------------|---|
| Q — Why did the coach cross the road? | Q — What do you call a really big player talking on a cell phone? |
| A — To get his quarter back! | A — A wide receiver! |
| Q — How do monsters score touchdowns? | Q — What do kickers wear under their pants? |
| A — They run over the ghou! line! | A — Puntaloones! |

GRADES 3-6
HALFTIME IDEAS

Here are some cool websites to check out when you need a halftime break. Remember, halftime is only 15 minutes long, so don't sit on your bottom in the locker room for more than that. We need you out in the game being active and playing. Just 15 minutes of halftime screen time — that's it! Go get 'em tiger!

www.playfootball.com/footballfacts

Know the facts. Looks into cool jobs people do behind the scenes. Straight scoop on positions, equipment and the field. Also, stats, standings and scoreboard.

www.playfootball.com/games

Interactive games, trivia contests, fun facts and even a game against the evil Zorgon Invaders!



GAME PLAN

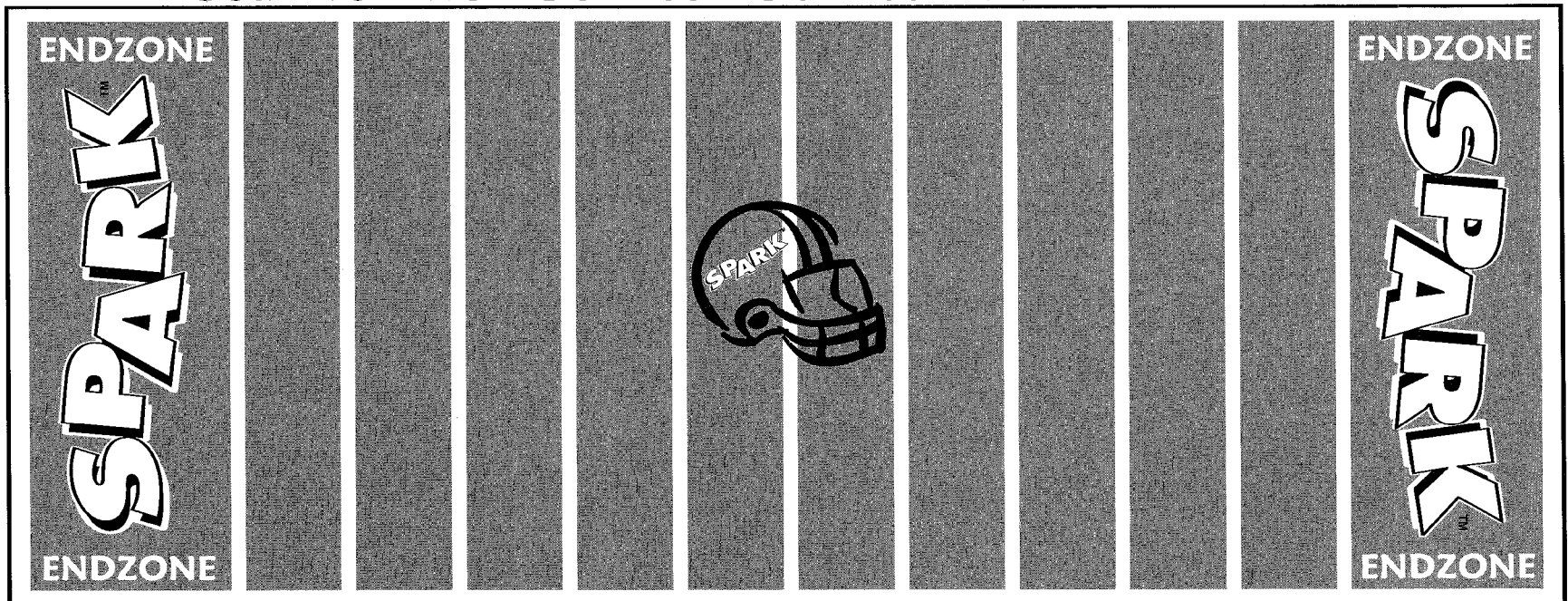


GRADES 3-6

Okay, Champ! First cut out the little football on the bottom of this page. Tape the ball in one endzone so the tip of the ball begins on the goal line. The goal is to drive the Home team down the field for a touchdown. You may choose any play from the SPARK Playbook below. When you finish a play, check off the box and then move the football 10 yards down the field. If you complete 10 plays for 10 yards each, you'll move the ball 100 yards and score a Touchdown! When you score go crazy, celebrate, have your parents interview you and hold out for a bigger contract and more allowance (just kidding), but do have fun!

- Practice passing for 15 minutes.
- Practice punting for 15 minutes.
- Run around the block carrying the ball.
- Practice your kickoffs and field goals.
- Make 20 hikes to a friend standing 5 paces behind you.
- Time yourself running 10, 20, 50 and 100 Yards.
- After warming up, how far can you throw the ball?
- Invent 5 different touchdown dances. Now do them all in a row.
- Run the following pass patterns 3 times each: Post, flag, down and out, down and in, and buttonhook.
- Find some friends and play a game of touch football.

Goal 10 20 30 40 50 40 30 20 10 Goal



Goal 10 20 30 40 50 40 30 20 10 Goal

