


Flag Football P-P-K

Punt

 = Athlete

Equipment Needed:

- Football
- Measuring Tape

Throwing Set Up:

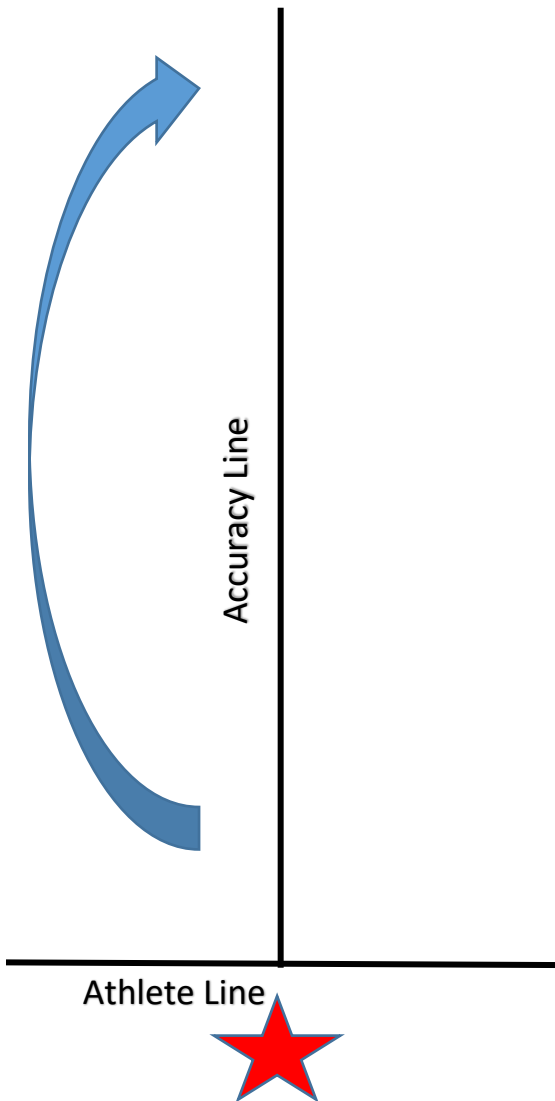
- Mark an Athlete Line.
- Mark a middle accuracy line

Rules:

- The athlete will have 3 attempts.
- The athlete will punt the ball as far as possible and as straight as possible.
- The athlete should stay behind the athlete line


Scoring:

- Distance – accuracy = score
- The distance is measured where the ball initially makes contact with the ground – bounces/rolls do not add to score.
- Measure in Feet.
- Final skill score is the best of the 3 attempts.
- Lowest score possible is 0.
- If athlete goes over the athlete line before the ball is punted there will be a 5 ft. penalty



Flag Football P-P-K

Pass

 = Athlete

Equipment Needed:

- Football
- Measuring Tape

Throwing Set Up:

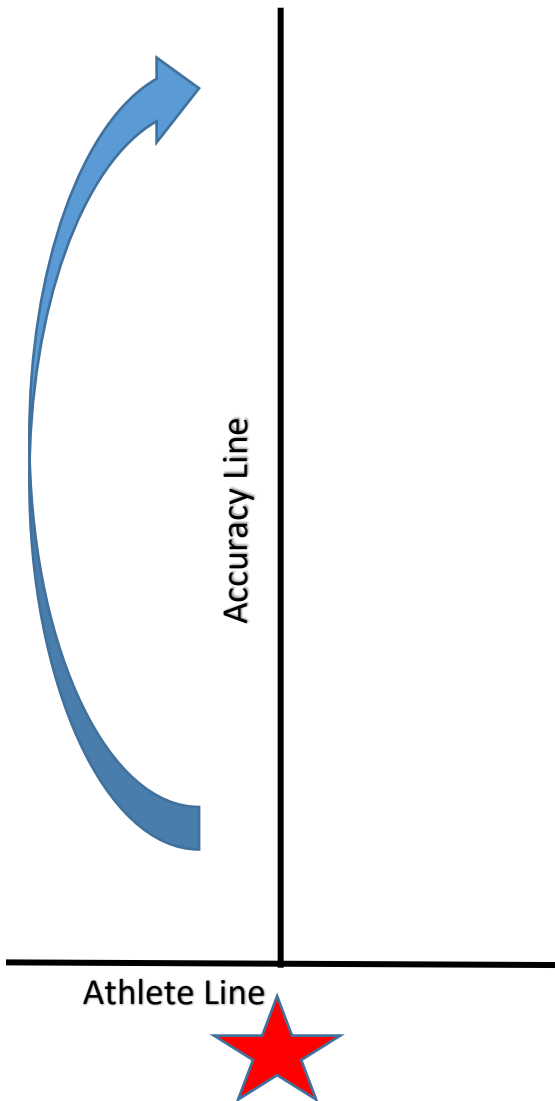
- Mark an Athlete Line.
- Mark a middle accuracy line

Rules:

- The athlete will have 3 attempts.
- The athlete will pass the ball as far as possible and as straight as possible.
- The athlete should stay behind the athlete line


Scoring:

- Distance – accuracy = score
- The distance is measured where the ball initially makes contact with the ground – bounces/rolls do not add to score.
- Measure in Feet.
- Final skill score is the best of the 3 attempts.
- Lowest score possible is 0.
- If athlete goes over the athlete line before the ball is released there will be a 5 ft. penalty



Flag Football P-P-K

Kick

 = Athlete

Equipment Needed:

- Football
- Measuring Tape
- Tee

Throwing Set Up:

- Mark an Athlete Line.
- Mark a middle accuracy line

Rules:

- The athlete will have 3 attempts.
- The athlete will kick the ball as far as possible and as straight as possible from the tee.
- The athlete should stay behind the athlete line

Scoring:

- Distance – accuracy = score
- The distance is measured where the ball initially makes contact with the ground – bounces/rolls do not add to score.
- Measure in Feet.
- Final skill score is the best of the 3 attempts.
- Lowest score possible is 0.
- If athlete goes over the athlete line before the ball is kicked there will be a 5 ft. penalty

