

Flag Football



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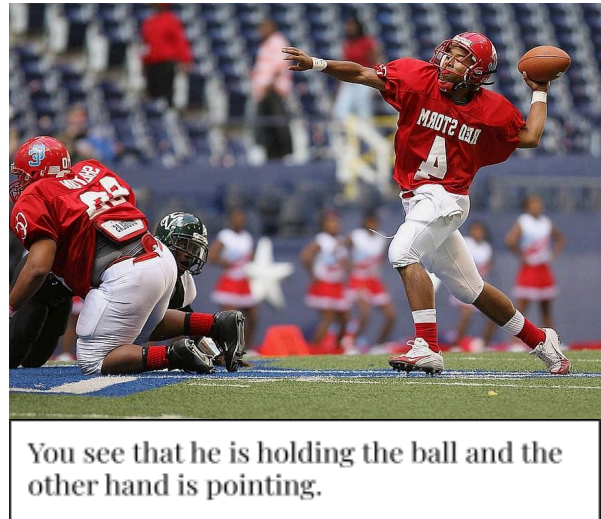
Introduction

Did you know that it is good to grab a flag from the player that has a ball? Did you know that you need to know what to do and how it is called game scene? You should be ready for the fun.

In this book you will learn about Flag Football. You will learn How to play Flag football, Running, Catching, Throwing and much new words in the Glossary.

Chapter 1: Throwing

Did you know that when you point with a football it will go where you point? First you have to have a football then hold it. If it is a little squishy then put some air in the football. If not then you don't have to put the football for air. You should get used to the football and throw it up and down. Second is that you need your other hand to point where to throw the football if not then you will maybe hurt someone or something else, for example you don't have a hand out then you will maybe hurt someone or something. That is why you need to get used to the football. Third if you are a lefty then the football can be on your left hand. If you are a righty then the football can be on your right hand. If you are going to play with someone outside then you should wear a glove because the football will not hurt your hand. You should always practice throwing.



Chapter 2: Catching



You see that the player is putting his hand a little bigger then the football

Did you know that you need to catch in flag football not just run? First you need to get a ball with a partner then the partner will throw then after you need your hand near your chest because then he might hit you. You should keep practicing and throw it up and down. Then you need to run and catch so when you are playing flag football then he will maybe throw it to the left side then you will have to go to the left side. Then you need your hand like you are holding a football then make it a little bigger so the football can go in your hand. For example if you put it in then the football may not be in your hand if too big then it will hit you. You should always drink some water to stay **hydrated**. You need to warm up so you do not get hurt because then you might hurt yourself. You should always have fun and

always stay hydrated while flag football.

Chapter 3: Running

Did you know that you need to get a flag from the waist? First you need to run fast so



you can run away if someone is coming to you and trying to get your flag. You should get the flag from someone that has the ball you should run and get the flag on then before he gets a score because he will maybe win so every second counts. You should have a glove to get the flag because if you have bare hand then if you get the flag then it will might hurt your hand if you have a glove then it will not hurt that much. You should always try to still do some catching and throwing so you can get better and

you can go on a track so you can run but do not put your speed so high because then you will have low breath and you will be slower. You should always be practicing to get a flag from someone so then you can get the ball and get the flag if they are going to touchdown. Stay healthy and you should always drink water.

Flag football fact

Did you know that if you get the flag
you have to go all the way back

Glossary

Word	Meaning
hydrate	cause to absorb water.