

# Football Study Guide - the “ most popular sport in America” according to Wikipedia

## [Video](#)

**Objective** - score more points than the other team by getting touchdowns & field goals.

**Teams** - 11 players on offense & 11 players on defense

**Field** - 120 yards (including the end zones) marked by 10 yard increments

- the 50 yard line is the center of the field
- goalposts are centered on the line in the end zone

E N D  Z O N E	10	20	30	40	40	30	20	10	E N D  Z O N E

## Scoring -

- Touchdown is when the offense gets into the endzone (6 points)
- Extra Point is when the kicker kicks the ball between the goal posts ONLY after a touchdown(1 point)
- Field Goal is when the kicker kicks the ball between the goalposts usually on a 4th down (3 points)
- Conversion is when a team tries to enter the end zone again after a touchdown (2 points)
- Safety is when the defense tackles the offense in their own end zone (2 points)

## Positions -

- ☐ Center - player on the offense who hikes the ball to the quarterback
- ☐ Quarterback (QB) - player on offense who throws the ball
- ☐ Receivers - players on the offense who try and catch the ball from the QB
- ☐ Offensive Line - protect the QB from defense
- ☐ Running Back - player on the offense usually designated to run the ball
- ★ Defensive Line - players who try to sack the quarterback and stop running plays
- ★ Linebackers - back up the defensive line to stop a run or prevent a catch
- ★ Cornerbacks - try to prevent catches (called an “incomplete pass”) and try to intercept passes
- ★ Safeties - last line of defense to guard against a touchdown

## Basics -

- The game begins with a kickoff
- Offense is then given 4 downs to get a 1st down (10 yards)
- Once a 1st down is achieved, the offense gets another set of 4 downs
- Offense can throw the ball or run the ball depending on the strategy
- On the 4th down a team can choose to: punt, kick a field goal, or continue go for a 1st down
- A turnover is when the offense loses the ball and the defense gains possession (interception, 4 downs, fumble, punt return)
- Defense tries to stop the offense from scoring by intercepting a throw, stopping the runner or receiver by tackling (pulling the flag in PE), or sacking the QB