

## Unit Plans

Football: September 17- October 5

Monday, September 17	T/W September 18/19	R/F September 20/21
<ul style="list-style-type: none"> <li>- Football Rules/Regulations</li> <li>- Current Health Pasta Reading/Questions 1-10</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Assessment</li> <li>- Mile 1/2 Run</li> <li>- Passing Drills</li> <li>- Form Passing</li> <li>- Target Practice</li> <li>- Timing Routes</li> </ul>	<ul style="list-style-type: none"> <li>- Receiving Drills</li> <li>- Rapid fire</li> <li>- 5 Yard Out</li> <li>- 10 Yard Out</li> <li>- 10 Yard Post Route</li> <li>- 10 Yard Flag Route</li> </ul>
Monday, September 24	T/W September 25/26	R/F September 27/28
<ul style="list-style-type: none"> <li>• Current Health Serious Injury Reading/Questions 1-10</li> <li>• Team Selection</li> </ul>	<ul style="list-style-type: none"> <li>• Offensive Strategies</li> <li>- Running Plays</li> <li>- Passing Plays</li> <li>- Defensive Strategies</li> <li>- Zone Defense</li> <li>- Man to Man Defense</li> </ul>	<ul style="list-style-type: none"> <li>Round Robin Tournament</li> <li>- Skill Assessment</li> </ul>
Monday, October 1	T/W October 2/3	R/F October 4/5
<ul style="list-style-type: none"> <li>• Review For Written Test</li> <li>• Review Rules and Regulations</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Round Robin Tournament Continued</b></li> </ul>	<ul style="list-style-type: none"> <li>• Football Written Exam</li> <li>• Tournament Finals</li> </ul>