

Star Drill

Summary

This is a good drill to practice throwing and catching a football and a good way to teach your students to "lead" the runner with the throw.

Time Frame

1 class periods of 15 minutes each

Group Size

Small Groups

Materials

2 footballs per group of 5.

Intended Learning Outcomes

The students will demonstrate competency in throwing and catching a football and in "leading" a teammate with the football.

Instructional Procedures

Form groups of 5 and stand in "star" formation. See diagram. Start with one football per group to begin with and after students know the pattern, you can introduce a second ball. Explain that students will always throw to the same person and will always catch the ball from the same person. You may want to number each student to eliminate confusion.

Students will focus on throwing the football correctly, i.e. stepping with the opposite foot and correct grip on the football. They will also practice catching the football correctly, i.e. soft hands, fingers down, or fingers up. Player #1 will throw to player #2, player #2 will throw to player #3, etc. When students have learned the pattern, have them do the same pattern with two balls. Start the balls at player #1 and player #3. Remind them that they will always throw to the same person and that they will always catch the ball from the same person.

After students are comfortable with throwing the ball while stationary, teach them about throwing the football to a moving player. Teach them to throw the football to where the player is moving, not where the player is currently standing, or to "lead the player with the ball." While still in the star formation, have students begin walking in a counter clockwise direction. Using one ball to start with, have students pass the football to the same person as before, but they now have to lead the person because they are moving. Remind the passers that they must stop and perform the throwing skill correctly. All other players continue to move around the circle. When players have mastered this skill while walking, have them slowly jog and do the same drill.

After students have mastered the star drill with one ball, throw in a second ball to challenge students further.

Variations:

Feel free to use different balls to practice different skills, i.e. basketball bounce pass, etc.

Have them change direction and go in a clockwise direction. Passers must stop and turn their body to throw correctly while moving clockwise in this drill.

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