**4th and 5th Grade Flickerball Study Guide**

**Techniques for throwing**:

1. Place about 3 fingers on the laces of the ball, with your hand toward the back side of the ball.
2. Bring the ball back by your ear and make an “L” shape with your throwing arm.
3. Keep your opposite hand close to the ball as well.
4. Your opposite shoulder faces your target. Step toward your target with the opposite foot from your throwing arm.
5. Release the ball past your ear and follow through by turning the thumb down toward the ground.

**Techniques for Catching**:

1. Make a triangle with your hands.
2. See the ball into your hands.
3. Give with the ball to absorb the force.
4. Bring the ball into your chest after you have caught the ball.

**Techniques for Place Kicking**:

1. Holder should be on the kickers kicking leg side while holding.
2. The holder needs to put the laces out.
3. Kicker should approach the ball at angle.
4. Place your non kicking foot beside the ball.
5. Kick the ball with your toe pointed down to make contact with your laces of your shoe.

**Flickerball Rules**

\*The game begins with a kickoff and a kickoff is also done after every point scored.

\* Players may take **ONLY** 3 steps at a time with the ball.

\* A boy and a girl must catch a ball before the team may score.

\* A **TOUCHDOWN** is scored by taking your 3 steps into the end zone or catching the ball in the end zone, this is worth 7 points.

\* Only one defender is allowed to guard the person with the ball and they must be arms length distance away.

\* Players may **NOT** hand the ball off to other team mates.

\* An **INTERCEPTION** is when the defending team catches the ball from the offensive player.

\* If the offensive team throws an **INCOMPLETE** pass then the football goes to the opposite team.