



U.S. Department of Health
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NRFC Take Time Tips

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Football Fans Score Big with Their Kids

Whether you take to the field (or local park, back yard, or driveway) or just huddle on the sofa in front of the TV, sharing the fun of football game day is a great way to spend time with your children. From tots to teens, kids will benefit from being part of a family team whose quarterback is an active, interested, and supportive dad. If your goal is to build or strengthen a healthy, positive relationship with your children, enjoying football can give you a common turf and opportunities for interaction and simply being together.

Don't be sidelined by not knowing football's fundamentals. Here are some essentials to help you kick off a stronger relationship with your kids.

Object of the Game

Each team wants to outscore the other team by advancing the football into the opponent's end zone to score touchdowns, while preventing the opponent from scoring. There are other ways of scoring, but a touchdown counts for the most points.

The Sides

Offense: The team trying to score.

Defense: The team trying to stop the offense.

Special Teams: Small groups from each team that come on the field during kickoffs, which are plays that start the game and take place after touchdowns. One team kicks the ball for the other team to catch and run back, starting a possession.

Moving the Ball

A play is called a down. A down lasts from the time the ball is put into play (snapped) until the time the game officials whistle that the play is over. A team's offense has four downs (four tries) to move the ball 10 yards toward the opponent's end zone. If the offense succeeds (called a first down), a new set of four downs starts and the offense tries to move another 10 yards. If the offense doesn't move the ball the

required 10 yards, the other team takes possession and tries to move the ball 10 yards in the opposite direction.

Scoring

Touchdown: For the offense to score a touchdown (6 points), a player must carry the ball across the opponent's goal line or catch a pass in the end zone.

Extra Point Conversions: The team scoring a touchdown has a chance (extra point conversion attempt) to add 1 or 2 more points. To gain 1 extra point, the team kicks the ball through the goal post from the 2-yard line. To earn 2 extra points, the team lines up on the 2-yard line and tries to run or throw the ball into the end zone.

Field Goal: If the offense is on the fourth down (the last chance to gain 10 yards before having to give up the ball), and not too far from the opponent's goal post, the team's kicker has the chance to kick the ball through the upright bars to score a field goal for 3 points.

Safety: A safety is a 2-point score by a team's defense that occurs when one of its players tackles an opponent in possession of the ball in his own end zone.

Go for the Extra Point – Learn More About Football

Football 101 - http://football.about.com/cs/football101/a/bl_football101.htm

Professional Football – National Football League: www.nfl.com

College Football – National Collegiate Athletic Association: www.ncaafootball.com

Youth Football – Pop Warner, the nation's largest youth football association: www.popwarner.com

Take Time to Be a Dad Today