

FOOTBALL MASTERY



RULES:

- Each task must be completed with both the mentor AND the mentee present
- Both the mentor and mentee must complete each task
- Each task must be signed off by the mentor upon completion



Mastery Tasks:

Together, research official rules, techniques, and history of football:

Mentor Signature *Date*

Learn how to spiral throw. Standing 10 ft apart, spiral throw the football back and forth for 15 minutes:

Mentor Signature *Date*

Practice punting the ball back and forth to each other 25 times. Try to punt as high and far as possible:

Mentor Signature *Date*

Play the game "Flies Up" with at least 2 other people:

Mentor Signature *Date*

Play the "Step Back" game 8 times (Start 2 ft apart and throw the ball back and forth, taking a step back each time you catch it):

Mentor Signature *Date*

Practice running a post-route 10 times, then switch places:

Mentor Signature *Date*

Practice a slant, curl, in, and out-route 10 times each:

Mentor Signature *Date*

Practice a "Fly" play 10 times, then switch places:

Mentor Signature *Date*

Practice handing the ball off 20 times then switch places:

Mentor Signature *Date*

Gather some friends or other mentoring pairs and play a game of football:

Mentor Signature *Date*