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:

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

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

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

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):

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

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

Practice a “Fly” play 10 times, then switch places:

Practice handing the ball off 20 times then switch places:

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

Mentor Signature  Date

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