



GRIDIRON  
JAMAICA

NATIONAL TACKLE FOOTBALL ASSOCIATION

## **NTFA Gridiron COURSE DESCRIPTION**

This course gives coaches the knowledge, skills and attitude to communicate effectively with the athletes and sport officials to maintain a high level of professionalism while interacting on the gridiron.

Coaches will understand the importance of effective communication, planning, protecting football's dignity and safety on the Gridiron.

The scope of work and practicing in line with the Gridiron rules and regulations, as well as the relationship between other Gridiron officials, coaches and medical personnel.



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## LEARNING OUTCOMES AND INSTRUCTIONAL OBJECTIVES

### Unit one- Understand Football Terminology

#### Specific objectives

Upon completion of this course, coaches are competent when they are able to:

- Comprehension of the basics of Gridiron
- Understanding the rules and regulations
- Priority of coaching (mentoring) our youth for success in life
- Use football vocabulary appropriately and various football terminologies

#### Content

- Downs
- Drive
- End zone
- Back field
- Extra point
- Fair catch
- Field goal
- Fumble
- Handoff
- Hash mark
- Huddle
- Incompletion
- Interception
- Kick off
- Line of Scrimmage
- Offensive lineman
- Punt
- Red zone
- Return
- Rushing
- Sack
- Safety
- Secondary
- Snap
- Special team
- Touch down



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## **Unit two - Understand Time keeping and Field Orientation**

### **Specific objectives:**

Upon completion of this unit, coaches are competent when they are able to:

- Explain how the time is kept
- Outline the dimensions of the Football field
- Label all the areas of the Football field

### **Content**

- Length of Periods
- Starting a period - Half
- Ending a period- Half
- Starting and Stopping the clock
- Charging and official's time-outs --- Intermissions
- Ball ready for play and delay
- Field dimensions

## **Unit Three- Reviewing the rules of the game and penalties**

### **Specific objectives:**

Upon completion of this unit, coaches are competent when they are able to:

- State the objective of the game of football
- State how a football game is scored
- Name the three teams within a team
- Discuss the roles of downs and distance
- Review points when teams score

### **Content**

- Scoring
- Maximizing number of goals
- Point scored
- Touch down
- Extra Point
- Field goal
- Safety
- Goal
- Offensive team
- Defensive team
- Special Team
- Downs and distance



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## **Unit Four- Understanding players and positions on the field of play.**

### **Specific objectives:**

Upon completion of this unit, coaches are competent when they are able to:

- List all positions on an American football team
- Recall all the responsibilities of each position
- Discuss the various formations for offensive and defence

### **Content**

- Offensive team
- Offensive line
- Centre
- Offensive guard
- Offensive Tackle
- Backs and Receivers
- Quarter Back
- Running Back
- Wide receiver
- Tight end
- Defensive team
- Defensive line
- Defensive tackle
- Defensive ends
- Line-backer
- Defensive backs
- Corner backs
- Safety
- Defensive



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## **Unit 5 - Understanding Offense, Defence and special team on the field of play**

### **Specific objectives:**

Upon completion of this unit, students are competent when they are able to:

- Explain how a football offense operates
- List at least five offensive formations
- Explain how a football Defence operates
- List at least two defensive fronts / formations
- Explain man to man Defence
- Explain zone Defence
- State the roles of the various special teams

### **Content**

- Lining Up on the Line of Scrimmage
- Snap
- Blocking
- Running plays
- Pass plays
- Play action
- Personnel

## **Unit Six - equipment and safety procedures**

### **Specific objectives:**

Upon completion of this unit, students are competent when they are able to:

- Points-
- Demonstrate tackling drills
- Explain.....

### **Write assessment on Gridiron 101**

[http://news.bbc.co.uk/sport2/hi/other\\_sports/american\\_football/3192002.stm](http://news.bbc.co.uk/sport2/hi/other_sports/american_football/3192002.stm)