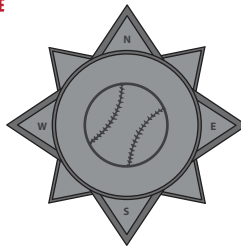


# THROWING A FOOTBALL

Football-- that Great American sport.

Whether you play or not, you're gonna be around people who do from time to time. So, if you can't beat them, join them, and have some fun at the same time.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Get a throwing partner (hopefully one who has some experience) and start practicing. You know you've completed your task when your parents feel you are ready to go pro.

LEVEL D

PERIOD 3

TASK 2

- Grip that ball-- the most common way that people grip a football is with their three smallest fingers crossing the laces and the thumb goes underneath the ball and holds the other side. Your index finger (your pointer finger) should be over a seam, and your thumb and index finger should make an "L" shape if possible

- Now, as you hold the ball, you are going to try to only use your fingertips as much as possible.

- The trick to throwing the ball is to try to throw it point first.

- Your pointer finger is supposed to be the last finger to have contact with the ball and you need to try to use this to get the ball spinning. If the ball spirals through the air point first, it will go further, fly straighter, be easier to catch and frankly, looks a whole lot cooler.

I'll give you the skinny of the game but as you can imagine there are a ton more rules to it. This should at least give you an idea of what is going on:

- The object is to carry the ball over the goal line into the End Zone.

- You can throw or pass the ball, but if you drop the ball, play starts again from the original point. If you get tackled and fall, play continues from that new point.

- A team has 4 attempts to make ten yards of progress down the field; if they fail, the ball goes to the opposite team and it's their turn to try to get to their goal line.

