

American Football 101



Agenda



- The Basics: Rules and How to Play
- Michigan Football
- Football Culture



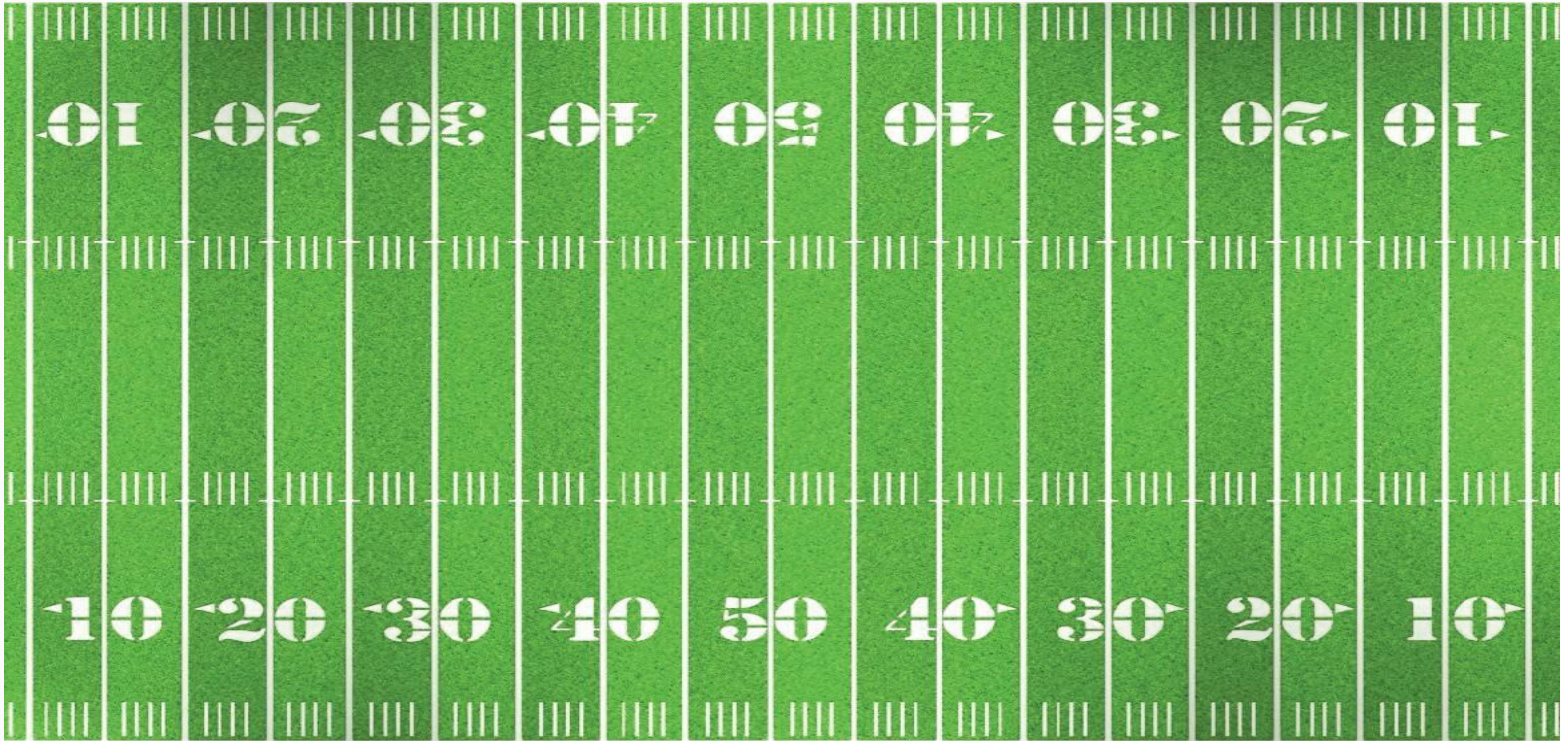
The Basics: Rules and How to Play



The Field

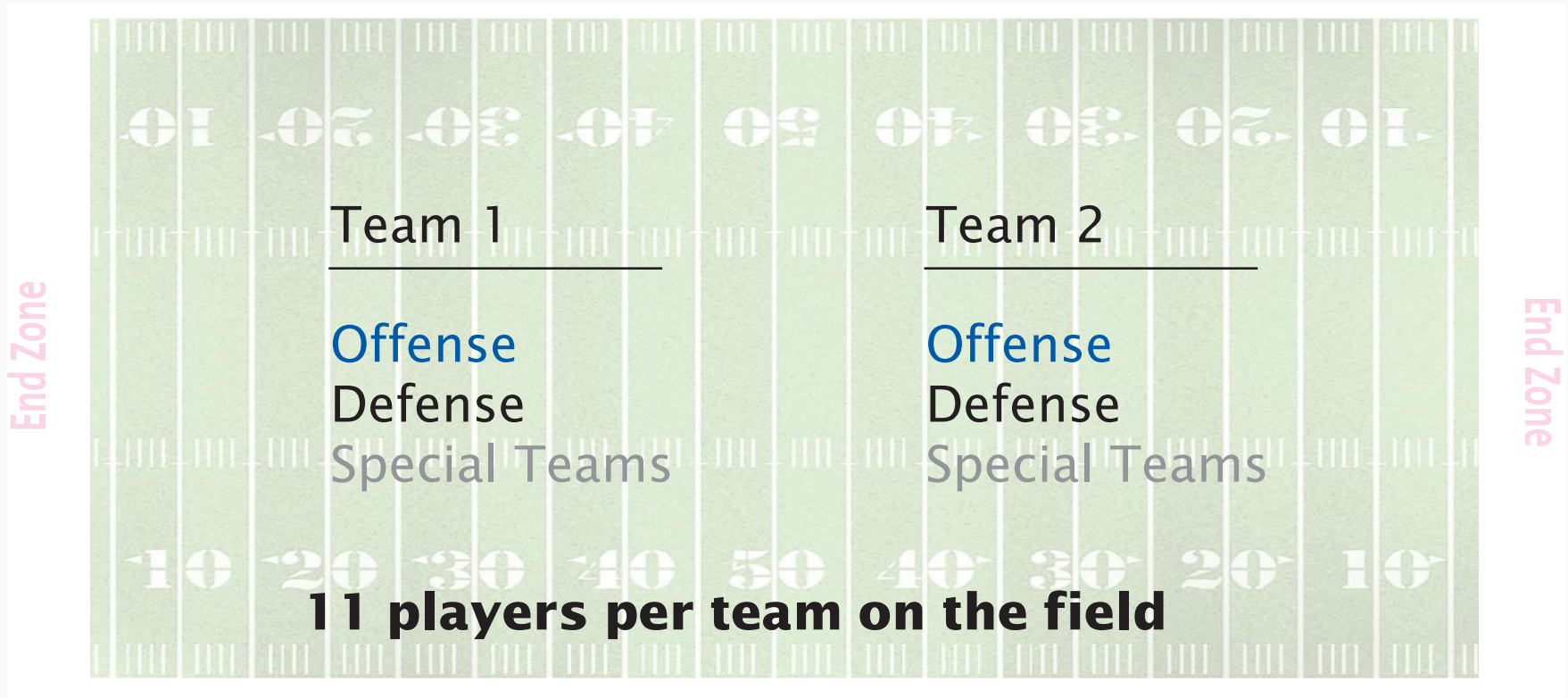


End Zone

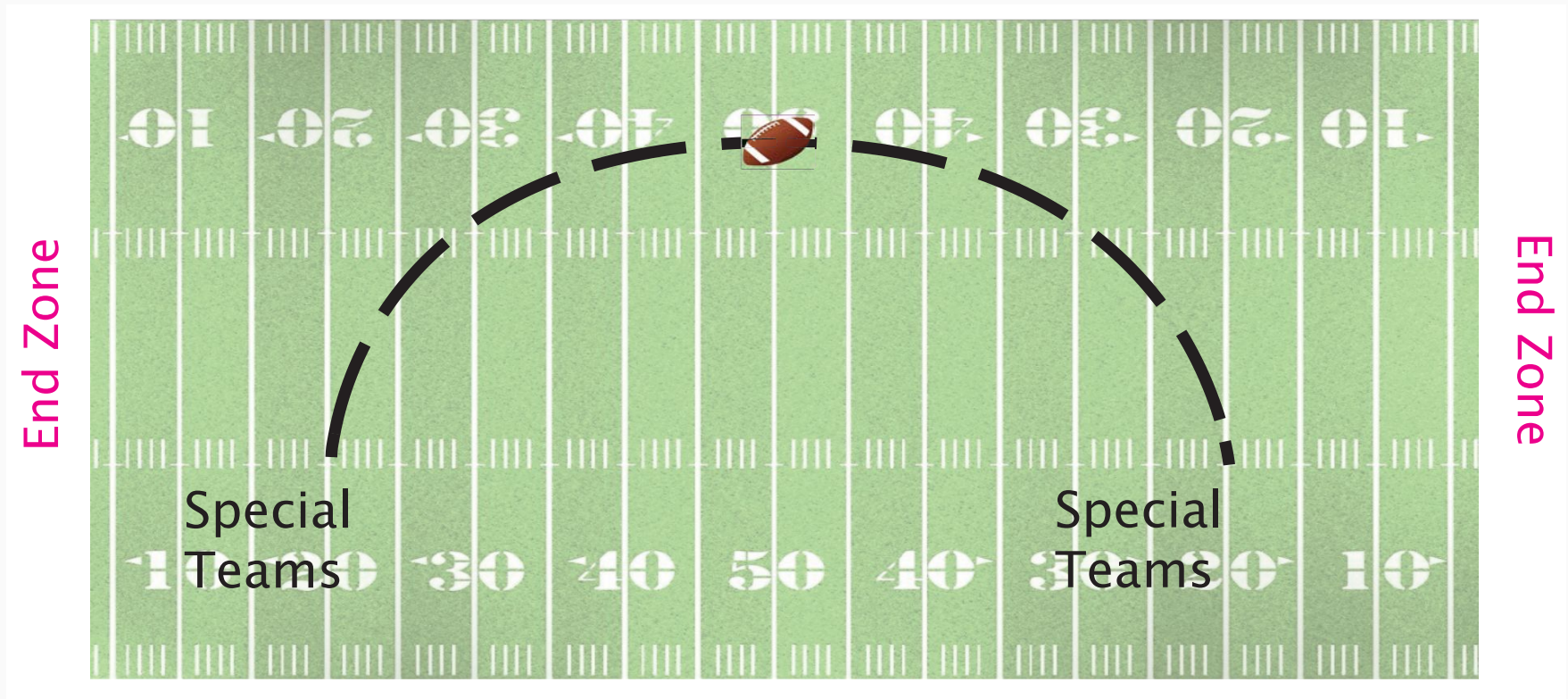


End Zone

The Teams



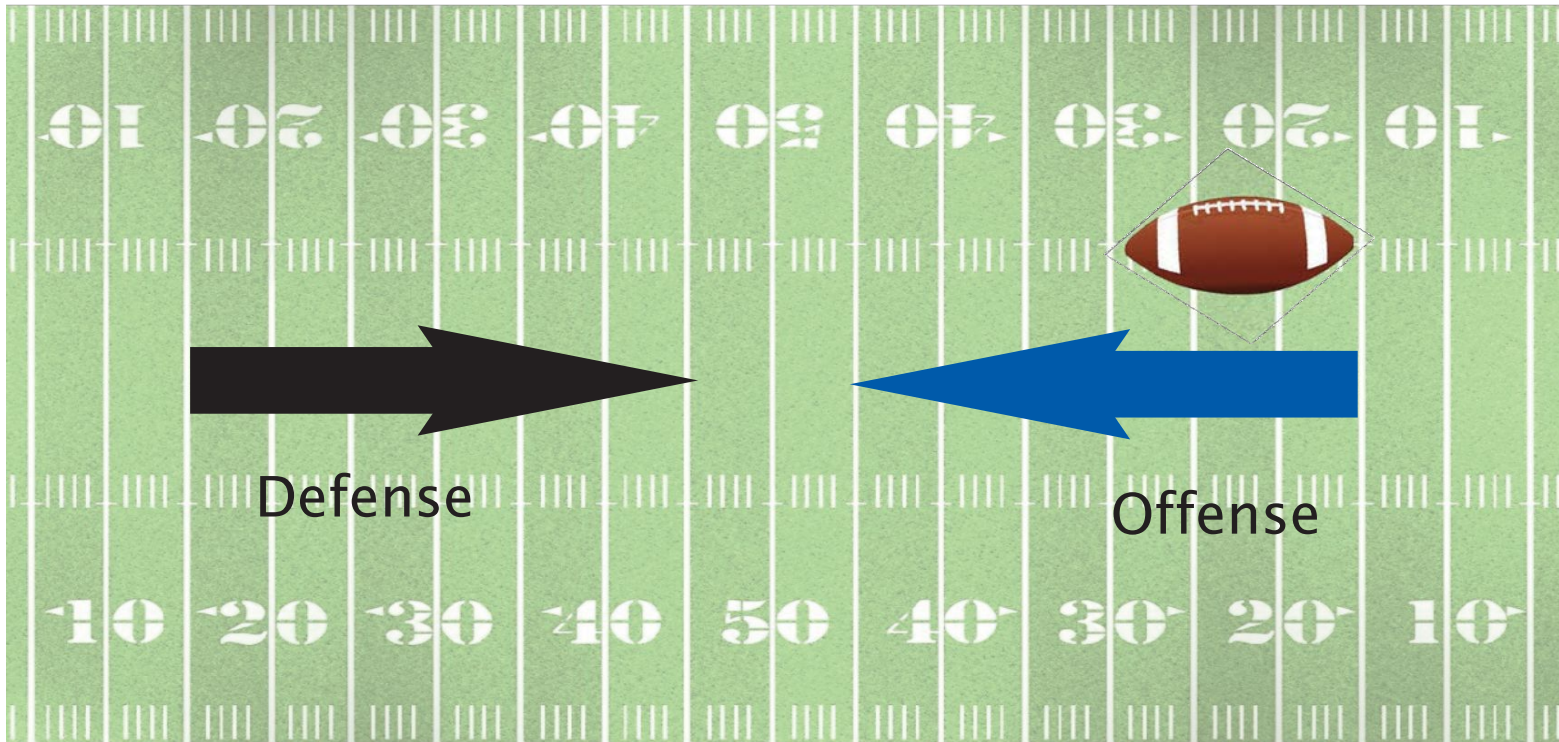
Start of the Game (Kickoff)



Objective of the Game



End Zone



End Zone

Downs



End Zone



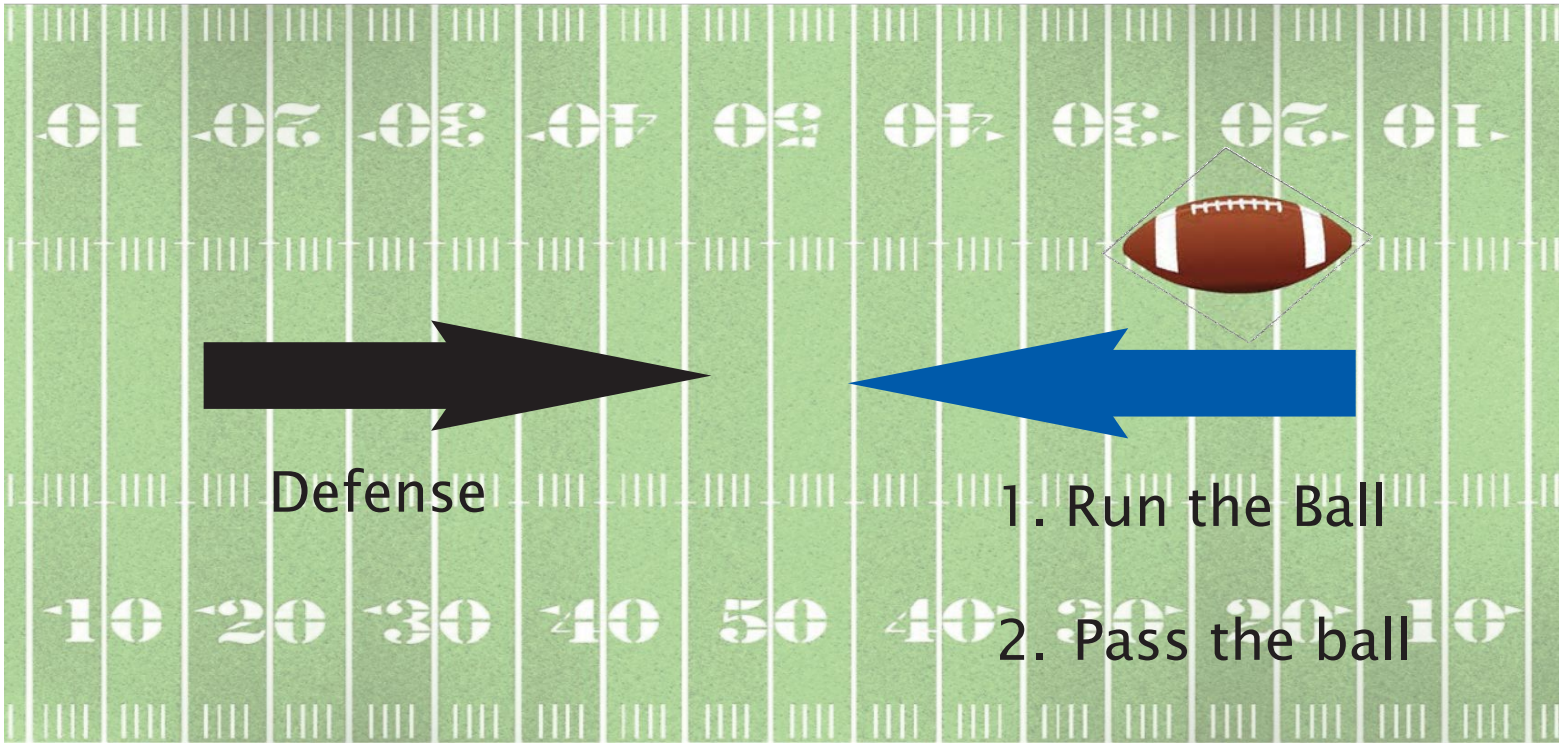
Offense gets
4 chances to go 10
yards

End Zone

How to Move the Ball



End Zone



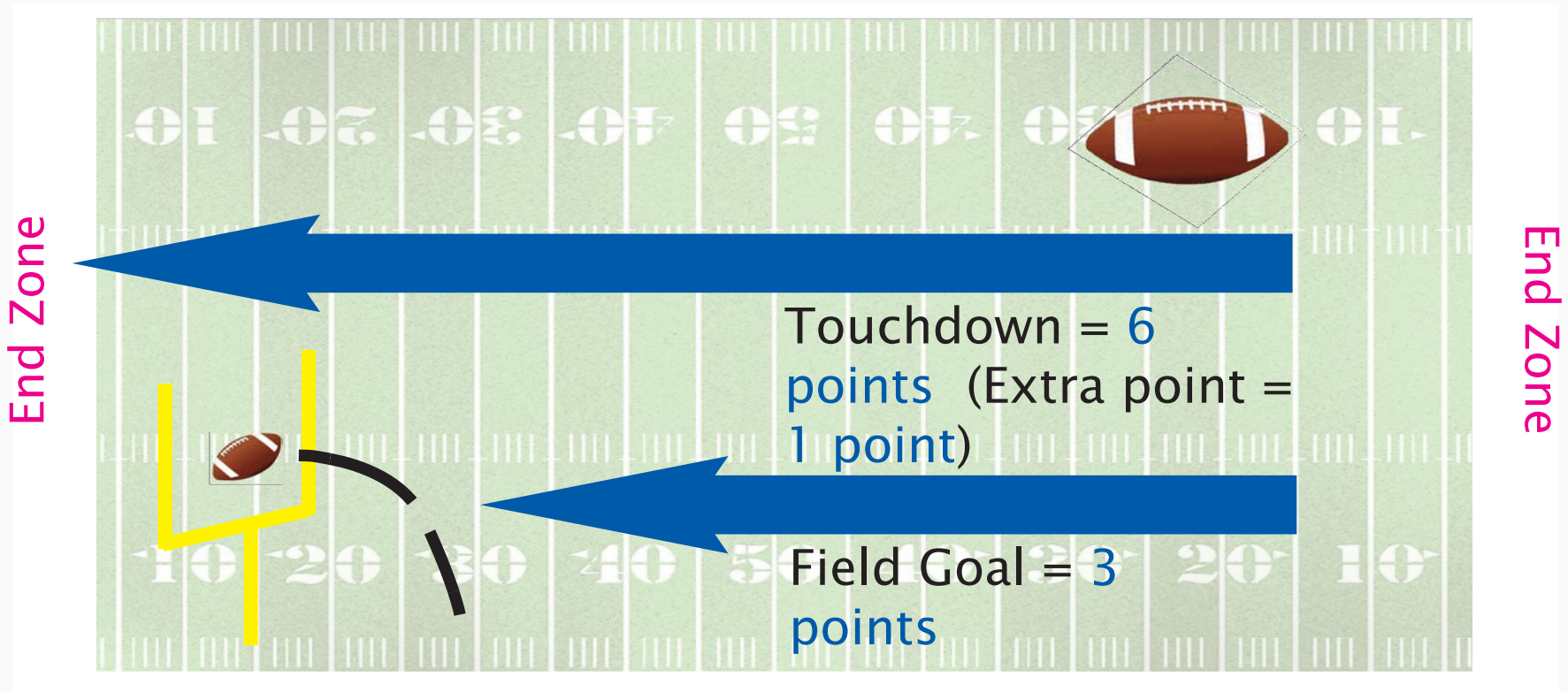
End Zone

Defense

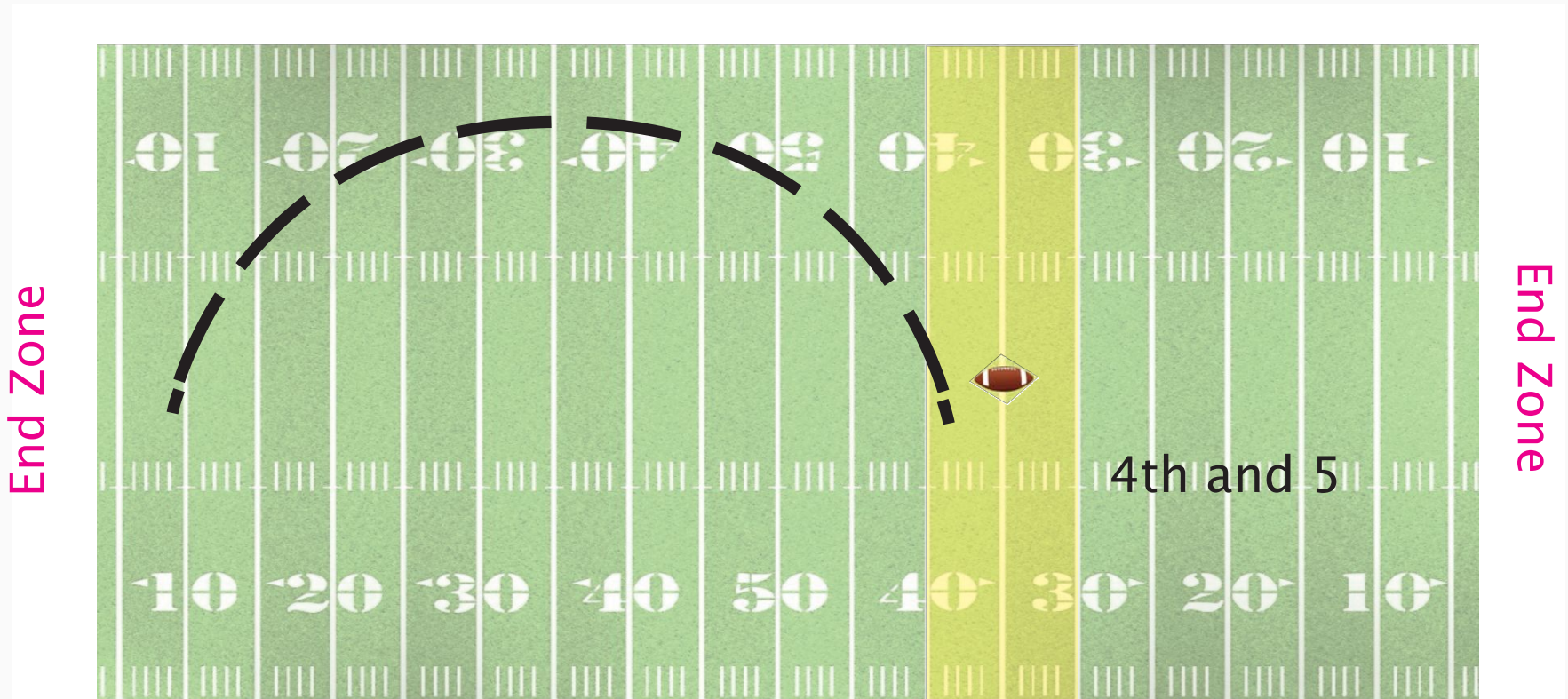
1. Run the Ball

2. Pass the ball

How to Score Points



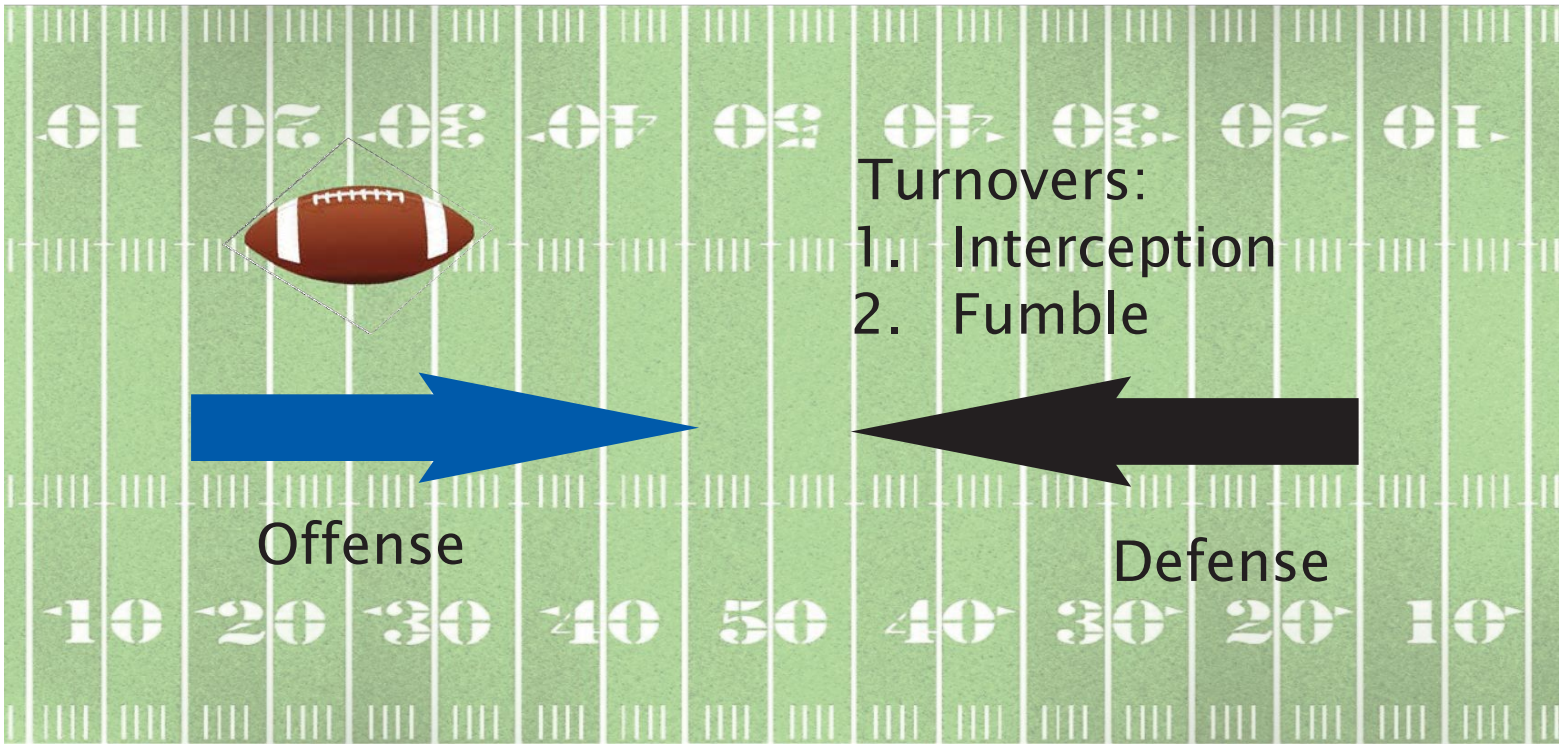
Punting (Special Teams)



Change of Possession



End Zone



End Zone

Penalties



Types of Penalties

Holding

Illegal Block

Delay of Game

Face Mask

False Start

Illegal formation

Offsides

Pass interference

Roughing

Tripping

...and a few more!

End Zone

End Zone



Length of a Game

- 2** thirty minute halves
- 4** fifteen minute quarters

After each quarter, teams switch directions

End Zone

End Zone

PENN ST
0-5



0

MICHIGAN
2-3



0

1ST

13:01

40

1ST & 10

Michigan Football



History of Michigan Football



- Began in 1879 (one of the oldest programs)
- Most wins of any program (1,013)
- 12 National Championships
- 3 Heisman Trophy winners
- Rivalries
 - Ohio State
 - Michigan State
 - Notre Dame



Notable People



Sherrone Moore
Coach



Tom Brady
Former Player and
GOAT



Bryce Underwood
Current QB

The Big House



The Big House



Football Culture



Isn't Football Dangerous?



- Yes
 - Lifelong injuries
 - Concussions
 - Chronic Traumatic Encephalopathy (CTE)
- Attempts to make it safer
 - Helmet technology
 - Rule changes
- Debated topic among owners, coaches, players, and fans



Tailgating



Food and Drinks



Questions?



Reminder for tomorrow!



MICHIGAN VS **OKLAHOMA**

SEP. 6 • 7:30 PM ET

abc

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