

This course covers the skills and instruction necessary for 7-on-7 touch football – no helmets or shoulder pads required.



Through on-field sessions, participants will learn how to instruct and execute various drills related to the sport of touch football.



# HKIN 128: Football



A focus on the fundamentals of throwing, catching, punting, kicking, and defensive play.

We will also progress to include systems, gameplay, and officiating components.