

Have you ever tried to understand what all the fuss is about when it comes to football? Ever wonder what's the point of the game? Why the season is so long? Why is there so many players on the field and what's their significance? Look no further than this brochure. In simple terms this explains the basics of all things football as well as what goes on during the offseason. So take a look inside to some simple terms and key things that will help answer questions that have always been brewing in your mind.



A *Girl's* GUIDE TO FOOTBALL



Sports Blog

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POSITIONS OFFSEASON THE DRAFT



Key Offensive Positions

Quarterback(QB) - the player calling the plays and throwing the ball

Runningback/Halfback(RB/HB) - the player running the ball

Wide Receiver(WR) - the player who catches the ball from the QB

Key Defensive Positions

Cornerback(CB) - player in the backfield who defends the passes from the receiver

Free Safety(FS) - a player who assists the cornerback and closes distance to the receiver by the time the ball reaches him

Defensive Tackle (DT) - stop the QB & RB

You may think once the Super Bowl is over, your brother, son, husband or boyfriend will be done with football. Sorry but this isn't the case because the offseason is full of surprises and big moves for many NFL teams.

There are a few different events not during the season that happen to be important

- The NFL Draft
- The NFL Scouting Combine
- Training Camp

NFL Draft

This annual event is when college athletes are picked to go to certain times and depends on which round they get picked it could be a guaranteed spot on an NFL team's roster for the upcoming season.

NFL Scouting Combine

This event is where college athletes hoping to get into the NFL do numerous amounts of drills including the famous 40 yard dash to showcase their abilities.

Training Camp

Late summer players report to their teams and begin strenuous workouts and work on plays for the upcoming season.



Every April, the NFL gathers to seek new players to add to their rosters and the draft is usually where all this happens. The teams are ranked by schedule from the previous season by worst to best including playoff wins and losses.

Teams have the option of trading away their pick for different players, multiple picks, cash or a combination of all three.

The Draft is comprised of seven rounds with 32 picks in each round. A team has about ten minutes to draft a player in the first round and each round the time becomes smaller and smaller.

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