



SHARK A-TAG FOOTBALL

**FAST | FUN | FLAG
AMERICAN FOOTBALL
FOR ALL AGES**

Sport4iMPACT

COACHING & PROMOTION

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BAFA
Accredited Deliverer



FUNdamentals!

Shark-A-Tag is a new concept in touch American Football making the game accessible to all ages, genders and abilities. A game that can be played in school, the park, on the beach or for team building. All you need is a ball!

It is a **FAST, FUN and EXCITING** form of the sport that includes the basic movements:

RUNNING
JUMPING
THROWING

It provides learning opportunities to develop these competencies, leading to increased confidence and enthusiasm for participation in lifelong physical activity and sport.

High quality delivery of physical education in the curriculum can inspire young people to succeed and sometimes to excel in physical activity and competitive sport. The same can be said for work teammates - promoting healthy lifestyles and cooperation.

Making sure the sessions are **FUN** is the key to engagement for everyone, regardless of their starting point in relation to their physical fitness, with continued support to help them think about their health and fitness choices.



Participation in **Shark-A-Tag** is so much fun that many youngsters who previously avoided sport find they can contribute and don't even know they are getting fitter. American Football, as most people recognize it, has players of all different shapes and sizes with different skills - some with speed, agility and catching skills whilst others, just as important to the team explode short bursts of strength and power.

The opportunity for extremely unfit youngsters and adults to join in and feel they are contributing is one of the things that makes the sport so popular at grassroots level.

The sport helps people to become physically confident in a way that contributes in a holistic way to their overall wellbeing.

As with other sports, American Football helps build character and embed values including fairness, teamwork and mutual respect, whilst at the same time improving agility, coordination, balance, strategic thinking and working with others, and as an individual - testing themselves competitively against opponents and their own drive to succeed.





Mastering the Basics

In Shark-A-Tag sessions players will be taught to master basic movements:

- ✓ Running
- ✓ Jumping
- ✓ Throwing
- ✓ Catching

And to develop

- ✓ Balance
- ✓ Coordination
- ✓ Flexibility
- ✓ Control
- ✓ Strength
- ✓ Power

Learn about

- ✓ Basic Tactics
- ✓ Attacking
- ✓ Defending
- ✓ Techniques

And how to use them together, strategically in a competitive game.

Age Groups & Exit Pathways

Shark-A-Tag is suitable for primary age children Year 1 to Year 6.

It is also ideal for secondary age pupils Year 7 to Year 11 and for Sixth Form and College Years 12 and 13.

Shark-A-Tag is also suitable as a team building opportunities and for workplace teams.

Sport4Impact can offer 6 or 12 week sessions in the curriculum or as after school enrichment or one offs for work places.

For those people that want to apply what they have learned in school or in team-building, and participate outside the school or workplace, the Cornish Sharks Academy of American Football runs community clubs for cadets (8 to 13 years) and youth (14 to 18 years) and senior teams for both guys and gals.

These teams participate in a local Cornish league.

For those that want to take their football further and play competitive kitted football, the Academy has a Youth Team that plays in the National League and seniors teams for guys and gals, which play nationally too.

There are plenty of opportunities for people to participate at their chosen level.



Shark-A-Tag Sessions

Include:

Fully qualified Min. Level 2 Coach
First Aid Certificate
Current DBS Certificate

Equipment including:

Playbooks
Footballs
Bibs
Cones
Ladders

Cost: £30 per hour



Shark-A-Tag School Pack

After the 6 or 12 weeks of sessions, schools can buy a Shark-A-Tag pack in order to continue sessions.

The pack includes:

2 Hours of Teacher Instruction
Playbook including 12 individual plays
5 American Footballs
20 Shark-A-Tag Bibs (10 of 2 colours)
Set of cones
1 Ladder

Cost: £450

Shark-A-Tag Schools Competition

As more schools participate in **Shark-A-Tag**, an inter-schools competition will be set up so pupils of all levels can play against other schools.



About Sport4Impact

Sport4Impact is the coaching delivery vehicle into schools, colleges and work places, for the Cornish Sharks Academy of American Football. Its primary function is to increase participation in the sport across Cornwall.

Accredited by the National Governing Body, the British American Football Association, Sport4Impact is run by Coach Brian Smallworth.

Coach Smallworth who heads the Cornish Sharks Academy and coaches the activity in schools and colleges as Sport4Impact is a highly respected Coach with over 50 years experience of playing and coaching the game.

With both UK Level 4 and USA NIAA and NCAA coaching qualifications Coach Smallworth brings a wealth of experience to every project and a passion for the game that is undeniably infectious.

He is also a qualified USA Football Master's Coach and Coaching Developer - both of which ensure that players are coached to the very highest standards of safety and best practice.

In addition to winning coaching awards from the NGB over the years, Coach Smallworth was honoured to be an Olympic Torchbearer for the London Olympics in 2012. Later that year he won Participation Coach of the Year at the Cornish Sports Partnership Awards going on to be 2013 runner-up in the National Sports Coach UK awards as Community Coach of the Year.

Coach Smallworth believes in operating at the highest standards and the Cornish Sharks Academy is a ClubMark organization. All the coaches in the organization are Level 1 or 2 qualified with first aid certificates, DBS checks and all are trained in the organization's policies. We also have two fully trained Welfare officers to safeguard the well-being of participants at all times.



Coach Brian Smallworth





*Sport for All
Sport for Life*

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If you would like Shark-A-Tag in your school, college or workplace, please call Coach Smallworth to discuss a programme to suit your requirements.

We can run 6 week or 12 week sessions for any age group, boys and girls, guys and gals, mixed ability.
Taster sessions available.

IMPACT

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