



2018 COACHES & REFEREES MEETING

League Philosophy

To use flag football as a means to teach valuable sport and life skill lessons to children in a fun, spirited environment.



Age Groups

- Age Groups
 - FRESHMAN 9 to 11 years old
 - 4 teams of 5-6 players
 - JUNIOR 12 to 13 years old
 - 4 teams of 9-10 players
 - SENIOR 14 to 15 years old
 - 4 teams of 6-7 players



Equipment

- Player Equipment
 - Recommended
 - Soccer Cleats
 - Mandatory
 - Mouth Guard (without toggle)
- Coach Equipment
 - Whistle
 - Notebook & Pen or Pencil
 - Play Book
 - Provided
 - Cones
 - Balls (half the number of players)
 - Kicking Tee
 - 2 End Zone Pylons
 - QB Wrist Band



Key Dates & Times

- May 28 – Practice
 - 7:00 – 8:30pm
- June 4 – Opening Kick Off
 - 7:00 – 7:25pm - Practice
 - 7:30 – 8:30pm – Game
- June 11 – Doubleheader
 - Freshman - tripleheader
- June 18 – Doubleheader (TBC)
 - Freshman - tripleheader
- July 2 – NO Games & Practices
- July 30 - Championship Day



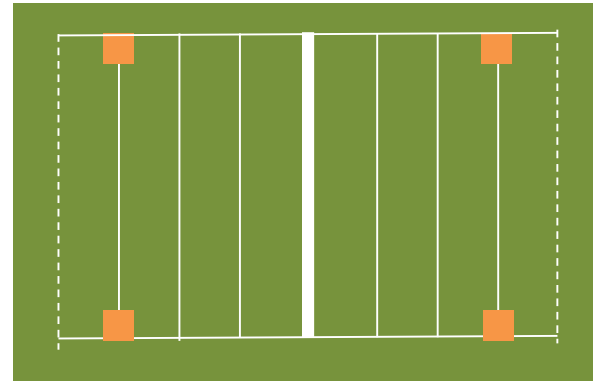
Doubleheaders

- 7:00 – 7:45pm – Game 1 (20 minute halves)
- 7:45 – 8:30pm – Game 2



Game Day

- Practice & Game – Junior & Seniors
 - Mentor Tip of the Week & Practice - 7:00 – 7:25
 - 1st Half – 7:30 – 8:00
 - Half – 3 minutes
 - 2nd Half – 8:03 – 8:33



Game Day

- Plays
 - Plays must be called....go get open is not enough!
- Playing Time
 - Equal playing time
 - Coaches need to monitor play to ensure all players are being thrown to
 - Quarterbacks will be changed at half
 - New system for Refs to monitor quarterback changes



Game Day

Player Name	On-Field				Passed To
James	X		X		X
Frank	X		X		
Gerry	X		X		X
Don	QB	QB	QB	QB	
Tony	X		X		
Sarah		X		X	X
Kevin		X		X	
Mel		X		X	
Paul		X		X	X
Vicki		X		X	
Andrea			X		



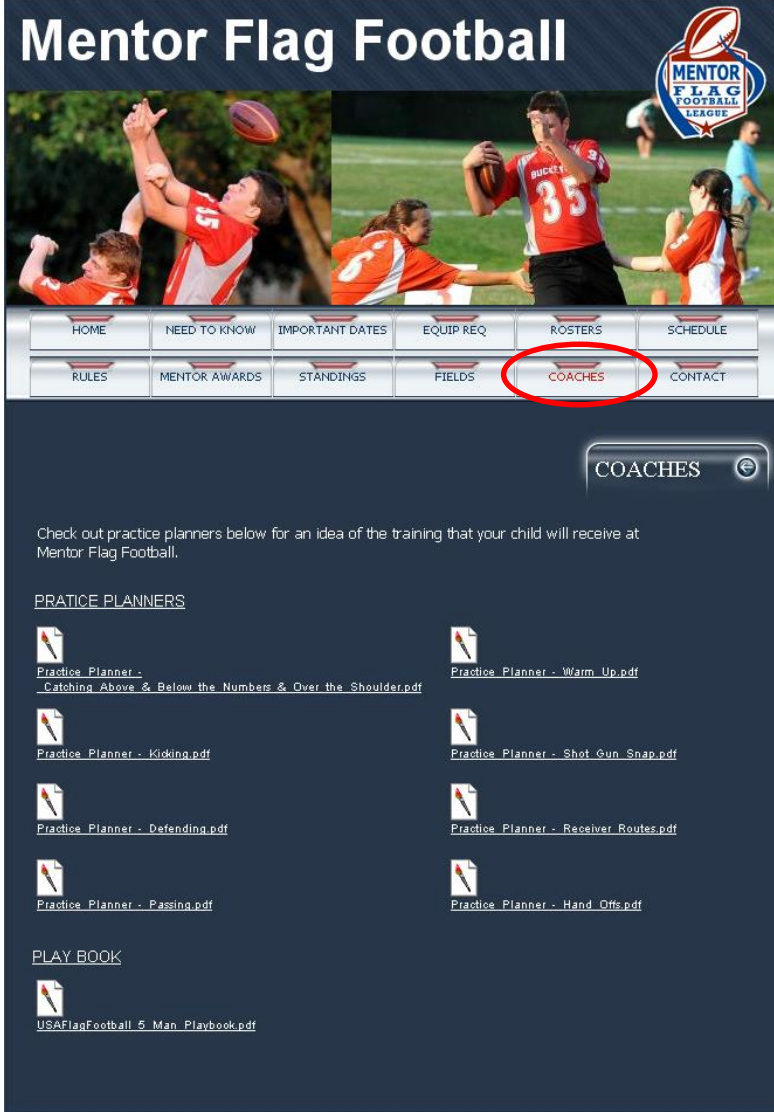
Game Day

- Weather
 - We play rain or shine, so be prepared!
 - Severe weather
 - Prior to Game – check web site, look for email
 - During Game – Air Horn will indicate that you need to evacuate the field
 - Missed games will be made up with Doubleheader



Practices

- Practices
 - Passing
 - Catching
 - Running
 - Kicking
 - Route Running
 - Defensive Coverage
 - Offense
 - Defense
 - Kick Cover



The screenshot shows the Mentor Flag Football website. At the top, there is a navigation menu with links: HOME, NEED TO KNOW, IMPORTANT DATES, EQUIP REQ, ROSTERS, SCHEDULE, RULES, MENTOR AWARDS, STANDINGS, FIELDS, COACHES (circled in red), and CONTACT. Below the menu, there is a section titled 'COACHES' with a back arrow icon. The text reads: 'Check out practice planners below for an idea of the training that your child will receive at Mentor Flag Football.' Underneath, there is a section for 'PRACTICE PLANNERS' with eight PDF links: 'Practice Planner - Catching Above & Below the Numbers & Over the Shoulder.pdf', 'Practice Planner - Warm Up.pdf', 'Practice Planner - Kicking.pdf', 'Practice Planner - Shot Gun Snap.pdf', 'Practice Planner - Defending.pdf', 'Practice Planner - Receiver Routes.pdf', 'Practice Planner - Passing.pdf', and 'Practice Planner - Hand Offs.pdf'. At the bottom, there is a 'PLAY BOOK' section with a link to 'USAFIagFootball 5 Man Playbook.pdf'. The Mentor Flag Football logo is visible in the top right corner of the website.

All lesson plans located on web site.



Sample Practice Plan




- Catching (15 minutes)




WEEK TWO PRACTICE PLAN

Mentor Tip of the Week - Perseverance
 *Sometimes it is difficult to play. What if you are on a team that is always losing. Perseverance you get you through it all! Keep on trying to improve your game while you encourage your teammates to improve theirs. In the end you may or may not turn it around, but you will be better off for it is just giving up.

Skills to be Taught - Receiving

- Extend arms and catch with your hands, not with your body
- After catch "look" ball right into arm cradle

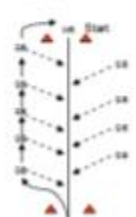




Run →

Pass →

DRILL

- Grab partner and slowly throw the ball to each other using proper technique.
- Gradually increase intensity of throws.



DRILL #2

This is the drill from week one. You can stop the drill after it is completed to set up the next runner, but the running should be done quickly.

- WR runs straight through course. Balls are thrown by QBs - alternate sides. After WR finishes course have them go to the end of one side until each player runs the course, then go to the other line.
- Ball is caught and then dropped so the next ball can be caught.



First Day

- Come on time!
- Go to assigned field of your team.
 - Assignments will be at the tent
 - Fields will be clearly marked
- Jersey issues
 - They have to be major issues – you will NOT have a perfect fit
 - Major Issues?
 - Player keeps jersey
 - Do not wear the jersey during practice or game
 - Send them to the tent after the game



First Day

- Parents
 - Introduce yourself
 - Communicate your plans
 - Issues will be brought to their attention after it is addressed with the player first
 - Food Allergies
- Establish Team Rules with your players
 - No fooling around
 - Listening
 - Sportsmanship
 - Encouraging Teammates
 - Effort
 - Everybody plays all positions
 - Equal playing time
 - Getting the ball to all players



Past Issues

- Equal Playing Time
- Ball Distribution
- Playing All Positions – Especially QB
- Coaches Are Too Competitive and Take it Out on Refs or Team
- Incompatible Objectives between Coach and Team



Other Information

- Contact with Families
 - Coach's email will be available on the web site.
 - Activities outside of league game days are not allowed and not covered by league insurance.
- Refs
 - They will try their best!
 - As long as they are trying, give them the benefit of the doubt.



Injuries

- All injuries should be reported to the tent where there is first aid available.
- Hydration
 - Athletes often arrive dehydrated.
 - Urge parents and players to monitor hydration level before they arrive.
 - Monitor Urine
 - Dark = Dehydrate
 - Light = Hydrated
 - Urge parents and players to bring their own bottles with water or a sports drink.
 - Urge players to drink when they arrive and throughout the game.
 - Tent will have water for sale. However, we will never turn away a player requesting water.



Rules Review



Questions

Remember to have fun!!!

