



Morgan Hill Youth Sports Alliance, Inc.
16755 Jackson Oaks Dr.
Morgan Hill, CA 95008
www.svflagfootball.net



Coaching Guidelines

Coaching in an South Valley Flag Football League

As a flag football coach, your main goal should be to create a fun and safe learning environment for your players. Whether you are an experienced coach or a novice taking the reins of your first team, there are several things to keep in mind as you begin your season.

Not all of these things are just as an NFL coach would do, but then, this isn't the NFL. However, one of the fun parts of flag football is that the skills your players will practice and play with are just like those of their NFL heroes: passing, catching, defending, etc. This connection to the real-life game they see every week is one you should feel free to emphasize.

Everybody Plays

NFL Flag games were designed specifically to make it easier for every player to have a role in a team's success. While size and skill certainly will come into play when the action starts, your coaching should emphasize the "working together" aspect of the games.

Tackle Tackling Early

Don't let your practices dissolve into a giant pile of rambunctious kids. For both their safety and your sanity, make sure to discourage any tackling or roughness early on. Remind them that they won't help their team in a game by tackling or being rough.

Sportsmanship Rules!

Help your players be good sports. After a game, shake hands with or do a cheer for the other team. Applaud good play by both sides. Treat officials with respect. While imitating you, your team won't even know its being taught a good lesson.

Let Them Play Football!

The temptation to be another Don Shula or Bill Walsh will have to wait. This is NFL Flag. While teaching football skills and strategies is important, keep your lessons as simple as possible. As your team grasps the basics, move on to more advanced ideas. Overloading young players with too much information too early can cause them only confusion...and you headaches.

Have Fun!

We thank you for your volunteer service. NFL Flag couldn't happen without you. But remember, this should be fun for you, too.



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Coaching Commandments

- Everybody plays
- If they are having fun, everybody wins
- Emphasize good sportsmanship
- Provide good example to kids
- Utilize league resources
- Know the rule book
- Work with the officials
- Show everyone respect
- Arrive first, leave last
- Give your best, all the time

The Basics

- Is everyone here?
- Do you know everyone's first name?
- Do you which parents belong to which child?
- Do they each have mouthpiece, flags and jersey?
- Are the captains assigned for the game?
- Have the kids been assigned starting spots?
- Do you have your rule book and play book?
- Does every kid have a drink and snack?

The Finer Points

- Don't call a running play in the No-Run-Zone
- Stay aware of the clock - Don't run out of time
- Know the penalties and yardage
- Make your plays easy to understand
- Communicate with the parents
- Get the parents involved
- Keep the flags and footballs so you have them at game time
- Make sure the kids are having fun
- Create a cheer for the team, have the kids learn it, use it.

Coach's Notes
