



Season Management Guide

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Introduction

Welcome to the South Valley Flag Football League's NFL FLAG Program! We are pleased and excited to offer you a comprehensive, educational, fun and competitive flag football program. Together with the NFL, we hope to provide each child with quality program that delivers an enjoyable flag football experience each season. As a coach you are critical to success of that goal! Here is information designed to you manage your season. New coaches and veteran coaches all should read through the guide to understand our expectations and well

Running a Game Day Practice

Game Day practice is much different than your first two weeks. At a minimum it is condensed from 90 minutes to 45 minutes. You will have only 45 minutes to practice before your first game time. Keep everyone moving. After getting through your first week, you will be able to bring in more skills, but today focus on bringing the last two weeks together to a successful game experience. Here is a review of the practice activities that should take place today.

Warm-ups (5-10 minutes)

- Run one lap around football field
- Jumping Jacks – Four sets of 10
- Stretches – Legs, Arms, abdomen
- Legs - Hamstring stretch, calf stretch, butterfly stretch,
- Arms – Stretch triceps, hands and shoulders
- Abdomen – Back arch, alternate hand to toe touch, side hand to toe touch

Basic Drills (5-10 minutes each)

Divide players into groups of four to five each. If you do not have enough for two groups of four, place everyone in the same group.

Hiking, handoffs, running and flag pulling [svflagfootball.net](http://www.svflagfootball.net)

Activity:

From the line of scrimmage, place two cones seven yards away equidistant from the ball. Place defender between the cones. Have the center snap the ball to the QB who hands the ball to the running back. The Running Back attempts to run past the defender while remaining inside the two cones. The defender attempts to pull the running back's flags. Whistle ball dead after runner is past defender.

Objectives:

- Center – Demonstrate good snap skill
- QB – Demonstrate cadence, ball handling and handoff skills
- Running Back (RB) – Demonstrate handoff, ball handling and running skills
- Defender – Demonstrate pursuit and flag pulling skills

Rotation:

- Four players - RB to Defender, Defender to Center, Center to QB, QB to RB
- Five or more players - RB to Defender, Defender to Center, Center to QB, QB to back of the line, first in line to RB



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Hiking, passing, receiving, defending and rushing

Activity:

From the line of scrimmage, set the ball in the center of field. Have receivers lined up on the left then right of the QB. Place defender 5-7 yards away from the receiver. Have the center snap the ball to the QB who then passes to the receiver. The receiver runs the route called out by the QB. The defender attempts to block or intercept the pass then pursue to pull flags. Whistle ball dead after runner is past defender.

Objectives:

- Center – Demonstrate good snap skill
- QB – Demonstrate cadence, ball handling and passing skills – stance, spiral, accuracy
- Receiver – Demonstrate route knowledge, ball catching and running skills
- Defender – Demonstrate positioning, defending, pursuit and flag pulling skills
- Rusher – Demonstrate ability to rush QB, pursuit and pulling flags

Rotation:

- Four players - Receiver to Defender, Defender to Rusher, Rusher to Center, Center to QB, QB to Receiver
- Five or more Players - Receiver to Defender, Defender to Rusher, Rusher to Center, Center to QB, QB to back of line, first in line to Receiver

Practice Plays: (10-20 minutes)

After warm-ups and drills, you are ready to prepare for the game. Start off using the plays from previous weeks. Add one or two new ones as the players gain skill. Here are the plays we suggested last week. All plays referenced below are in our playbook. Check the page numbers shown to get visual presentation. Choose your own if you don't like these.

Start your practice advancing by the ball out from your end zone or going towards the defenders. Start on the nearest No-Run Zone from either your end zone or midfield. Practice each direction according to your need. Players should learn to play until the whistle blows.

Keep them safe. Be sure to point out actions that will result in a penalty. Make the learning fun and keep it a game. There is no need to deride players for making mistakes. Help them learn how to prevent them by increasing their awareness.

Make sure everyone rotates through the positions. Switch out at every series or two. You will need this to be prepared for games. Every player on the field should be aware of where their teammates are.

Opening Day

What to do this Sunday

This will be first week of games. After two weeks of practice players at all levels should know the following:

- Warm up exercises
- Fundamentals of the game such as rules, positions, huddles and cadence
- Basic skills such as passing, hiking, handoffs, catching, flag pulling and defending



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You should have introduced yourself to all parents, picked up some help with running games and assigned families to responsibilities such as drinks, snacks and field clean up after the game.

These assignments are very important as you head into your first two games. Things will be moving fast this week and being well organized is the key to an enjoyable time for all, including you!

Here are some helpful suggestions to make your Game Day a success.

Establish Your Game Plan

You should have a game plan going into game day. Establish what your objectives are for the day. (Hopefully, it is larger than Just Win Baby!) lol Even established teams with experienced players should set development objectives each week. Game plans should include plays you want players to learn, skills you want to instill and roles for every player on the team.

We suggest the Lead Coach or coaching team have made the following decisions by Game Day.

- Fill all Coaching Roles (If you are doing all three, you are in trouble. Get help.)
 - Offensive Coach – Runs Offense, provides feedback, monitors behavior
 - Defensive Coach – Runs Defense, provides feedback, monitors behavior
 - Sideline Coach – Runs rotation, keeps players involved in game, monitors behavior
- Assign two Captains (For day or per game)
 - Rotate between players each week enough so all participate.
- Assign every player a starting position
 - Everyone should have a starting position on offense or defense
 - Best players should be in critical spots such as center or rushing. QB isn't always the toughest spot.
 - Use same starting positions at start of each game and half to simplify initial coordination
- Make a list of plays to run
 - These should be the ones run during practice before a game
 - Build on past lessons
- Have Snacks and drinks available for all kids
 - Make sure a parent is in charge of getting these to the kids. Families can do it individually, but it works smoother as a group. Keeps the players together thus easier to manage.
- Develop a Team Cheer
 - Appoint a captain to lead cheer. Make it someone who deserves special recognition for extra effort, not TDs and keep it simple.

Game Preparation

Game preparation starts at the beginning of practice. Get to practice early, have your area staked out. Make sure parents and players know where to meet. After the first game each day, teams will not have the game field to practice on. Designate an area for your team to assemble, discuss plans for the day and practice. With 45 minutes to get ready for two games, you will need to move fast.

Here are some suggestions for the coaching team to achieve what you need to get done:

- Lead coach
 - Ensure fellow coaches are on board and ready to go.
 - Present game plan to parents and players



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- Identify Captains – pick one as Speaking, make sure they know your preferences
- Identify starting players – Offense/Defense
- Layout schedule for practice
- Know which fields the games on are
- Sideline Coach
 - Verify all players have their equipment – mouthpiece, flags
 - Make sure everyone's jersey is correct and tucked in
 - HOME jerseys have a DARK body
 - AWAY jerseys have a WHITE body
 - Make sure no one is wearing shorts with pockets
 - Make sure all jewelry is removed
 - Make sure team is near game field end zone 5 minutes before game time
- Offense/Defense Coach(es)
 - Run squads through key plays
 - Make sure every player knows their roles
 - Answer questions and assist players in learning skills and plays

The time will fly by.

- Game Day orientation for 5-10 minutes
- Warm-ups for 5-10 minutes
- Drills for 5-10 minutes
- Plays for 10-20 minutes
- At the field 5 minutes prior to game time

Move to the Field

Finish the practice with positive comments for every player. Review what took place, ask questions and provide answers. It sounds simple, but the kids need the encouragement and leadership you provide. Make it positive.

Get everyone gathered up and moving quickly. Get them excited about the upcoming game. Focus on the fun!

Regular Season Week 2

What to do this Sunday

Congratulations! You survived the first week. We hope! lol Veteran coaches may already be running at full steam while the new ones may still have some areas of concern. You may have gone 2-0 or 0-2, but your focus areas for Week 2 are basically the same. Strengthen the defense and get a handle on equal playing time. If you get those two items down this week your season will settle down quickly. Scoring comes as skills improve. Parents will accept the learning curve as long as they feel each child has equal opportunity to learn. Remember, for each game every player should have a starting position and you should know your rotation plan.

Reminder: After two weeks of practice and one game week players at all levels should know the following:

- Warm up exercises
- Fundamentals of the game such as rules, positions, huddles and cadence
- Basic skills such as passing, hiking, handoffs, catching, flag pulling and defending



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You should have introduced yourself to all parents, picked up some help with running games and assigned families to responsibilities such as drinks, snacks and field clean up after the game.

Here are some helpful suggestions to make your second Game Day a success.

Focus Items for Defense

If your opponents are scoring at will, your team will get demoralized very quickly. If that happened last week, here are some areas to focus on today:

- Set a defensive scheme
- Identify top defenders
- Watch out for the tricks
- Pull Flags!

Focus Items for Equal Playing Time

Make sure everyone has a starting position

Mid-Season Week 3

Routine should be established by now. You should be ready to start adding plays to the players' repertoire. It is good to have at least one play for each player. If have not done so already, you can build camaraderie further with your players by giving them nicknames. The key activity be consistent with is to practice flag pulling before every game. Work on corrections from previous weeks as well.

Regular Season Week 4

Repeat Week 2 and 3.

Final Regular Season Games

Repeat Week 2, 3 and 4.

Jamboree Tournament

This is the one day where SVFFL gets just a little competitively focused. Unlike previous weeks where your games are prescheduled, these games are based on standings at first then moved onto winners playing winners and losers playing losers. There is no change to the bracket schedule, but the games themselves are based on performance. You will still play two games at the same times as you have all season. Please remember this is not a championship day. Rankings will be based on final standings. Still, it is satisfying to beat a higher ranked team regardless of the final standings.

Please note we usually distribute photos and commemorative trophies and/or medals. In respect to your contribution throughout the season, we will only give your trophies for players in attendance and give the photos directly to parents. We suggest you hold a brief recognition ceremony after your last game either at the field or at season ending ceremony for the team. Remember to recognize every player in a positive way while giving them their trophy.



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