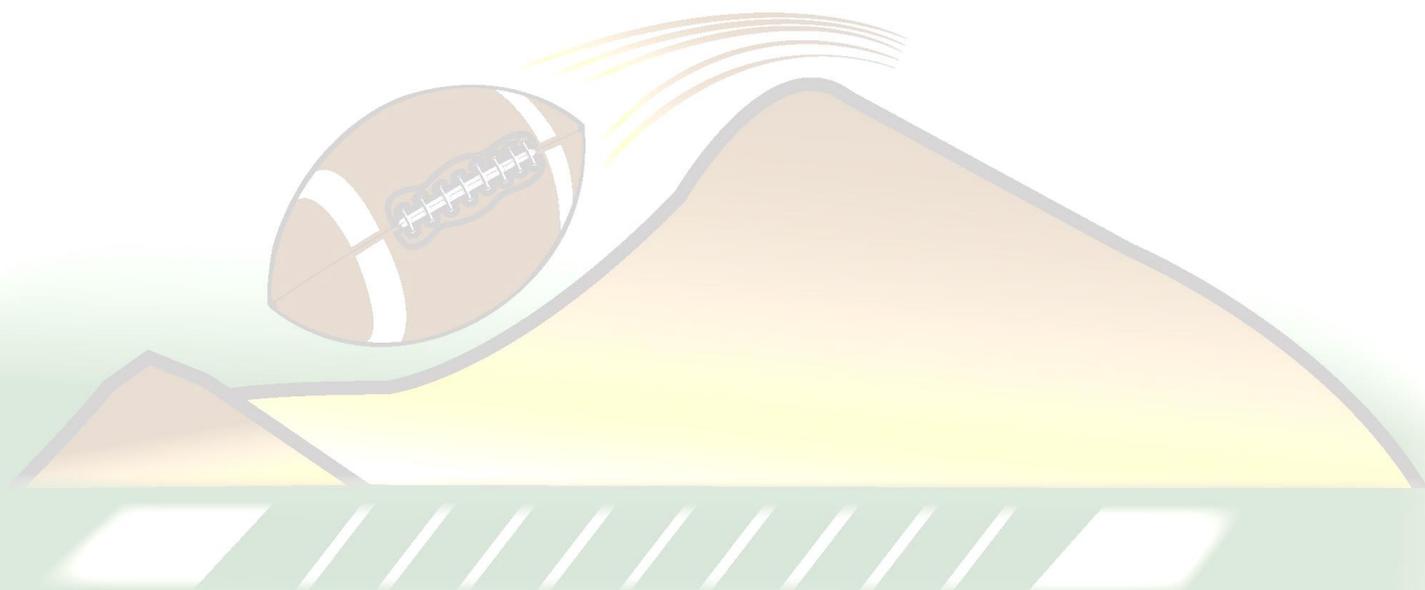




Season Preparation Guide

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SOUTH VALLEY FLAG FOOTBALL



Season Preparation Guide

Introduction

Welcome to the South Valley 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 some information designed to prepare you to participate in our league.

Practice Week 1- League Practice

The first week is mostly about communication. Teams that come together will know each other, possibly be family friends. The rest of the teams have to get to know each other on an accelerated rate. Start your first practice with a round robin discussion where each player introduces themselves and shares information about themselves. This can be a daunting task for a young player. Make it easier for them. Start by telling a little bit about yourself, where you are from, what activities you like, general information about your family. Ask leading questions about their favorite team, sport, player

Move from there into discussing what the team is going to do that day. Recommended first day activities are:

- Review of NFL FLAG game rules, highlights, exciting aspects such as scoring, playing different positions, etc.
- Skills Assessment – Follow skills outlined on form, identify strengths and weaknesses of each player
- Discuss football fundamentals, get a sense of your team's experience
- Quick scrimmage playing touch football
- Review activities for next week

End practice on a positive note, give players a homework assignment for the week, it could be stretching and strengthening such as sit ups and push ups or it could be throwing the ball a little every day. Get other parents involved. Set schedule for bringing snacks, review the season schedule to find out who will be missing when.

Practice Week 2 – Team Practice

This is our second week of practice. If you have not already done so, please complete the following activities first:

- Get to know the kids first names
- Introduce yourself to parents
- Review fundamentals of the game such as rules, huddles, cadence, hiking

Based on the skill level we have included some suggestions you can use to prepare them for their first games next week. Staff will be available to assist with any drills you need demonstrated or explained. Take the team through at least 30-45 minutes of drills then move onto learning at least two-four plays from the



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playbook. Move at your team's speed. Make sure the kids get it right before moving on. Coaches who want game time can scrimmage against their on-field neighbor. There are two teams assigned to each field.

Warm ups (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 (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

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 dead after runner is past.

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

Hiking, passing, receiving and defending

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 dead after runner is past.

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



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Rotation:

- Four players - RB to Defender, Defender to Center, Center to QB, QB to RB
- Five or more Players - RB to Defender

Special Focus Areas: (15 minutes)

Those drills will help all players with the basics. Here are suggested “Focus” areas to make sure they are ready for next week.

Instructional levels

- Review field dimensions, basic rules and position awareness
 - Take team around the field. Ask players to identify goal, midfield, sidelines and demonstrate understanding of what they mean
 - Demonstrate meaning of No-Run Zones
 - Discuss run versus pass, rushing the QB, not running with ball carrier
- Demonstrate Hiking, Huddles, Cadence knowledge
 - Hiking – T-Snap versus Shotgun
 - Huddles – Circle or Line up, 30 second rule, listen and don't talk
 - Cadence – Everyone lines up quickly, QB checks position, Ready-Set-Hut

Beginning levels

- Review Hiking, Huddles, and Cadence (See above)
- Demonstrate handoff, passing and receiving skills
 - Handoffs - RB arm placement, solid exchange, QB DELIVERS/RB TAKES the ball
 - Passing – Holding the ball, stance, leading the receiver
 - Receiver – Catching the pass, putting the ball away to run

Interim levels

- Review passing and handoff skills (See above)
- Demonstrate passing routes, defensive coverage
 - Passing routes - Page 30-32 of playbook
 - Defensive coverage – Man versus zone
 - Zone – Diamond, Flats with Cornerbacks or Safeties

Advanced levels

Review the following principles with players. Create game-like situations to develop skills

- Game Management
 - Time Awareness – How much time is left in the half?
 - Down and Distance – What down is it? How far do you have to go?
 - Know the Score! – Official will call out score after change of possession.
 - Good sportsmanship – Give the flag back to the runner!
 - Respect the Official
- Situational Response
 - 1st and short – Take a shot downfield
 - 3rd and long – Don't make mistakes
 - Last 2 minutes – No huddle, rotate players quickly
 - PAT decisions



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- 1 Point is pass only from 5 yards
- 2-Point is Run or Pass from 12 yards

Running Plays: (30-45 minutes)

After you have made sure your players know what to do and how to do it, run plays with them. All plays referenced below are in our playbook. Check the page numbers shown to get visual presentation.

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.

Offense

Play sequence (By page number)

- First Series – BASIC: Designed to get your team a first down. Run Pg. 3, 4, 5
- Second Series – PRECISION: running routes correctly is the key: Run Pg. 10, 12, 16
- Third Series – RAZZLE DAZZLE: Mix it up and make it fun. Run Pg. 7, 8, 21
- Final Series – DESPERATION: Good way to tire them out! Run Pg. 15, 20, 24

Defense

The biggest areas your defense should practice on is rushing and pulling flags. Younger ages also should be taught to “Stay Home” and not over pursue the ball carrier. Make sure the rusher knows to following the ball or cover the QB. Defenders should follow through every play to pull the flags and

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.

Remember - “It’s All About the Kids” so lets give them an experience to be remembered.