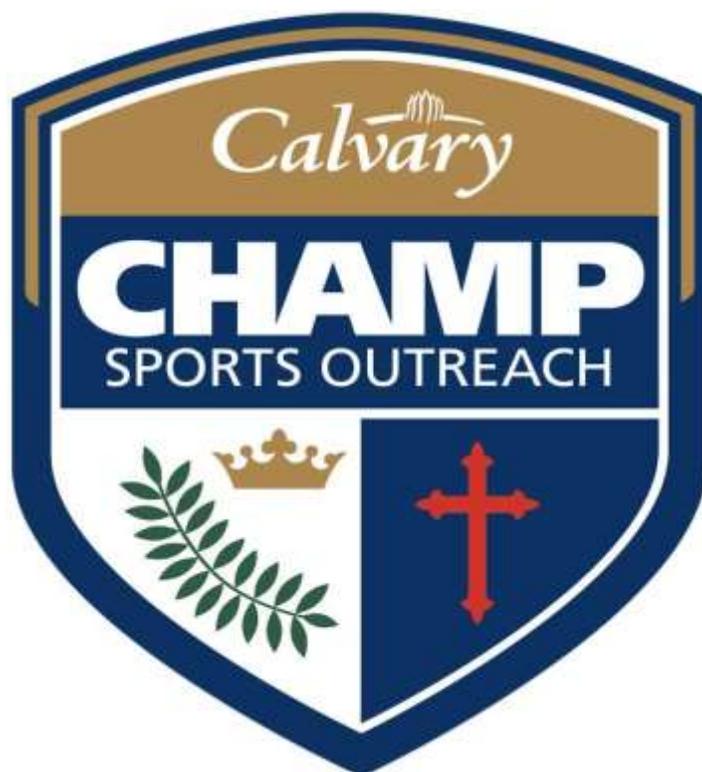


CHAMP SPORTS
COACH'S HANDBOOK



FLAG FOOTBALL
Spring 2019

www.champsportsinfo.com

CHAMP Office – 704.341.5387
Weather Hotline – 704.341.5473

Revised February 2019

CHAMP Mission

The mission of CHAMP Sports Outreach is to use sports as an avenue to proclaim the life-changing message of Jesus Christ!

Our Purpose:

1. To REACH our community with the love of Jesus Christ.
2. To DEVELOP Christ-like character within each player on and off the field.
3. To TRAIN coaches to be outstanding examples of Christ.
4. To ELEVATE the skill and knowledge of each player.
5. To PRESENT a fun and safe playing environment.

Game Plan for CHAMP Coaches

"Be imitators of me, as I am of Christ." 1 Corinthians 11:1

GOAL - Imitate Christ to your team! (1 Corinthians 11:1)

AIM - Coach your team to play with excellence! (1 Corinthians 9:24)

PURPOSE - Partner in sharing the gospel to your team! (Philippians 1:5)

CHAMP trains up coaches to be a Christian role model first and an excellent coach second. The goal of a CHAMP coach is to teach the players to play for the glory of God!

This booklet is intended for CHAMP Sports coaches and leadership staff only and should not be distributed to those outside of CHAMP Sports.

Qualifications of a CHAMP Head Coach

1. Must have a personal relationship with Jesus Christ according to the Word of God (John 1:12; Romans 10:9,10; Ephesians 2:8,9)
2. Must be an active participant in a local church
3. Maintain a Christ-like attitude
3. Continue to grow in the grace and knowledge of God (both in and out of church)
4. Must agree with and follow the overall mission and vision of Calvary CHAMP Sports Outreach
5. Represent a healthy family situation
6. Desire to impact children and families through leading and teaching Bible Huddle Times
7. Basic knowledge of the sport and/or willing to learn
8. Must be 21+ to Head Coach, 18+ to Assistant Coach. If younger than 18, you may be an Assistant Coach. However, you will be prohibited to hold practice or coach games alone and will be placed with an experienced coach.

Expectations of a CHAMP Head Coach

1. Set a Christ-like example (1 Corinthians 11:1)
2. Be Faithful, Available, Coachable, and Enthusiastic
3. Always encourage, never discourage
4. Build relationships with players, parents & other coaches
5. Focus first on caring relationships and Christian principles before winning
6. Lead Bible Huddle Time (prayer & devotional)
7. Organize & plan "fun" practices
8. Help players develop & improve athletic skills
9. Train assistant coaches and encourage parent participation
10. Arrive early to games and practices
11. Check email on daily basis and respond promptly when asked
12. Communicate with parents & players both on and off the field
13. Understand & adhere to the rule booklets
14. Attend required discussions & training workshops
15. Do not place any individual in authority without approval by the CHAMP office
16. Promote and participate in all events and "end-of-season celebration"
17. Christ Honored Always in MY Participation

I believe and hold to the qualifications and expectations of Calvary CHAMP Sports Outreach:

Print Name _____ **Division** _____ **Date** _____
(write legibly)

CHAMP Coach Code of Conduct

The mission of CHAMP Sports Outreach is to make authentic followers of Jesus Christ by proclaiming and displaying Jesus Christ through our sports programs. As we strive to reach our community with the Gospel of Jesus Christ, our coaches are expected to be outstanding examples of Christ by displaying Christ-like character on and off the field. We praise God that the vast majority of our coaches are outstanding examples of Christian sportsmanship. Accordingly, all CHAMP coaches are to observe and follow the principles contained within the CHAMP Coaches Code of Conduct.

1. Coaches will ensure that all games and practices are conducted for the glory of God and for the furtherance of His Kingdom. Therefore, coaches are to be prepared for team devotions at each practice. All games are to be opened in prayer, and devotions are to be closed in prayer.
2. As witnesses for Christ and as examples to youth, coaches are to exhibit conduct that provides a model of excellence. All coaches are to uphold the highest standards of sportsmanship before, during, and after a contest. Sportsmanship includes, but is not limited to: 1) showing respect for players, opponents, and officials, 2) accepting both victory and defeat with grace and dignity, 3) refraining from heckling, jeering, or using profane language, 4) being positive in words and actions. Furthermore, coaches should never place the value of winning above the value of displaying the highest Christian character.
3. Fighting will not be tolerated. If a coach is dismissed for fighting, he or she will not be allowed to return as coach. The assistant coach will assume the coaching position for the remainder of the season. Fighting is cause for immediate and permanent dismissal.
4. Coaches will uphold the authority and decisions of the referees assigned to the game. Challenging the decisions of referees will not be tolerated and may be cause for probation, suspension, or ultimately dismissal if actions persist.
5. Coaches will help provide an atmosphere of excellence and integrity by encouraging every player, including those with lesser skill. Games and practices will be conducted so that all players have an opportunity to improve their skill level through active participation. Therefore, all players should be given equal playing time.
6. Coaches will protect the safety of the players at all times and provide appropriate supervision of players during practices and games.
7. Coaches are required to communicate weekly with team parents via email regarding expectations, schedules, devotions, etc.

8. Coaches should respect the investment of the CHAMP families and therefore be on time for games and practices.
9. Coaches are not to advocate or promote personal, financial, social, organizational, or political interests other than the cause of Christ. As CHAMP Sports is a ministry of Calvary Church, only Calvary ministries and events are to be promoted.
10. Coaches will cooperate with CHAMP Sports in the enforcement of all rules and regulations. CHAMP leadership reserves the authority and discretion to penalize any offender according to the infraction up to and including removal from the game and/or the CHAMP ministry.

Disciplinary Actions

Any issue(s) calling for the discipline of a coach will be handled on a case-by-case basis. Disciplinary actions include but are not limited to the following:

Penalties:

- 1) Warning
A warning is a notification to the coach that a violation has occurred and that future violations will lead to more severe penalties for any subsequent offense(s).
- 2) Probation
Probation serves as an indicator that a violation has occurred which requires corrective measures to be taken by CHAMP leadership. Coaches must also follow a prescribed plan of action to correct that infraction and will be placed on probation for the remainder of the season. Failure to agree to the plan is cause for permanent dismissal. Further violation(s) while on probation may lead to suspension for the remainder of the season or exclusion from CHAMP programs.
- 3) Suspension
Suspension is the result of serious infraction. Suspended coaches shall be excluded from participating in any leadership role during the period of suspension. Any coach receiving a temporary suspension should show a willingness to submit to the suspension. Further violation(s) while on suspension or probation may lead to exclusion from all CHAMP programs.
- 4) Dismissal
A permanent dismissal may occur if a serious infraction has occurred or if the coach has been previously warned or temporarily suspended and given the opportunity to correct the concern that led to the warning or suspension. Coaches who have been dismissed may be banned from CHAMP programs and other Calvary ministries.

A Look Ahead

Season Schedule

Practices Begin: Week of February 25
Uniform Distribution: Week of February 25
Game Schedules: Week of February 25
Opening Day: Saturday, March 9
Picture Day: Saturday, April 6
Spring Break: April 15 - 22 (No practices or games)
Practices Resume: April 23
End-of Season Celebration: Saturday, May 18
Season Ends: Saturday, May 18

For any questions or concerns,
contact the CHAMP office, 704.341.5387
champ@calvarychurch.com

Director: Peter Farynyk, 704.341.5340
Assistant Director: Kelly Lamb, 704.887.3689(o)
704.301.6074(c)

Weather Hotline: 704.341.5473
Updated Mon-Fri. at 3:00PM; Sat. at 7:30AM

Join us weekly for Sunday morning
worship service at 9:45AM in
Calvary's sanctuary

Meet the CHAMP Staff



Peter Farynyk

Peter serves as the Director of CHAMP Sports Outreach. He has experience playing organized football, soccer, baseball, and basketball. Peter graduated from Thomas Edison State College in 2008 with a B.S. in Business Administration degree, from Louisiana Baptist Theological Seminary in 2010 with a Master of Divinity degree, and from Gordon-Conwell Theological Seminary in 2015 with a M.A. in Biblical Studies. Peter is married to Mereda Farynyk. Peter has served in Calvary's choir and serves as the coordinator of the Pastor's Prayer Partners.



Kelly Lamb

Kelly serves as the Assistant Director of CHAMP Sports Outreach. Before joining CHAMP staff in 2015, she served as a CHAMP volunteer for 16 years as a Team Parent, Coach, Soccer Commissioner, Basketball Commissioner, and a Referee Coordinator. Kelly is an active member of Calvary Church where she also serves on the Welcome team and regularly volunteers with Children's Ministry. Kelly is married to David, and they have four children and one granddaughter.

Objectives of CHAMP

Love, Coach and Teach

One of the greatest attitudes for any one of us to have is found in 2 Corinthians 4:5, *“For what we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus’ sake.”* It should be your intended purpose as a CHAMP coach to represent Christ, lead children to Him and help them grow in their personal relationship with our Savior.

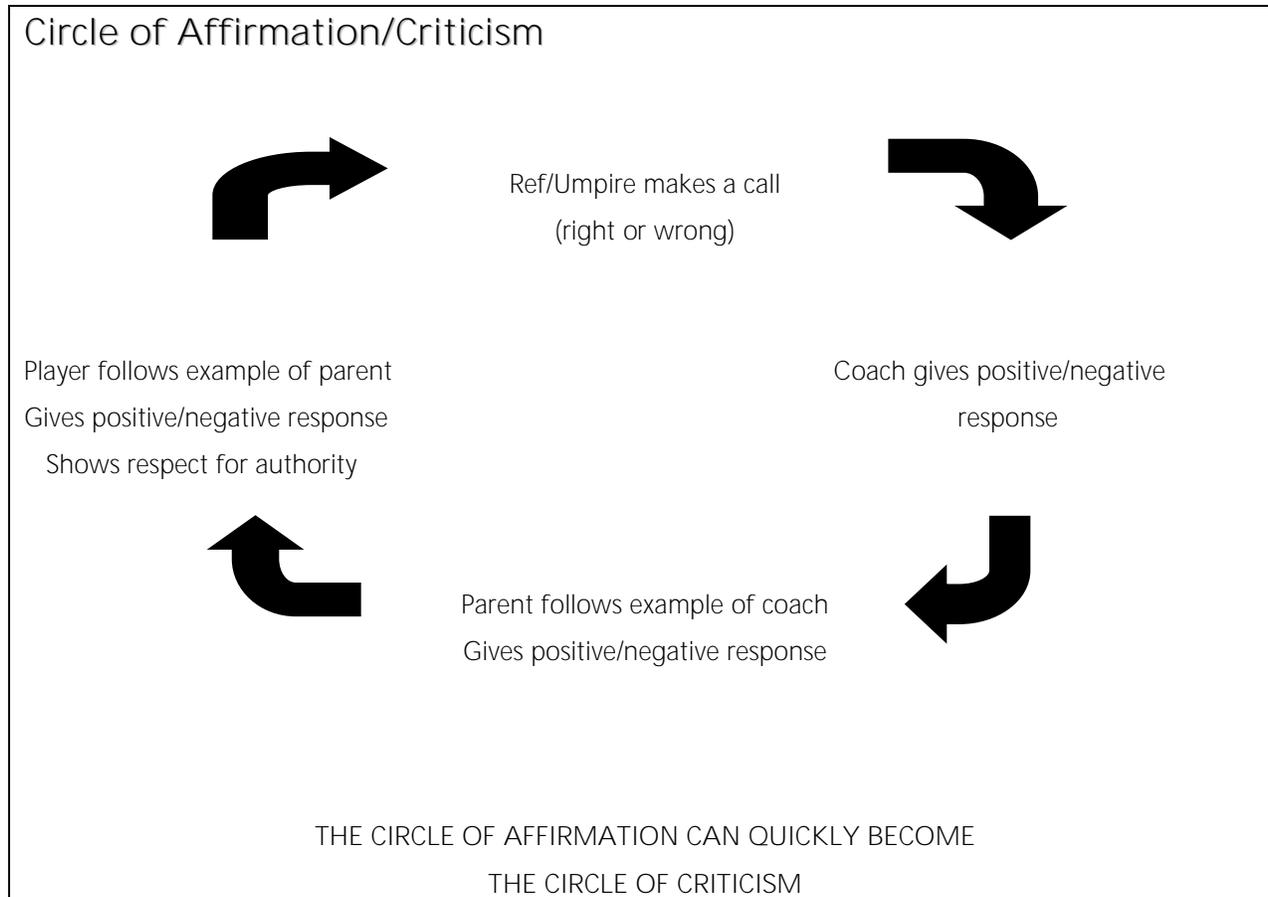
1. LOVE – The Attribute

Every child born in this world, with no exception, yearns to be loved. In a recent survey done among kids, the Gallup Organization had this to say, *“Though the world is becoming more complex, kids maintain the same basic needs as they have for decades: to be trusted, to be loved, to feel safe and to identify a significant purpose in life.”* Yet, as easy as it is to say we need to love one another, it is so much harder to apply that universal truth. But when it comes to loving children, there is no greater joy. Be considerate and attentive to the needs of children. Remember, all they really need is for an adult to take the time to love them by showing Christ’s unconditional love!

Children have needs that must be met in order for them to grow both personally and spiritually. Many needs are met in the home, but others can be met or reinforced out on the CHAMP field. Here are four major needs that you will encounter with your team:

- the need to feel secure
- the need to belong
- the need to feel self-worth
- the need to grow toward independence

Therefore, know that it matters a great deal as a CHAMP coach that you take to heart that the players on your team will be heavily influenced by how you coach and by what you teach. Who you are and what you stand for are the most influential tools that will guarantee success for your team. Therefore, coach your team knowing that God will use you to make a difference in these young lives.



Please capture this point: Pray for the team God has placed under your care as a coach. Take the time to learn what characteristics they possess as well as how they learn. If you treat these children as your own (each one special and unique) they will never forget you. For that reason, always remember that your players require special training as well as special care when coaching them!

1 Corinthians 16: 14 *"Let all that you do be done in love."*

2. COACH – The Intent

Let it be your sole intent when you go out on those fields to be the best coach for your team. The amazing and sacrificial love that Christ demonstrated for you is exactly the measure of love and gratitude you should express as you coach your team in the Spirit of the Lord. It was once said, *"The world measures us based on how many people serve us. But the Lord measures us based on how many people we serve."*



Make it your aim to be a public encourager and motivator on the field.

The FACE of a Coach:

- Faithful: A CHAMP coach is committed to the cause of CHAMP (1 Corinthians 4:1)
- Available: A CHAMP coach is ready to serve (1 Peter 5:2)
- Coachable: A CHAMP coach is willing to learn and grow (Proverbs 10:17)
- Enthusiastic: A CHAMP coach exemplifies joy in coaching (1 Thessalonians 5:16)

1 Corinthians 11:1

- Lead by example
- Children need positive role models
- Are you a leader worth following
- Actions really do speak louder than words
- People are always watching what you do (on & off the field)
- Respect everyone (players, opponents, parents, coaches)

"Follow my example as I follow the example of Christ"

Saint Francis of Assisi said, *"Preach the gospel at all times and if necessary, use words."*
(*Share Jesus without Fear, William Fay*)



3. TEACH – The Plan

2 Timothy 3:15, Paul emphasized this point to Timothy: *"and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus."*

Please prioritize Bible Huddle Time during practices and games. In preparation for BHT, make sure you are well prepared and prayed up before you attempt to share with your team. Seek the Lord and pray that He gives you a shepherd's heart, one of knowledge and understanding (Jeremiah 3:15).

You will follow a schedule/plan for your Bible Huddle Times.

I. TEAM ATMOSPHERE

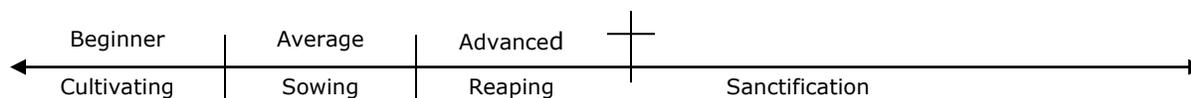
A. Establish Principles with Your Team

It is vital to explain to the children the rules and expectations that will be enforced while they are under your watch. Therefore, come well prepared; Plan ahead so you know what to do!

1. Establish relationships before rules with the players: *“Rules without relationships lead to rebellion. Rules with relationships lead to respect.”* Josh McDowell
2. Establish a commitment not to compromise your encouragement or discipline of the players.
3. Establish consistent values that you want the players to learn.

B. Establish a Relational Outreach with Your Team (Mark 4:1-20)

- Take the initiative to care about people – can’t control results, can control what we do
- People are all in different places along the line – We can’t fail if we take the initiative to do something caring for people.
- Look at the entire line, not just the left side (before the cross) – people on the right side who know the Lord are an important part of the ministry too.
- Relational Outreach is a lifestyle, not just at CHAMP Sports – it should be something you are involved in on a daily basis.



- Athletic Goal – Take the initiative to help players improve skills one step at a time regardless of where they are at in their development process.
- Spiritual Goal – Take the initiative to help people move one step closer to Christ regardless of where they are at in their journey.

As mentioned above, it is paramount as a CHAMP coach that you live what you believe. You, the coach, represent Jesus to your team (1 Corinthians 11:1). Realize how important your example is to kids, and be sensitive to God's plan for their lives.

The best thing that you can do to show your team how important they are to you is by remaining committed to them. As a word of encouragement, CHAMP receives countless children from broken homes. You have the opportunity to be a godly role model to these children who don't have a mom or dad.

- Notice what your committed response should be in coaching in CHAMP Sports:
 1. Commit yourself to *ENCOURAGE* your team (1 Peter 3:8–12)
 2. Commit yourself to *LOVE* your team (John 15:12)
 3. Commit yourself to *WALK* in the Spirit (Galatians 5:16–25)



II. Communication

As a coach, it is important to have good communication not only with each player, but with parents as well. One of the most efficient means of communication with parents is the use of e-mail. Sending an email after each practice and game conveys to the parent that you care about their child and you want to keep them informed throughout the season. Below is a list of topics to cover as you create e-mails after practices and games.

After Each Practice:

- Inform what skill was worked on in practice
- Remind about game time, field location and jersey color to be worn
- Review week's Scripture learning verse and Devotion topic

Good morning everyone,

I just wanted to take a couple of minutes today to say that it was very enjoyable meeting all our players and parents yesterday at our first practice. Most of the time was spent with me asking the players to demonstrate fundamental flag football skills so I could evaluate their abilities and determine where I need to concentrate on helping them grow in their knowledge and enjoyment of the sport. As I was getting to know the team, the mid-practice devotional was intended to have the boys see who they are in God's eyes. The two Scripture verses were Gen 1:1 and Psalm 139:13-14 and my focus was that the same God that created all the magnificent heavens and wonders here on earth, he created each one of them, special and gifted with talents and abilities unique to them alone.

On the flag football development side, it is my intention that at our next practice I will assign the boys into different groups so they can begin to develop the trust and confidence of playing as a team, passing/catching and working with each other for the common cause of a balanced and focused team effort. As parents, please keep re-enforcing the important point that flag football is a team sport and as they get better and have fun, they should be encouraged to help their playing partners so the whole team can have fun and improve. Also parents quiz your child on this week's Scripture Memory Verse which is Jeremiah 29:11 (ESV); "For I know the plans I have for you, declares the Lord, plans for welfare and not evil, to give you a future and a hope."

As a reminder, as our season moves forward, if you have any questions or concerns, please don't hesitate to contact me.

Coach

After Each Game:

- Reinforce positive aspects from the game
- Point out specific skills to improve upon from the game that will be emphasized at the upcoming practice
- Encourage parents to work on this skill at home

Good morning team,

The Lord blessed us with another beautiful day for our second game yesterday and the players that attended were energized, positive and definitely came ready to play. Speaking of next week's practice, we will continue to work on passing/catching and playing our positions – the first game was for my evaluation of skill levels and yesterday we made a lot of progress with formations and team drills but we still have room for continued growth. Parents, this week spend some time passing /catching the ball with your child. and get them to diagram the positions of the flag football field. Also parents quiz your child on this week's scripture memory verse which is Jeremiah 29:11 (ESV); "For I know the plans I have for you, declares the Lord, plans for welfare and not evil, to give you a future and a hope." I hope everyone has a safe and enjoyable week and I'll look forward to seeing you next week at practice.

Regards,

Coach

Sample Email to Parents:

Hi Everyone,

Hope you are having a blessed week. Tuesday's practice was fun, as we scrimmaged the whole time. I have repeatedly said the hardest team they will play is themselves.

I gave them a speech on playing safe and being mindful of injury, especially after scoring a touchdown when they celebrate almost too robustly. Their enthusiasm is profound.

Half the team took one or more "hits" during our scrimmage, but their resilience is incredible. Keep praying for safety from injury.

All our boys are really good athletes and have the ability to play well into the future.

In Huddletime, we talked about Jesus, the Lamb that was slain before the foundation of the world. God knew what He was going to do, before He even made the world.

All religions talk about being good enough to ultimately achieve acceptability before God. If God is perfect, how can He allow just one sin into heaven. Satan was kicked out along with his demons. No sin, no dirt can enter a perfect heaven. There are no scales that will measure His acceptance of us. I hesitate to use the word Christianity, because it is diluted to a social condition of attending church once and a while, and being basically good. Only a follower of Christ is saved. The bible tells us how desperately lost we are ... not how good we are. And then heaven opens and God sends us His Son, who alone is worthy. And gives Him to us to die on our behalf, catapulting us to the status of His children, and joint heirs with Christ. An absolute gift through His Grace. Only receive ! And we become the righteousness of God through Christ Jesus ! Forgiven ! That's why the Gospel is Good News !

Thank you for snacks last week Jim. This week is Clayton's turn. We wear Grey. I will be there by 10:30 am for warm up, as our game is at 11:00am on Texas Stadium.

God bless us all Coach

I. Policy within CHAMP

A. Coach Position: Order

All coaches need to serve one another in the unity of the Spirit. You are to lead, teach and coach your team in the authority that has been given to you by Christ. When it comes to making decisions that may fall under church leadership, please allow the church leadership to make those calls.

NOTE: We want you to know that we are always available to talk with you.

1. Conflict Management

- Diffuse situation quickly (get help from a CHAMP Commissioner, Kelly Lamb, when necessary)
- Calvary Commissioner will follow up with serious problems ASAP
- Incident Reports need to be emailed to CHAMP within 24 hrs of situation and Pastors will follow-up as needed

2. Handling Parents

- Make expectations known immediately (simple & clear)
- Repeat expectations often
- Listen and be patient
- Put yourself in their shoes (what if it was your child?)
- Try not to become defensive (be ready to explain why)
- Build and maintain open communication lines
- If the parents are happy, the players are happy
- Always remember that the CHAMP motto is "Be imitators of me, as I am of Christ." (1 Corinthians 11:1)

3. Handling Players

- Encourage & praise at every possible moment – can't do it too much
- Care about your players – really care (pray for them and with them often)
- Establish simple "rules" immediately and stick to them
- Treat each player individually; they are very different from your children

- Learn names quickly and then call players by their name often
- Not all participate for the same reason – be sensitive to different needs
- Don't ever “embarrass” a player in front of the team, parents or anyone
- Be consistent & confident
- If the players are happy, the parents are happy
- Inform parents of their child's behavior; ask for guidance and/or support
- NEVER GRAB A CHILD; DIRECT A CHILD

4. Handling Coaches

- You are an example; people are always watching (1 Corinthians 11:1)
- Other coaches are your teammates, not opponents (part of CHAMP philosophy)
- Always discuss the situation privately – do not include players or parents
- Never argue on the field where spectators can hear and observe
- Be willing to compromise
- Listen and be patient; never raise your voice
- Speak the truth in love- (Ephesians 4:15)
- If two coaches are unable to resolve the situation, they both MUST agree to end their discussion and seek the nearest available counsel (CHAMP Commissioner, Kelly Lamb.)

2 Timothy 2:24, “And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil.”



II. Procedures within CHAMP

B. Coach Position: Procedure

1. Equipment Procedures for Practices

- All soccer and flag football equipment will be in the white shed (with stairs) and all T-ball equipment will be in the shed behind home plate. Coach Pitch equipment will be on Rea road side in shed.
- Soccer, flag football and baseball equipment will be evenly distributed among coaches.
- Make sure you bring your training manual, devotionals, a whistle (optional), and stop watch (optional) to every practice.
- When you hand out your team uniforms on the first/second week of practice, once every player has received their uniform; please return any extra uniforms that you don't need to the white shed and put on the middle table.

2. Equipment Procedures on Game Days

- All equipment will be placed on each field before you arrive to play
- Make sure you bring your training manual, devotionals, a whistle (optional) and stop watch (optional) to every game.
- All equipment should be accounted for at the end of the season

3. Parents Meeting During First Week of Practice

- Delegate some responsibilities (ask for help)
- Share your coaching philosophy
- Share CHAMP Sports philosophy
- Player/parent expectations
- Cancellation policy
- Share briefly about yourself and your faith

4. End of the Season Team Parties

- Teams will hold individual parties on the CHAMP fields after their last game.

C. Coach Position: Consistency

Do your absolute best to be at games and practices at least fifteen (15) minutes early. Please contact Kelly Lamb immediately if a situation arises where you can't make it or will be late. However, if you know of the dates in which you will miss, please provide enough notice to your assistant coach, if they cannot fill in, we will provide a fill-in for you.

1. Practice Guidelines

- Keep it simple
- Detailed practice plan – don't try to "wing" it
- Develop a routine (repetition is good)
- Don't stay on one activity too long (short attention spans)
- Fun practices – lots of games
- Play with the kids (get parents to participate)
- Find a team to scrimmage against (if applicable)
- Face the sun while giving instructions (so players aren't)
- Bring extra water

2. Game Guidelines

- Talk with opposing coach before game to get to know him/her and discuss ways to help each other have a great game
- Open game with prayer at center of field with both teams – let players pray
- Designate a "bench coach"
- Teams should shake hands at the conclusion of every game

3. Preparation

- Learn names of players & parents quickly
- Make sure players learn the names on their team
- The BHT lesson should really be the highlight of the week; not always scoring and "beating" the other team

4. Communication

- Call players immediately once you have your live roster
- Get to know the families
- Communicate weekly (phone calls, emails) and listen to parents/players

III. Purpose of CHAMP

1. Running Programs vs. Reaching People

- People are more important than _____ (put anything in the blank)

Running Programs	Reaching People
Adding/Subtracting	Multiplying/Dividing
Efficient & Effective	Intentional & Strategic
Measurable Success	Mysterious Success
Developing Athletic Skills	Developing People
Focus on Winning	Focus on Competing

- It is Calvary's underlying purpose to be a support ministry for our community. "The church is *crucial*, but, the family is *central*." Make it a priority (if you have not already) to get to know the parents. However, there are many families that don't know Christ, so please be sensitive to how you can reach out to them.
- Finally, another great idea is to share with the parents how their child is improving in the game. Even if their child is getting in trouble often, or not improving at all, be there as an encouragement for the parents.

2. Getting to Know Parents

- Where are you from originally?
- How did you get involved with CHAMP Sports?
- What interested you about CHAMP Sports?
- Is there anything you want me to know about your child?
- Would you like to help out in any way this season?

3. Perspective: The Truth of the Matter

- Be realistic – not going to produce next superstar
- The game & children are the real teachers, not you (e.g. sandlot baseball)

4. What is Important to Players?

- Snack after the game (#1 priority)
- Participation award
- Parent tunnel (please explain to new parents what to do) is for 4-6 year olds
- Running around
- Being outside with other kids
- Kicking the soccer ball, throwing the football, or playing T-ball with their family
- It is important that drinks are kept cool

5. What is Important to Parents?

- Enjoying recreational time with family and friends
- Development of their child's skills
- Location
- Social interaction
- Exercise for their children
- Positive/encouraging atmosphere
- Facility (we have great fields!)
- Good role model



FLAG FOOTBALL RULES

Ages 6-13

Ages 6-11

Flag Football Rules

Division Breakdown:

6-9: 5 v 5, 10 players to a team

10-11: 6 v 6, 12 players to a team

Game Duration: 1 hour

General Rules:

- Teams should meet for prayer before game
- Players' shirts must be tucked in so their flags can be fully exposed
Exception: "Cold Weather Rule – when multiple layers worn, shirts may be untucked with flag belt on the outside. Rule is used when agreed to by both coaches at coin toss.
- Mouth-guards are mandatory for games and scrimmage portion of practices
- Offensive players *cannot* leap to avoid a defender pulling his/her flag
- Defensive players should not dive (become parallel to ground) to pull flag
- For 6/7 and 8/9 divisions: The players on offense and defense starting a series are to remain on the field until the offense earns a first down or scores a touchdown. Player substitutions on offense and defense may only be made once the offensive team earns a first down or scores a touchdown. Otherwise, no player substitutions on offense or defense are permitted. Exception: An injured player may be substituted as needed.
- Play Clock: Once the ball is spotted at the line of scrimmage by the referee, the offense is expected to snap the ball for the next play within the following time: 6/7 = 60 seconds; 8/9 = 45 seconds; 10/11 = 30 seconds. After a change of possession or turnover, the referee will assure sufficient time is allowed for each team to make the proper changes.

Offense:

- To start the game, a traditional coin toss will be done by the referee. The home team listed on the schedule will call the coin toss. The losing team will chose which goal to defend.
- The offensive team begins their drive at its own 5-yard line and has four plays to move the ball to midfield for a first down.
- When the offensive team passes midfield they will then have four plays to score a touchdown.

- If the offense does not reach midfield or does not score after passing midfield, the ball changes possession and the new offensive team takes possession on its own 5-yard line.
- In all changes of possession, except for interceptions, play will start on the offense's 5-yard line
- Following an interception, the new offensive team will take possession from the spot of the defensive player's flag was pulled unless the defensive scores a touchdown. If inside 5- yard line, ball is brought out to 5- yard line.
- After halftime the teams will change sides.

Running:

- Quarterbacks cannot run the ball, nor ever become a running back.
- Passes, handoffs, pitches and laterals of any kind behind the line of scrimmage are permissible.
- There will be "no running zones" located five (5) yards from each end zone and midfield line. The resulting offensive plays in the "no run zone" must be a pass. The pass must be clearly caught over the line of scrimmage. Ex) No passes behind the line – swing pass.
- Once the ball has been handed off all defensive players are eligible to rush.
- Ball carriers can spin but cannot leap to avoid defenders
- If the ball carrier is off his/her feet (this means in order to run he/she has to get up off the ground) the play is dead regardless of whether the flag has been pulled.
- Ball carriers are not allowed to stiff-arm or use any other means to physically keep the defender from pulling the flag.
- If the runner unintentionally loses his flag while maintaining possession of the ball, the defender must use a one-hand touch between the runner's chest and knees in order to "de-flag" him.

Special Note: Any time the ball is fumbled or touches the ground after being in a player's possession it is considered down and the play is dead except during the center to QB exchange. In all cases of a valid fumble (where it hits the ground) the team that fumbled retains possession at the spot of the fumble.

- The ball is spotted where the ball carrier's feet are when the flag is pulled, not the location of the ball.
- There must be a QB-center exchange. Any form is allowed (between legs or sideways).
- The defense is not allowed to strip the ball or take it out of the hands of a player who has possession.

Receiving:

- All players are eligible to receive a pass – including the center.
- Only one player is allowed to be in motion when the ball is snapped.
- Like college, players must have at least one foot in bounds when making a catch.

Passing:

- The quarterback has to pass the ball within the listed time for the different groups as follows:
 $6/7s = 8$ seconds
 $8/9s = 7$ seconds
 $10/11s = 6$ seconds
- If the QB does not throw the ball in time, the play is whistled dead and the ball will be spotted at the original line of scrimmage.

Rushing the QB:

- There is no rushing the quarterback in any division

Scoring:

- The score will be kept during each game
- There will be no extra point attempts (touchdowns are 7 points)
- Win or lose, coaches are to teach their respective teams to play for the glory of God
- Win or lose, coaches are to affirm the value and worth of each player based not on their performance, but their identity in Christ

Timing of Game:

- Games are composed of two (2) twenty-four (24) minute halves with a three (3) minute halftime.
- A running clock will be used at all times.
- Each team will have two (2), thirty (30) second timeouts per half.
- Play Clock: Once the ball is spotted at the line of scrimmage by the referee, the offense is expected to snap the ball for the next play within the following times: $6/7 = 60$ seconds*; $8/9 = 45$ seconds; $10/11 = 30$ seconds. After a change of possession or turnover, the referee will assure sufficient time is allowed for each team to make

the proper changes. Quick plays by the offense will not be allowed for the 6/7 division. However, it is the intent that the defense plays to the speed of the offense for the 8/9 and 10/11 divisions within the spirit of a recreational league and CHAMP Sports. Exceptions: The game will be paused for injuries and time outs. * For the 6/7 division, the play clock may be modified/phased-in at the discretion of the Commissioner.

- Within the last minute of play of the second half only, the game clock will be stopped for a Change of Possession and First Down only.

Playing Time:

- Every player should be included in the rhythm of the game. Due to the nature of the CHAMP program, we aim to develop the skill level of each player on both teams. . Therefore, during any given game, players should be given relatively equal playing time.
- To the extent possible (without setting kids up for failure), coaches should make an effort to rotate the players throughout various positions. **(Don't play your best QB the whole game)**
- Coaches that do not follow the playing requirements will be asked by the leadership team to make the needed changes

No Blocking, Tackling, or Shielding

Christ-like Character:

No taunting, no slamming of flag to the ground after it has been removed from the offensive player; defensive players are to hand the flag back to the offensive player.

List of Penalties:

Offensive

- More than one person moving, false start (illegal procedure) = Redo play.
- Offensive pass interference= Play whistled dead. Ball returned to original line of scrimmage for next down.
- Flag guarding= Play whistled dead at the spot of the foul.
- Block, holding, shielding (illegal contact)= Play whistled dead at the spot of the foul.
- QB running= Play whistled dead.. Ball returned to original line of scrimmage for next down.
- Leaping to advance the ball or to avoid a tackle = Play dead at spot of foul.
- Delay of Game/Play Clock Violation = Loss of down

Defensive

- Holding, tackling, pushing, roughing, etc. (illegal contact)
- Pushing ball carrier out of bounds (ball will be placed at spot of foul and player will be given warning by coach).
- Off-sides
- Pass interference (automatic first down at spot where infraction occurred)
- Pulling flag before the ball receiver has the ball (illegal flag pull)
- Illegal flag pull - players cannot dive (become parallel to ground) to pull flag
 - All result in replaying of down (offense can decline).

Calling of Penalties / Roles & Rules

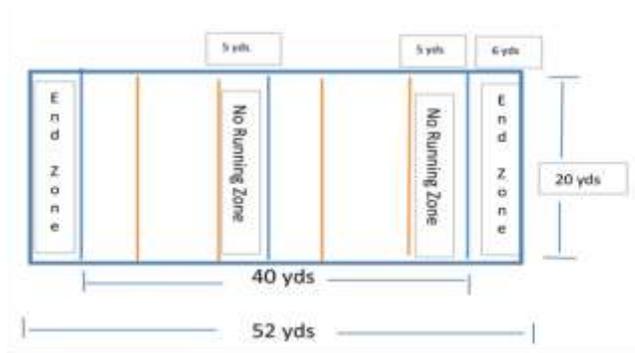
- Referees will be in charge of administrative aspects of game and calling penalties. (eg. keeping track of: game time, downs, pass clock, play clock). The coaches should only huddle up with referees to get a rule clarification.

Rules of Emphasis – to be enforced throughout season

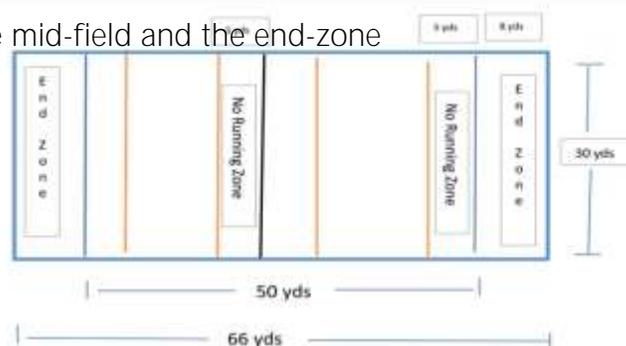
- Mouth-guards during all scrimmages and games
- Flag guarding by offensive players
- Offensive players cannot leap to avoid a defender
- Defensive players cannot dive (defines as becoming parallel to the ground) to pull flag
- Dropped ball during center & QB exchange is not a fumble – please continue play.
- Coaches will referee games unless referees are present.

Flag Football Field Lay outs:

Size	Division	Width - yds	Length - yds
Small	6 - 9	20	52
Large	>10	30	66



Note: No running zones are the area 5 yds before mid-field and the end-zone



Ages U14

Flag Football Rules

Division Break Down:

12-13: 5 v5, 10 players to a team

Game Duration: 1 hour

Field Dimensions: 60 yards x40 yards x 10 yards (end zones)

Equipment:

Flag Belts: Two Velcro flags per belt. Belt must be tight enough for flags to be secured to hips. Excess belt must be tucked.

Shirts: It is mandatory that shirts remain tucked in throughout the entire game.

Mouth guards must be worn during the game. No exceptions!

Footwear: Cleats are recommended; but they are not mandatory. Metal cleats are prohibited.

Ball Size: Youth TDY

General Rules:

- Teams should meet for prayer before game.
- Players' shirts must be tucked in so their flags can be fully exposed. Pants and shorts with pockets are prohibited.
- Equal playing time is the rule! Each player should play at least half of the game and appear in each half. Exception: injury
- Mouth guards are mandatory for games and scrimmage portion of practices.
- One Offensive Coach may be in the huddle to set the play, but must move well behind the players during the actual play.
- One Defensive Coach may be on the field to set up the players, but must move to the team bench during the actual play.
- No watches or jewelry may be worn during a game.

The Game:

- At the start of the game, both teams will meet at the midfield for the coin toss (or equivalent as provided by the official) to determine possession and direction. The winner of the coin toss chooses to either be on Offense or Defense. The coin toss loser chooses which end zone to defend.

- The team on Offense takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield to gain a First Down. Once the team on Offense crosses midfield, it has four (4) plays to score a touchdown.
- If the team on Offense fails to cross midfield or crosses midfield but fails to score, the ball changes possession and the other team takes over on its 5-yard line.
- Interceptions change the possession of the ball at the point of interception and are returnable.

Timing:

- A game consists of two (2) 24-minute halves with a five (5) minute half-time. There will be no overtime (except during tournament play).
- The clock will be a continuously running clock, except during the last two minute of the 2nd half. The clock will be stopped after each 1st down, incomplete pass and out-of-bounds play during the last two minutes.
- In the event of an injury, the referee will stop the clock and then restart it when the injured player is removed from the field.
- Each team will have two (2) 1-minute time-outs per half.
- The Offense's play clock will start when the official spots the ball and the offense must snap the ball within 30 seconds.
- The Pass Clock is 6 seconds. The quarterback must pass the ball within 6 seconds of receiving it from the center. Play is whistled dead if violated and down lost.

Scoring:

- Touchdowns will be 6 points. After a touchdown, the Offense has the option to go for a 1 or 2-point conversion.
 - The 1-point conversion is from the 5-yard line. The offense can only pass the ball and the Defense cannot blitz.
 - The 2-point conversion is from the 12-yard line. The Offense can run or pass and the defense can blitz
- If the defense returns an interception on the extra point to the opposite end zone, the defense will be awarded 2 points.
- A safety will be awarded to the defense if the ball carrier's flag is pulled while his/her feet are in the end zone A safety is worth 2 points AND possession.

A fumbled ball in the end zone will not result in a safety. The down will count and the ball will be spotted on the 1-yard line.

Live Ball/Dead Ball:

- A play is live at the snap of the ball and remains live until the official whistles it “dead”.

Play will be ruled dead when:

- The ball hits the ground. Incomplete passes and fumbled snaps will be spotted at the previous line of scrimmage. Muffed hand-offs and other fumbles will be spotted where the ball hits the ground.
- The ball carrier’s flag is pulled or the ball carrier is touched by a defender after having inadvertently lost his flag. The ball will be spotted where the ball carrier’s feet are when the flag is pulled (not where the ball is located). If one foot precedes the other, the forward foot marks the spot.
- The ball carrier steps out of bounds.
- A touchdown, conversion or safety is scored.
- The ball carrier’s body, excluding hands or feet, touches the ground.
- The time limit to pass the ball expires. The ball will be spotted at the previous line of scrimmage.
- An inadvertent whistle: in the case of an inadvertent whistle, the offense has the option to: 1) Count the down and take the ball where it was when the whistle blew; or 2) replay the down from the previous line of scrimmage.
- The team that fumbles a ball retains possession unless the play results in a turnover on downs.

Offense:

- Any formation is allowed. However, the quarterback must be lined up behind the center.
- The offense must be set and behind the line of scrimmage when the ball is snapped except as described below,
- The offense may have one player in motion provided that the motion is parallel to or away from the line of scrimmage.
- There must be a clear exchange between the center and the quarterback with the ball completely leaving the center’s hands. The center may snap the ball between the legs or from a side snap position, with their entire body behind the ball.
- The quarterback may not run the ball unless a defensive player crosses the line of scrimmage in a blitz.
- Offensive players cannot block or otherwise shield a defensive player from the quarterback or a ball carrier.
- If the ball is spotted on or within the defense’s 5-yard line, the offense is limited to pass only and may not run the ball.

Running the ball:

- Handoffs and pitches of any kind are allowed behind the line of scrimmage.
- Laterals are allowed anywhere in the field of play, but must be done parallel of behind the ball carrier.
- A ball carrier may spin but may not jump, hurdle or dive.
- A ball carrier may not stiff arm or otherwise physically impede a defensive player from pulling his/her flag.
- A ball carrier must avoid contact with a defensive player who has established position on the field of play.

Passing/Receiving:

- There can be only one (1) forward pass per play and it must be thrown from behind the line of scrimmage.
- All offensive players are eligible receivers, including the quarterback if the ball has been handed off behind the line of scrimmage.
- A player must have at least one foot inbounds with simultaneous possession when making a reception.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Defense:

- Any formation is allowed. However, a defensive player may not line up directly over the center.

Flag Pulling:

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- A defensive player may not tackle, hold or run through the ball carrier when pulling flags. Holding includes grabbing the ball carrier's shorts or shirt to impede his/her progress.
- A defensive player may not attempt to strip the ball from the ball carrier's possession at any time.
- If an offensive player's flag inadvertently falls off during the play, the offensive player who is not considered down until touched by defensive player.
- A defensive player may not intentionally pull the flags off an offensive player who is not in possession of the ball.

Pass Blitzing:

- Blitzing allows one (1) defensive player to cross the line of scrimmage at any time provided that such player is lined up at **least seven (7)** yards off the line of

scrimmage when the ball is snapped. A cone will be used to mark the seven (7) yards.

- If the ball is spotted on or within the defense's 5-yard line, the defense may not pass blitz.
- Once the ball has left the quarterback's possession, all defensive players cross the line of scrimmage.

Special Teams:

- There will be no kickoffs, punts or other special team plays.

Penalties:

- Officials will enforce the rules consistently for both teams, having latitude in the application and enforcement of penalties.
- A game (or half) cannot end on a defensive penalty unless the offense declines it.
- All penalties will be assessed from the line of scrimmage unless otherwise stated.

Offense:

- Delay of game / Illegal Motion / False Start / Illegal Procedure – 5 yards: replay the down.
- Pass Interference – 10 yards: replay the down.
- Flag Guarding/Jumping/Etc. – 5 yards from the spot of the foul: count the down.
- Illegal Contact (blocking, holding, etc.) – 10 yards: replay the down.

Defense:

- Offsides / Illegal Blitz – 5 yards: replay the down.
- Pass Interference – Spot foul: automatic first down.(Ball should be catchable, otherwise the penalty may be roughing).
- Illegal Contact (blocking, holding, etc.) – 10 yards: replay the down.
- Pushing the Ball Carrier out of Bounds / Stripping the Ball from the Ball Carrier – 5 yards from play result: count the down.

Other:

- Unsportsmanlike Conduct - 10 yards: on the offense – loss of down/ On the defense: automatic first down.
- Unsportsmanlike conduct includes rude, confrontational or offensive behavior or language. It also includes any actions not provided for above that the official determines impair the fair play of the game.

Ages 6-11 Challenge Day

May 18

We will create competitive games based off the standings from the past nine (9) weeks of games.

Standings: Will be determined on Saturday, May 11. This is based on nine (9) weeks of games if applicable.





Skills & Drills

I. PASSING

A. Passing Skills

1. Gripping the football correctly affects the throwing mechanics and balance of the ball. An appropriate grip varies from one person to another. Size of hands and length of fingers always influence placement of the hand. There is no one specific way to grip the football. To provide enough control and pressure on the surface of the ball, hold the top half with one to three fingers spread across the laces. Players need to practice different grips to find which one works best for them.
2. Turn sideways with your non-throwing shoulder pointing towards the target.
3. Pull throwing arm back to an "L" position with football up by the ear.
4. Step toward target with front foot as you release the ball.
5. Follow through toward target with the thumb pointing to the ground and palm facing out.
6. To get the most control, speed, and distance; a spiral should be thrown. A spiral is also easier for your receiver to catch. Proper release of the football will promote a spiral. The index finger should be the last finger to leave the football.

B. Passing Drills

1. Distance Passing- Players will pair off and begin 5 yards from each other. Players throw the ball back and forth. Make sure players use the appropriate touch on the pass according to the distance they are from one another. After a few throws, have each player take a step back.
2. Hand Targets- Have players pair off and begin 10 yards from each other. The player receiving the pass should give a target with his hands for the passer to hit with the pass. Players pass the ball back and forth trying to hit the hand targets. Players should move the target to different areas.
3. Drop back and throw- Have the players' pair up and face a partner with 5 yards in between them. One side will be the quarterback side. When the coach gives the command, the quarterbacks will drop back, set up, and throw a pass to their partner. Repeat the drill several times then switch sides. Be sure quarterbacks are keeping proper technique and their eyes up field.

II. RECEIVING

A. Receiving Skills

1. Always catch the ball with your hands away from the body. Arms should be extended out about $\frac{3}{4}$ to allow room to cushion the catch.
2. For balls above the waist, put your index finger and thumbs together to form a triangle. For the low ball, keep the little fingers and elbows together to cradle the catch.
3. Keep your eyes on the ball.

Once the ball is in your hands, secure it by quickly tucking it away high under your armpit with a strong clamp tight to your body. Cover the front tip of the football with your fingers. Use your free arm to maintain balance.

- A. Receiving Drills Moving Catch- Players will line up, single file, on one side of the field. One at a time, players will begin to jog across the field looking toward the coach. The coach will pass the ball to the player. Players should work on catching the ball away from their body, using their hands. Use different routes in the running of this drill (curl, slant, out, etc). This is a half speed drill, working on hands and catching the ball while in motion.
- B. Route Running- Players will line up, single file. One at a time, players will run a predetermined route. Use the passing tree. Coaches should watch each route and teach as players run the routes. After players feel comfortable with the route, add a pass from the coach.



III. FLAG PULLING

A. Flag Pulling Skills

1. Sprint to the ball carrier
2. As the defender approaches the ball carrier, he should come to a good defensive position and shorten his strides into short choppy steps (break down), being ready for the ball carrier to make a move.
3. Reach for the top of the flag. Firmly grab onto the flag and pull hard.
4. Shorten your steps. Use fast choppy steps.
5. Be balanced and in control of your body. Be ready for the ball carrier to make a move.
6. Stay low with your arms slightly out for balance and shoulders above feet.
7. Watch the player's belly and move towards your target (the flags).

B. Flag Pulling Drills

1. The Gauntlet- Three defenders will line up in a 10 yard alley with 5 yards between them. The ball carrier will run through the alley attempting to get past the defenders, one at a time until the end line. This will develop open field techniques on both the offensive and defensive sides of the ball. Be sure players rotate and play all positions.
2. Open Field Flag Pull- Setup cones 5-7 yards apart making a box. Designate a sideline with three cones. The offensive player will receive the pitch from the coach. The defender will take a proper angle to make the tackle on the ball carrier. Have the defender work on breaking down into a good defensive stance as they approach the ball carrier. Teach defenders to use the sideline to their advantage by forcing the ball carrier towards it.



Practice Plans

CHAMP Flag Football Sample Practice Plans

Week 1

Introduction: (5 Minutes)

Practice:(10 Minutes) -Explain that we are here to have fun this year and get better at playing football.

-Get kids to tell their name, favorite football team.

-Explain basics to kids (no tackling, pull flags and they are down, offense/defense, pass or run)

Break up into two skills stations and then switch after 10 minutes:

Passing/Catching (10 Minutes)

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target, throw

-basics –catch with hands not chest, square body to QB if possible, turn quick and look for ball

Running a Route (10 Minutes)

-practice handoff to QB, run slant, run buttonhook, run out then turn across middle

Flag Pulling Game: (10 Minutes)

Four players can be “it”, players have to stay on our half of field and in bounds. IT players pull the others flags until all 4 are pulled. Then rotate and until everyone has been IT. Do this two or 3 times to get used to pulling flags.

Recap: (5 Minutes)

Week 2

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1st, side-step to 2nd, backpedal to 3rd, sprint to 4th, catch pass.

Break up into two skills stations and then switch after 10 minutes:

Passing/Catching (6 Minutes)

Two single file lines, opposite from each other, 1st in line faces other first in line, 1 throw each, next.

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –catch with hands not chest, square body to QB if possible, turn quick and look for ball

Receiving / Pass Route (7 Minutes)

-practice handoff to QB (loud “HUT”), Patterns: Slant, Buttonhook, IN to middle, OUT to sideline, Post.

-Run 5 steps (or three?) and spin around, face QB, hands up in ready catch position (fingers=Triangle)

-Run straight out, not toward middle. On IN/OUT route, sharp 90 degree angle (use cones to go around)

Running / Handoff (7 Minutes)

-practice handoff from center to QB to RB.

-Have RB position arms to receive ball in their belly (left arm up and horizontal, right arm down and horizontal making an oval “target” for the handoff.

-Have QB put the ball in the RB’s belly between their arms.

-Have center move to screen position to screen defender with arms at side, can’t initiate contact.

The leaders have to make important decisions about schools, roads, neighborhoods, safety/police, and they need God’s help in making the right decisions. We can help our

city by praying for the leaders of the city. We can ask God to do big things through the leaders and people in Charlotte that would glorify Him.

Practice plays (all kids) (10 Minutes)

-Running Play (hand-off right, center screens, R1 screens). Rotate each player into diff roles.

-Passing Play (3 button hooks). Rotate each player into diff roles.

Defensive / Flag Pulling Game: (10 Minutes)

Drill #17 –Two defenders, all others line up, try to make it past the Def. Flag pulled-sit out, repeat until all flags pulled. Possible change –once tackled, can help Def on next try. Stress watching runner’s waist.

Recap: (5 Minutes)

Week 3

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1st, side-step to 2nd, backpedal to 3rd, sprint to 4th, catch pass.

Passing/Catching (6 Minutes)

-Two single file lines, opposite from each other, 1st in line faces other first in line, 1 throw each, next.

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –catch with hands not chest, square body to QB if possible, turn quick and look for ball

Receiving / Pass Route (7 Minutes)

-practice handoff to QB (loud “HUT”), Patterns: Slant, Buttonhook, IN to middle, OUT to sideline, Post.

-Run 5 steps (or three?) and spin around, face QB, hands up in ready catch position (fingers=Triangle)

-Run straight out, not toward middle. On IN/OUT route, sharp 90 degree angle (use cones to go around)

Running / Handoff (7 Minutes)

- Drill #2 w/ 3 players. Two groups of 3 will relay race. Line up cones 5 to 10 yards apart down field. Center will hike to QB, QB hands off to RB who runs to next cone to be Center. Center becomes QB, QB becomes RB. Ball must be on ground before hike, QB must yell hike, proper handoff should happen.

Passing/Receiving Drill (10 Minutes)

Drill # 6 –2 groups of 4, Each has QB, R1, DB. 5 step OUT (or IN) route (get open), then next in line is QB, QB moves to R1, R1 moves to DB, DB moves to line.

Defensive / Flag Pulling Game: (10 Minutes)

Drill #17 –Two defenders, all others line up, try to make it past the Def. Flag pulled-sit out, repeat until all flags pulled. Possible change –once tackled, can help Def on next try. Stress watching runner's waist.

Recap: (5 Minutes)

Week 4

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1st, side-step to 2nd, backpedal to 3rd, sprint to 4th, catch pass.

Break up into two skills stations and then switch after 10 minutes:

Passing/Catching (6 Minutes)

Two single file lines, opposite from each other, 1st in line faces other first in line, 1 throw each, next.

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –catch with hands not chest, square body to QB if possible, turn quick and look for ball

Receiving / Pass Route (7 Minutes)

-practice handoff to QB (loud "HUT"), Patterns: Slant, Buttonhook, IN to middle, OUT to sideline, Post.

-Run 5 steps (or three?) and spin around, face QB, hands up in ready catch position (fingers=Triangle)

-Run straight out, not toward middle. On IN/OUT route, sharp 90 degree angle (use cones to go around)

Running / Handoff (7 Minutes)

-practice handoff from center to QB to RB.

-Have RB position arms to receive ball in their belly (left arm up and horizontal, right arm down and horizontal making an oval "target" for the handoff.

-Have QB put the ball in the RB's belly between their arms.

-Have center move to screen position to screen defender with arms at side, can't initiate contact.

Practice plays (all kids) (10 Minutes)

-Running Play (hand-off right, center screens, R1 screens). Rotate each player into diff roles.

-Passing Play (3 button hooks). Rotate each player into diff roles.

Defensive / Flag Pulling Game: (10 Minutes)

Drill #17 –Two defenders, all others line up, try to make it past the Def. Flag pulled-sit out, repeat until all flags pulled. Possible change –once tackled, can help Def on next try. Stress watching runner's waist.

OR, catch the coach.

Recap: (5 Minutes)

Week 5

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1st, side-step to 2nd, backpedal to 3rd, sprint to 4th, catch pass.

Passing/Catching (5 Minutes)

Two single file lines, opposite from each other, 1st in line faces other first in line, 1 throw each, next.

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –catch with hands not chest, square body to QB if possible, turn quick and look for ball

Running / Handoff (10 Minutes)

-practice handoff from center to QB to RB.

-Have RB position arms to receive ball in their belly (left arm up and horizontal, right arm down and horizontal making an oval “target” for the handoff.

-Have QB put the ball in the RB’s belly between their arms.

-Practice running to the outside (around cone), not straight up middle.

-Practice running “reverse” from receiver position behind QB to other side.

Practice plays (all kids, scrimmage, play by rules, rotate QB’s) (30 Minutes)

Recap: (5 Minutes)

Week 6

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1st, side-step to 2nd, backpedal to 3rd, sprint to 4th, catch pass.

Passing/Catching (5 Minutes)

Two lines, opposite from each other in pairs,

- basics –3 step drop while looking up, getting fingers on ball in proper position, ready to throw
- basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw
- basics –give target, catch with hands not chest, square body to QB if possible, turn quick and look for ball

Running / Handoff (10 Minutes) 5:50

- practice handoff from center to QB to RB.
- Have RB position arms to receive ball in their belly (left arm up and horizontal, right arm down and horizontal making an oval “target” for the handoff.
- QB must yell “HUT” loud enough for everyone to hear.
- Have QB put the ball in the RB’s belly between their arms.
- Practice running to the outside (around cone), not straight up middle.
- Practice running “reverse” from receiver position behind QB to other side.

Practice plays (all kids, scrimmage, play by rules, rotate QB’s) (30 Minutes) 6:15

Recap: (5 Minutes)

Week 7

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1st, side-step to 2nd, backpedal to 3rd, sprint to 4th, catch pass.

Passing/Catching (5 Minutes)

Two lines, opposite from each other in pairs,

-basics –3 step drop while looking up, getting fingers on ball in proper position, ready to throw

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –give target, catch with hands not chest, square body to QB if possible, turn quick and look for ball

Running / Handoff (10 Minutes)

-practice handoff from center to QB to RB (or to receiver).

-Have RB position arms to receive ball in their belly (left arm up and horizontal, right arm down and horizontal making an oval “target” for the handoff.

-QB must yell “HUT” loud enough for everyone to hear.

-Have QB put the ball in the RB’s belly between their arms.

-Practice running to the outside (around cone), not straight up middle.

-Practice running “reverse” from receiver position behind QB to other side.

**Teach center to screen runners defensive man,

**Get QB to run before and after handoff in opposite direction of play.

-Try play with reverse handoff then RB pass to QB who ran the other way. (3rd/4th down play)

Practice plays (**all kids, scrimmage, play by rules, rotate QB’s**) (30 Minutes)

Recap or Defensive (flag pulling) Drill or fun game: (5 Minutes)

Week 8

Warm Up: (5 Minutes) Drill #1, 4 cones, 15 yard square, sprint to 1st, side-step to 2nd, backpedal to 3rd, sprint to 4th, catch pass.

Sprints: (5 Minutes)

2 - 30 yard backpedal, 2 – 30 yard side-step, 2 - 60 yard dash.

Water break.

Passing/Catching (5 Minutes)

Two lines, opposite from each other in pairs,

-basics –3 step drop while looking up, getting fingers on ball in proper position, ready to throw

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –give target, catch with hands not chest, square body to QB if possible, turn quick and look for ball

Receiving / Pass Route (10 Minutes)

-practice handoff to QB (loud "HUT"), Patterns: Slant, Buttonhook, IN to middle, OUT to sideline, Post.

-Run 5 steps (or three?) and spin around, face QB, hands up in ready catch position (fingers=Triangle)

-Shuffle pass to center (have receiver come in and block center's defender)

-Play Action (fake hand-off)

-Practice "Roll-out" of quarterback on receiver OUT pattern to cut off the angle.

**Stress running forward to end zone, not back and forth. Stay in bounds.

Running / Handoff (10 Minutes) 6:10

-practice handoff from center to QB to RB (or to receiver).

-Practice draw play hand-off. Get QB to run before and after handoff in opposite direction of play.

-Practice end-around with cut-back run, with all other players drawing defense to opposite side.

-Practice running fake "reverse" from receiver position behind QB to other side.

**Teach center to screen runners defensive man,

Practice plays (all kids, scrimmage, play by rules, rotate QB's) (30 Minutes)

Recap or Defensive (flag pulling) Drill or fun game: (5 Minutes) 7:00pm

Week 9

Warm Up: (5 Minutes)

Drill #1, 4 cones, 15 yard square, sprint to 1st, side-step to 2nd, backpedal to 3rd, sprint to 4th, catch pass.

Sprints: (5 Minutes)

2 - 30 yard backpedal, 2 – 30 yard side-step, 2 - 60 yard dash.

Water break.

Passing/Catching (5 Minutes)

Two lines, opposite from each other in pairs,

-basics –3 step drop while looking up, getting fingers on ball in proper position, ready to throw

-basics –fingers on strings, turn body/feet 90 degrees from target, look and step to target (left foot), throw

-basics –give target, catch with hands not chest, square body to QB if possible, turn quick and look for ball

Receiving / Pass Route (10 Minutes)

-practice handoff to QB (loud “HUT”), Patterns: Slant, Buttonhook, IN to middle, OUT to sideline, Post.

-Run 5 steps (or three?) and spin around, face QB, hands up in ready catch position (fingers=Triangle)

-Shuffle pass to center (have receiver come in and block center’s defender)

-Play Action (fake hand-off)

-Practice “Roll-out” of quarterback on receiver OUT pattern to cut off the angle.

**Stress running forward to end zone, not back and forth. Stay in bounds.

Running / Handoff (10 Minutes)

-practice handoff from center to QB to RB (or to receiver).

-Practice draw play hand-off. Get QB to run before and after handoff in opposite direction of play.

-Practice end-around with cut-back run, with all other players drawing defense to opposite side.

-Practice running fake "reverse" from receiver position behind QB to other side.

**Teach center to screen runners defensive man,

Practice plays (all kids, scrimmage, play by rules, rotate QB's) (30 Minutes)

_____ versus _____

Recap or Defensive (flag pulling) Drill or fun game: (5 Minutes)





Five Player Playbook