

Falcon Flag Football Coaching

1. Overview

- a. The Frankfort Falcon's Flag Football program is designed to be an introduction to the fundamentals of football. Emphasis is on education on participation. For this reason, official scores and records are not kept.
- b. Each player is given the opportunity to play several different positions and equal game time is given to all players as much as possible
- c. For many players, this will be their first exposure to a team sport. Value of commitment and Team Work is emphasized.
- d. Above all, good sportsmanship is demanded, not only from the players, but also from the Coaches and Parents
- e. Safety is a key consideration. Although, absolutely no tackling is allowed, contact does occur on the line and often incidental contact occurs on the playing field. Coaches and Referees are to ensure that contact is within the prescribed rules. Emphasize that the play ends when the whistle is sounded.
- f. Finally, we want this to be a fun and memorable experience

2. Coaching

- a. Each team will have a Head Coach and 2 Assistant Coaches. Participation from other parents is encouraged
- b. The Team Roster will be distributed to each Head Coach.
- c. Communications – The Falcons communicate to all players through email and the website (www.frankfortfalcons.org)
 - i. The Falcon organization will email each player with their team assignment
 - ii. Coaches are also encouraged to contact their players
 - iii. Practice and Game Schedules are available on the Falcon website
- d. Head Coaches will recruit a Team Mom to:
 - i. Create snack schedule
 - ii. Distribute import information/ announcements

3. Equipment

- a. The league provided each player with a helmet, mouth guard, flags, and game jersey. Under no circumstances are players allowed to participate in any drills without a mouth piece or helmet
- b. Players must supply their own practice uniform (shorts & tee-shirt) and white football/ baseball pants for games
- c. Rubber football/ baseball spikes are recommended but not required
- d. Each team is provided footballs, cones, blocking pad, whistle, and first aid kit

4. Practice

- a. Head coaches should have a practice agenda outline (see Sample Practice Schedule)
 - i. This avoids unnecessary down time during practice
 - ii. Keeping the kids moving will keep their attention

- iii. Be organized
 - b. Each team will practice 2 days per week on their assigned schedule
 - i. Monday & Wednesday – 5:30pm to 7:00pm
 - ii. Tuesday & Thursday – 5:30pm to 7:00pm
 - iii. Due to field space limitations, teams must adhere to their scheduled practice times.
 - c. Goals
 - i. Teach fundamentals
 - 1. Offense
 - 2. Defense
 - 3. Line
 - 4. Backfield
 - ii. Teach the rules
 - iii. Have Fun
 - d. Drills allow players to learn fundamentals thru repetition. Keep the Drills simple
 - i. Conditioning Drills
 - ii. Fundamental Skills/ Position Drills
 - iii. Game Situation Drills
 - e. Scrimmages
 - i. Formal scrimmages are not scheduled, but Coaches are encouraged to scrimmage other teams during practice times
 - f. Develop a Playbook
 - i. Keeps plays simple
 - ii. 10 plays are sufficient

5. Game Day

- a. Games are played on Saturday mornings (8 week schedule)
- b. Home Team Coaches/ Parents are responsible Field Set up
 - i. Yardage Markers/ End Markers
 - ii. Chains and down markers
 - iii. Referee flags and jerseys
 - iv. Inspect the Field for hazards items
- c. Referees
 - i. Each team supplies a referee
 - ii. Can be a Coach or Parent
 - iii. 4 games Ref'd = volunteer requirement
- d. Everyone Plays
 - i. Assign a coach/ parent to keep track of substitutions to ensure playing time is equally distributed

6. Review Flag Rules (see website)