

Fauquier Youth Flag Football League (FYFFL)



COACHES HANDBOOK

SPRING

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Coaching Methods

I. Coaching Methods

A. The Game:

Before beginning to coach it is important that coaches understand how the various elements of the game influence a player's behavior in training and competition. These game elements are found in all levels of football, from the beginning player to the seasoned professional.

- It is a competitive game – made difficult by the opponent.
- It has an objective to achieve.
- It has rules to follow and a field to play on.

B. Best Teacher is the Game:

Coaches who create a game-like environment during their practice sessions have found success.

- The game presents problems for players.
- Players must solve the problems.
- Using games in training creates realism.
- Motivates and challenges players to learn through the game.

C. Player Development:

Player development is essential to the long-term growth and improvement of the player. Player development demands that **the player is central** to all decisions made regarding training and competition. The coach who believes in player development will ensure that the following objectives are met:

- Games and activities are used that players want to participate in because they are enjoyable.
- Games and activities are designed to maximize the number of times a player gets to touch the ball.
- Sessions are designed to improve a player's technical abilities.
- Competition is a main ingredient within the practice and helps to motivate and challenge the player.
- Educate the player to develop an appreciation for the game, teammates, opponents, referees and coaches.

D. Coach's Role:

Coaches take on many roles when leading a team. Youth coaches need to understand their role within the overall player development process. Inexperienced coaches often identify with coaches of older aged teams where the priority and objectives for that age

group may be different given the environment and demands. Coaches who understand the player development process and the differences that exist between age and ability characteristics are more likely to positively influence and effect the development of a player. The role of a youth coach based on principles of player development is:

- Serve as a Facilitator.
 - o Set up the conditions and environment for learning.
 - o Players need to have fun and receive positive feedback.
 - o The coach must be enthusiastic (positively).
 - o Practice should be conducted in the spirit of enjoyment and learning.
 - o Activities need to be geared toward achieving success.
- Serve as a **POSITIVE ROLE MODEL**.
 - o Demonstrate respect for team members, opponents, referees, parents, spectators and opposing coaches.
 - o Demonstrate as responsibility to the game.
- Understand who they are coaching.
 - o Recognize that children/players are not defined by age only. They mature and develop at their own pace. There are also growth differences between genders.
 - o Treat each person/player as an individual.
 - o Recognize that their needs are different and they participate for different reasons.

E. How Do Players Learn?

Players learn in different ways. Some are better at following verbal instructions while others need to see an example of what they should do. Some need to see and hear instructions to be clear on what they are to do. Not only do players learn in different ways some learn more quickly than others do. Teams are made up of different individuals who have different capabilities. Coaches who recognize this fact and tailor their coaching to meet the needs of the individual help each player to achieve their best sooner.

Generally, we recognize that players learn in the following manner.

- Receive information – process in order of importance.
- Block-out unnecessary cues – attend to the most important.
- Concentrate on execution of decision.
- Initiate mechanical execution.

How information is given to a player is important. Coaches must communicate information clearly to the player in a logical manner that can be easily understood. When talking to the player, coaches must explain things in a realistic and simplistic manner. Coaches should talk to players in a language that players will understand. Use

of “coaching jargon” does not enhance the communication process and often makes it difficult for the player to understand exactly what the coach wants.

- Provide clearly defined goals or objectives.
- Provide information in a logical progression.
 - o Correct sequence
 - Simple to complex / general to specific.
 - Technical
 - Tactical – individual to group to team.
- Feedback about performance.
 - o Should be immediate and specific.
 - o Corrections – addressing the group as well as the individual.

F. Organizing Practice Sessions.

Coaches should organize their practice sessions in a progressive manner that provides for individual and team activities.

- Stretching/Warm Up – warm up prepares the player both physically and mentally for the training session. Warm ups that incorporate a technical or tactical element as a lead in the training session should be used. Static stretching should be integrated throughout the warm up.

Basic rules for coaches to consider before presenting information and planning practices.

- Preview
 - o What are you going to coach?
 - o Why are you going to do it?
- Explanation and Demonstration.
 - o Paint a clear picture.
 - o Explain rules of activity.
 - o Explain why you are doing this.
 - o Remember to “Show it – Talk it – Do it”.
- Practice.
 - o Organization – appropriate size space, necessary equipment, training realistic to a real game.
 - o Coachable moments – opportunities during the practice to provide instruction.
 - o Starting and restarting practice.
 - By the coach – with incremental pressure.
 - By the players – when all are ready.
- Coaching Assessment.
 - o Is my coaching having an effect on the game, practice, and the players?
 - o Identify the specific problems – is it technical, tactical, physical, or psychological.

II. Management and Administration

A. Responsibilities.

As a coach you are responsible for the care and well being of each player on your team. The role of the coach carries both legal and moral issues that require the utmost integrity and character. Risk management is a necessity in today's society and safeguards all participants, both player and coach, from potentially devastating circumstances.

- Safety and Ethical Issues.
 - It is the responsibility of the coach to know:
 - Rules and laws of the game.
 - Ethics: the principles recognized as standards of behavior by the player / team.
 - Supervise and control your players to so as to avoid injury.
 - Proper uniform required
 - Black shorts (no pockets or colored stripes).
 - Jersey tucked in shorts.
 - Mouth piece.
 - Cleats.
 - Flag belt snug and excess belt cut off.
 - Flags positioned one on each hip of player.

- Team Organization.
 - Preseason parent coach meeting.
 - Your coaching philosophy
 - Team goals for the season.
 - What you as the coach expect of the parents.
 - Behavior of parents on the sidelines during games.
 - Communication between coach and parent.
 - Team and league rules.
 - Game day rules.
 - Practice rules.
 - Stress communication.
 - Practice times.
 - Canceled practices.
 - Game times and schedules

EXAMPLES

Example of Coaches introduction email:

Dear Parents:

Another football season is upon us. I am excited about our team and hope your kids are too.

My primary goal for the season is for everyone to have fun and to improve their football skills. My basic philosophy is to foster a positive, supportive atmosphere so that every player has a great experience. Regardless of ability, every member of the team deserves to be treated with encouragement. Players should respect each other on and off the field and should learn both to win and lose well. I look to you to help reinforce these important concepts: when you come to games or practices, please limit your interaction with your children to positive encouragement from a distance. During games, please treat the officials with the respect they deserve. We are our children's most important role models. I'll set as good an example as I possibly can, and I would greatly appreciate your help by doing the same.

Games: Please make every effort to arrive 35 minutes before the scheduled start. If you know that getting your child to a game will be difficult, we can carpool. If your child can not make it to a game, please let me know in advance. If he or she misses practice the week before the game without good reason, he or she might not play in the game. Please know that I have this policy so that participation in the games will be fair to everyone.

Cancellations: Unless you hear otherwise, we will always have practice or games. In case of cancellation, parents will be notified by the contact phone numbers you have provided me.

Must bring: Please make sure that your child has his or her mouthpiece, cleats, game jersey and shorts, water bottle, and sweatpants/shirts if cold.

I am looking forward to a great season of football. If you have any questions or concerns, please feel free to contact me.

Thanks,

John Coach

(540)-439-xxxx

Practice Routine Example

Practice 4/5/2012 6pm-8pm

6-6:05 Talk to Parents. Collect Emergency Contact Forms; Remind all to bring Water bottles and Mouthpieces, Hand out Game and Snack Schedules.

6:05-6:10 Talk to Kids. Pick 2 Practice Captains. Cover kids again on Team Rules about no talking while coach is talking, no rock throwing, no hands on other players, HAVE FUN!

6:10-6:20 Lap & Warm-ups. Cherry Pickers, Windmills ,Hurdle Stretches ,Toe Touches, Jumping Jacks, Run in Place.

WATER BREAK

6:22-6:45 Skills Sessions:

Station 1: QB-Center Snap (QB= Kelsey Center=Garrison and Anthony)

Station 2: Receiving (Chris and Ryan)

Station 3: Defense (Zach, Sean, Peyton)

WATER BREAK

6:47-7:30 Run Offense:

Walk Thru Plays

Explain each individual's assignment

Run Plays

WATER BREAK

7:32-7:55 Flag Pulling

7:55-8 Huddle Kids: Applaud Effort, Collect Flags, Ask if any Questions, Pick up Cones, Equip., Trash.

EMERGENCY CONTACT FORM

NAME _____

HOME ADDRESS _____

HOME PHONE _____

DOCTOR INFO _____

BIRTH DATE _____

EMERGENCY CONTACT INFORMATION

CONTACT # 1

NAME _____

PHONE # _____

PHONE # _____

RELATIONSHIP _____

CONTACT # 2

NAME _____

PHONE # _____

PHONE # _____

RELATIONSHIP _____

OPTIONAL EMERGENCY INFORMATION _____

FYFFL

Rules

and

Reference

Information

P&R FIELD REGULATIONS

ATTENTION

An athletic field will be considered closed for play if any part of the field becomes unsafe for fields users and/or if conditions exist where use will cause damage to the field. An athletic field is considered closed if any of the following conditions exist:

- o There is standing water present on any part of the field that cannot be removed without causing damage to the field
- o There are muddy conditions present that will not dry by the start of the game
- o While walking on the field water can be seen or heard with any footstep
- o If water gathers around the sole of a shoe or boot on any portion of the field
- o While walking in turf areas any impression of a footprint is left in the surface
- o While walking on the infield portion of the field, an impression of ½ " or more is left by a footprint
- o Failure to obey these regulations is a violation of Fauquier County Ordinance 16-6 (1) "Damage to Public Property"

From Fauquier County Parks & Recreation Department policy C8 Facility Use, section B.9:

- o Staff shall institute measures to maintain a safe and functional facility for users. These measures may include scheduling normal and/or needed maintenance activities, closing the fields for renovation, suspending play due to stressful condition, etc. **Punishment for use of facilities when closed may include but not limited to the following: warnings, direction to repair damaged areas and/or financial reimbursement for repairs made, suspension of current and/or future use, and criminal prosecution.**

Keep in mind that the mowing contractors have also not been on the fields.

Michael Hanson

Southern Region Superintendent

Fauquier County Parks & Recreation

540-788-4867

Resource Information

Coaches, there is a wealth of information on Flag Football or Youth Sports in General. Here are some examples:

- **Internet**-If you put Flag Football in the Search Engine Box, you will get thousands of sites. Most of these cost money but some are free sites. NFL.com has a section just for Youth Flag Football with lots of suggestions, Offensive Plays, Defensive Plays, and Coaching tips in general.
- **Library**- Fauquier Libraries have lots of books on Coaching Youth Sports. They also have a few DVD's on skills to watch.
- **Book Stores**- Barnes and Noble has a few books such as Coaching Youth Sports for Dummies, Football Drills & Skills, and How to Coach.
- **Other Coaches**- You can call most any Coach on the Coaches Contact List and get a ton of suggestions and tips. Many of the Coaches will come to or help you set up a practice. Just ask!
- **Parents**- Some of your most Knowledgeable resources may be sitting and watching your every practice and game-THE PARENTS! Ask the Parents at your pre-season meeting or 1st practice who has experience. You may find someone who has coached for decades. BUYER BEWARE, Make it plain and clear that if you use some of the Parents suggestions, that does not give that parent the right to start coaching from the sideline, interrupt practice, or undermine your authority.
- **Your Heart**- Just do your best. You will have to use your head in most situations but remember this is not the NFL; use your heart to guide you on some of the inevitable situations you will face during the season.

FYFFL/NFL FLAG GAME FIELD RULES

Field Rules

- Alcohol/Tobacco/Firearms are prohibited
- No Pets (excluding working dogs)
- No Parking on the Grass
- Allow Board Members and Handicap Individuals driving access on the gravel road
- No Climbing trees
- No Foul Language
- **3 HORN BLASTS FROM BOARD TENT SIGNALS FIELD EMERGENCY**STOP PLAY** LISTEN&LOOK FOR INSTRUCTIONS**
- **Concussion Awareness Tab located on FYFFL homepage**

Parent Conduct Rules

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, fans and officials at games, practices and other sporting events.
- Place the well being of my child before a personal desire to win.
- Advocate a sports environment for my child that is free of drugs, Tobacco, alcohol and abusive language, and refrain from their use during youth sporting events.
- Encourage my child to play by the rules and respect the rights of other players, coaches, fans and officials.

The FYFFL Board of Directors reserves the right to remove anyone from the game fields and adjacent parking areas to ensure the safety and integrity of said game fields.

2013 FYFFL BOARD OF DIRECTORS

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