



Forest Lake Youth Football Association

Coach's Manual 2019

“The greatest compliment a coach can receive is to see every player return next year.”

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Philosophy

This section will give you a better overview of the FLYFA organization as well as the Forest Lake Youth Football league. We have included the FLYFA philosophy, a letter from our Area Director, and a few reminders that we think can help all coaches from time to time.

FLYFA Philosophy

The FLYFA Will strive to provide young athletes the opportunity to develop disciplined life skills through family, friends, and the game Football.

The Forest Lake Youth Football Association's primary service area is the 13 communities included in the boundaries of the Forest Lake Area School District (ISD 831): Columbus, East Bethel, Forest Lake, Ham Lake, Hugo, Lino Lakes, Linwood, Marine, May Township, Scandia, Stacy, Wyoming and Wyoming Township. The FLYFA sponsors a football program each fall to offer young people in grades four through eight the opportunity to learn more about the fundamentals of football and to have fun doing it. The program has been designed for all players to enjoy the benefits of participation in youth football.

The program also includes teams from

- North Branch Area Athletic association
- Chisago Lakes Youth Football
- White Bear Youth Football.

Spirit of the Rules: Coaches, Players and Parents must remember the rules are defined to create the most beneficial experience for the players. Coaches must remember that the games are to be played for the players and not for the coaches or parents creating the Spirit of the Rules.

Visit the FLYFA website at: www.FLAAA.ORG and click on Football.

Letter from Area Director

Dear Coaches of Forest Lake Youth Football for the 2019 season:

Thank you for taking time out of your busy schedules to help make our program one of the finest in the state.

The attached coach's book is designed as a reference and how-to guide for all coaches in all grades. It has been assembled by coaches involved in our program for years and reflects what we as a program value and promote.

Our program is an instructional one that focuses on the fundamentals of the game. Our program is designed for kids to play football rather than to watch football. The primary goal of the program is straightforward; we want as many kids possible to be playing football.

We measure the success of our program in how many kids come back the next year. With the assumption being, they will return only if they had a positive experience in the prior years. While winning is certainly a factor in a positive experience it is not the primary factor for kids, parents or our program.

We take significant measures to ensure each player gets to play as much as the rules provide. We do not have elite teams for a couple of reasons. One is simply the "top players" in fourth grade may not be the "top players" in 8th grade. Secondly, evaluating players is subjective at best. One only needs to look to the highest level of players (those in the NFL) to notice that on any given Sunday on any given play, over 50% of the players on the field were drafted after the 3rd round in a 7-round system. If the pros can't evaluate talent, how can part-time, volunteer coaches look at a 4th grade player and predict how they will perform.

We also have come to learn that **kids learn more than offensive and defensive football skills** in our program. Our players learn **how to work together in a team setting** and they learn **how to resolve conflicts** by observing how adults (referees, coaches and parents) resolve conflicts. As a FLYFA coach, your leadership will provide great examples for these kids to learn from and emulate for years to come.

There are two core objectives you have as a coach:

1. To ensure your players have FUN! This is a fun game; ensure they are having fun! That is your job.
2. To learn something every day and get better every day through hard work

We believe this book will provide you with ideas and some of the mechanics of how to facilitate your roles. Thank you again for your contributions of time and your willingness to develop these kids. We wish you a successful season or seasons for you and your players.

Thanks for all your efforts! Let's make it a great season...

FLYFA Board Members

Reminders

Do(s):

- Make the experience **FUN** for every player!
- Plan your practice time for efficiency and keep the players moving with short lines to maximize their reps.
- Identify two likely centers and a third candidate by the end of the second practice. You may want to consider taller players so QBs don't have to reach as far. Centers should be a good athlete.
- Identify two likely QBs and a third candidate by the end of the third practice. Rotating QBs is a good idea in regard to development not to mention a backstop against injury or scheduling conflicts.
- Winning teams block well. Every player should be a blocker.
- Have a Parent meeting before end of third Practice. We highly encourage you to name a "team" Parent to assist in scheduling and other issues.
- League Rules require you to have all players on the field for at least 50% of each game (*ie: Play every play on offense / play every play on defense / play a combination of offense and defense for at least 50% of all plays*)
- Coach your team to be disciplined.
- Always praise **good effort** even if the result is not what you wanted.
- Teach the players the "fundamentals".
- Teach the players their assignments. (Who does what on Offense, Defense and Special Teams).
- Use repetition to master player assignments. Players must know how to react and what to do without having to think.
- Have a plan for what you will do if any player is hurt or missing. Even the toughest player in the league will miss a few plays during the season.
- Start and End Practice on time as per your schedule.
- Have players pick up all trash and equipment after every practice and game.

Don't(s):

- Never use profane language and don't allow it coming from the kids either.
- Never grab a player by the facemask. If you need to have the player's complete attention say, "Look me in the eye". Never put player safety second.
- Don't forget to work on special teams.
- Don't forget to teach the players the rules. Some may know very little about the rules.
- Don't forget to tell players WHY they are doing a drill, skill, tactic, etc.
- Don't forget to plan each practice.
- Don't act like a Drill Sergeant!
- Don't make it complicated
- Don't forget to coach the entire team. Players of all abilities need your attention.
- Don't waste time on excessive conditioning. Work fast on football skills to condition your players.
- Don't forget to insist that the players drink water. Bring extra water for the players that forget.
- Don't scrimmage too much.
 1. Risk of Injury is greater.
 2. Reduces the number of Reps you can get in due to "un pile time".
 3. Difficult to see blown assignments or poor technique.
- Don't practice after dark (for safety reasons).
- Don't do hitting drills with too much space. The players should not have room to get up a full head of steam. All hitting drills need to have restricted space.
- Don't mismatch players in drills. Be sure to match them up by size and ability.

General Information

This section includes the Website address, Key Dates, and checklist of things needed for your first game.

Forest Lake Youth Football Association Website

We encourage you to visit the area website for a variety of information: including weather cancellations and updates. In addition, you will find important dates, rules, schedules, and field locations.

The web site is: www.FLAAA.com (*click on Football*)

Key Dates and Event Descriptions*

*Please check web site for changes or updates to key dates and schedule

May 15 – June 30	Registration Open for all 4 th – 8 th Grade players.
July 1 – July 15	Late Registration for all 4 th – 8 th Grade players.
August 12th	Practice begins for all 4 th – 8 th Grade players. (Coaches will set practice schedules.)
July 29 – July 31	Equipment Hand out & Weigh-in (Forest Lake & Chisago Lakes players only)
Aug 7 – Aug 8	7th – 8th Grade tryout practice
Aug 10	7th – 8th Grade Padded tryout
Sep 7	Regular Season games begin.

Season Preparation

Parent/Player Meeting Example

The following is an example as to what you may want to include in your parents meeting. The content is up to you, but we strongly recommend that you have a meeting following the first or second practice once your teams are in place.

- Introduce Coaches
- Players Introduce themselves
- Set Expectations:
 - When Coaches Talk Players Listen
 - Players should pay attention during drills, and watch and learn from others when not involved in a drill.
 - Parents and players are encouraged to ask questions.
 - EFFORT and ATTITUDE are critical to getting better as a team
 - SPORTSMANSHIP is expected from all: Coaches, Players and Parents
 - Players to call ahead if late or missing practice or game
 - Ask players to bring water only
 - The playing time requirement is 50%, not equal
 - It is critical that parents be on time or schedule alternative pick-up of child
 - No equipment or trash left on the field following practices or games
- Go over planned schedule (practice times)
- All equipment must be present and in good repair or the child cannot practice or play.
- Ask for volunteer parent coordinator to assist with communication/scheduling changes
- Encourage players and parents to read the rules at: www.FLAAA.org
- Hand out and sign player codes of conduct

Practice Plan: Example

At a minimum a coach should always hit the field with a plan. It allows for the practice to move much smoother when the activities are thought through in advance. The basics of any plan include: time for warming up, basic technique work (stance, blocking, tackling) time for working on position specific drills, offense/defense/special teams as a team. *Remember to keep the “black strippers” involved in more than blocking drills...today’s black striker may be tomorrow’s tight end, receiver or quarterback.* Make every practice FUN!

Ensure that assistant coaches know the practice schedule, how to run drills they are responsible for and key coaching techniques for each before practice starts. This can avoid confusion and “coaching the coaches” during practice time.

TIME	Practice Schedule	17-Aug-10
6-6:10	WARMUPS Jumping Jacks High Knee running (Butt kickers) Heel to Rear end running Toe Kick Running (Walter Payton) Back Peddle Karaoke	
6:10-6:20	Stance Balance Hand off knee Able to go any direction: 1. Left lead 2. Right lead	
6:20-6:30	Center Snap/QB	
6:30-6:35	Shoulder loosening (Top of Pads)	
6:35-7:00	Blocking with Linemen 1. Stance 2. Fire/ Stay Low 3. Lead Step 4. Arm Swing 5. Roll Hips 6. Drive Block 7. Trap Block	Drills for Backs 1. Handoff/Carry Position 2. Stance 3. Number System 4. Blocking LBs 5. Intro to First Series of Plays
7:00-7:20	Pit Drill: DT vs. G one Back w/Coach handing off	
7:20-7:50	Run offense/Scrimmage	
7:50-8:00	Rip, Smash and Score Drill (fun conditioning drill)	

Season Plan Example

Don't get hung up on the Season plan example below. The point is that you think about what needs to be accomplished before the first game and begin to map out the season. By doing this you your team will be better prepared and your daily practice plan will be easier to write.

- | | |
|--|---|
| <p>Practice #</p> <p>1 Set tone for season, talk to players about expectations
Basic skill drills, Blocking. Evaluate players
Start finding Centers and QBs
Introduce Basic Offensive Formation, Cadence, and Huddle.</p> <p>2 Try Center and QB candidates, Narrow to 3 of each.
Basic skill drills, Blocking. Evaluate players
Refresh Huddle, and Basic Offensive Formation
Introduce First Series of 3 plays
Try several players at kickoffs (if applicable)</p> <p>3 Basic skill drills, Blocking! evaluate players
Reinforce first series of three plays
Introduce Next Series of two or three plays
Introduce Base Defense, Cover Roles and Responsibilities
<i>Parent Meeting</i></p> <p>4 Offensive Positions for First Game Identified
Basic skill drills, Blocking. Evaluate players
Punt Receiving (if applicable)
Tryout long Snappers
Review 6 plays</p> <p>5 Basic skill drills, evaluate players
Review Defense Resp. and Reads
Introduce next three plays
First Scrimmage
Kickoffs and Kick Receiving or Punt and Punt Receive</p> <p>6 Basic skill drills, evaluate players
Review 9 plays, add next 3
Review Defense
Second Scrimmage
Kickoffs and Kick Receiving or Punt and Punt Receive</p> | <p>7 Defensive Positions for First Game Identified
Review Offense
Basic skill drills, Blocking. Evaluate players
Review Defense
Kickoffs and Kick Receiving or Punt and Punt Receive</p> <p>8 Basic skill drills, evaluate players
Review Offense, Modify plays if needed based on skills and scrimmages
Review Defense
Special Teams Review
Scrimmage Including some Special Teams</p> <p>9 Basic skill drills, evaluate players
Review Offense, Add one or two new plays
Review Defense
Special Teams Review
Scrimmage Including Special Teams not done in Prac. # 8</p> <p>10 Basic skill drills, evaluate players
Review Offense
Review Defense
Special Teams Review
Scrimmage
Equipment Check</p> <p>First Game</p> <p>Rest of Season
Keep working on Blocking and Tackling
Add one or two plays per week Maximum
Cover Scouting reports with team
Shorter Practices and less Scrimmage time every week.
Make minor adjustments to Defense and Offense as needed.
Give every player a second position on O and D before the 3rd game
Get every non-black striper a chance to carry ball
Throw every black striper a pass by seasons end</p> |
|--|---|

Game Planning

Getting Ready for the First Game

1. Set Depth Chart
2. Set Game Line Up
3. Review Scouting Report
4. Ensure you have the following
 - a. Printed Office FYLFA roster and opponent roster
 - b. Printed FYLFA rule book, grade level and all grade
 - c. Concussion Protocol forms
 - d. Player cell phone list
 - e. Playbook
 - f. Depth/chart and game lineup (one copy per coach)
 - g. If Home Game: 3 parents assigned to run the chains and down marker
5. Assign Coaching Roles for Game Day
 - a. Offensive coordinator
 - b. Defensive coordinator
 - c. Line-up manager/play counter/score keeper
6. Select team captains for game day
 - a. Suggestion let players vote and coaches choice
 - b. Select at start of the week and allow captains to lead practice warm-ups throughout the week
 - c. Rotate players throughout the season and keep track

Game Day

1. Arrive at least 30min early
 - a. If HOME night game, should lights not be turned on contact your grade level director
 - b. First down chains and field markers should be present
2. Hold Player warm-ups
3. Walk through base plays with lineups (Gold and Crimson)
4. Introduce yourself to the refs and other coaches
5. Collect the referee feedback card
6. Ensure coaches on field don't talk after the huddle breaks, encourage the sideline to be active
7. Ensure parents stay positive in their support of the players
8. Create a sideline Box – Parents stay out of the sideline Box and players do not leave the sideline Box

Post-Game

1. Provide scouting report to grade level coaches if agreed upon
2. Provide post game referee feedback
3. Provide post game report to FLYFA
4. Review game outcome with assistant coaches and decide on areas of emphasis for following practices

Depth Chart Examples

It is recommended that you establish a minimum of two deep depth chart (crimson and gold) that will allow the kids to learn specific assignments and assist you with a substitution plan. Below is an example of a depth chart.

Offense:

<u>End</u>	<u>Tackle</u>	<u>Center</u>	<u>Tackle</u>	<u>End</u>	
Davis	Hendrickson	Hill	Bailey	Olson	Crimson
Brady	Simonett	Olson	Jackson	Nelson	Gold
					<u>Wing</u>
					Jones
					Smith
		<u>Qb</u>			
		Johnson			
		Anderson			
	<u>Hb</u>		<u>Hb</u>		
	Egan		McSparron		
	Onken		Egan		

Defense:

	<u>DE</u>	<u>DT</u>	<u>DT</u>	<u>DE</u>	
Maroon	Bailey	Hendrickson	Olson	Hill	
Gold	Simonett	Jackson	Anderson	Egan	
	<u>OLB</u>		<u>MLB</u>		<u>OLB</u>
	Davis		Egan		Johnson
	Brady		Olson		Nelson
		<u>S</u>		<u>S</u>	
		McSparron		Jones	
		Onken		Smith	

Line-up Example

Having a pre-set line-up entire game is a must for a coaching staff. It will alleviate a lot of confusion as to which kids should be in the game, at what time and at what position both offensively and defensively. Shown below is an example used by a 6th grade 9-man team with 14 total players available for the game. This type of format does require a little bit of up-front work and planning. A lot of coaching staffs assign one of the coaches the role of line-up manager. The line-up managers only role during the game is to keep track of who should and will be in the game along with making adjustments should a player need to sit down due to injury or need a breather.

First Name	Possible Positions	Crimson Offense (1st half)	Gold Offense (1st half)	Gold Defense (1st half)	Crimson Defense (1st half)	Crimson Offense (2nd half)	Gold Offense (2nd)	Gold Defense (2nd half)	Crimson Defense (2nd half)
Reese	Wingback,		WB		WB		WB		WB
Payton	QB Wingback	WB		WB		WB		WB	
Nicholas	Tail Back, QB	QB		QB		QB		QB	
Zachary	Guard, Wingback	Guard		Guard		Guard		Guard	
Gavin	TB, QB		TB		TB		TB		TB
Ian	QB, wingback	Right Guard	Guard	Right Guard	Guard		Guard		Guard
Conner	Fullback, Center, Guard, TE		QB		QB		QB		QB
Travis	TB, Guard, TE	TB		TB		TB	Guard	TB	Guard
Hayden	Guard, Center, Fullback		center		center	Guard	center	Guard	center
Andrew	Fullback, Guard, TE		FB		FB	TE	FB	TE	FB
Robbie	Center, Fullback	FB	TE	FB	TE	FB		FB	
Benjamin	Tight End, best tight end in the grade	TE	Right Guard	TE	Right Guard	TE		TE	
Drew	Tight End, Center, Guard	TE	TE	TE	TE		TE		TE
Michael	Center, Tight End, Guard	center		center		center	TE	center	TE

Offense General Advice

- Offense is "strength on weakness" and weakness on strength.
 - a. Your best players on their weak players.
 - b. Size on lack of size, speed on slow.
 - c. More of your players at point of attack than the defense.
 - d. Your weaker player occupying their strong players. Use double teams, cross and trap blocks.
 - e. Continue to run plays that are working until the Defense adjusts to stop them

- Less is more, run a few plays well. 8 to 10 plays are enough for the first game.
- Run a mix of Speed, Power and Deception plays.
- Do not rely solely on drive blocking
 - a. Use double team blocks
 - b. Use pulling blockers
 - c. Use Trap and Cross Blocks (use the angles alignment provides).
- Consider using two weaker players on double team blocks on most play.
- Play action passes work better than Drop back passes.

- Run "series" of plays
 - A series is a set of plays where the blocking and backfield motion are similar.
 - Example: RB Dive, Lead Off-tackle, Fake Off-tackle QB Bootleg, and Bootleg Pass

- Where to play your players
 - Most Talented*
 - #1 Blocking at the point of attack
 - #2 Running with the ball.
 - Lesser Talented*
 - #1 Wing/Split End
 - #2 Away from point of attack.

During the season give every eligible player a chance at RB using Dive or Lead plays or for strippers a chance to catch a pass

- Most offensive teams run to their right, especially if it is the wide side. Try running left and to the short side of the field.
- Coach your team to not tip-off the plays. Use your scrimmage opponents to help you know if plays are being tipped off.
- On Pass plays give the QB two receivers maximum to read. (any others are decoys).
- Use one of your best players as a backup Center. You must have good C-QB exchanges. A talented player will not need many repetitions to be a competent backup.

Defense General Advice

- **Stop the run.** Very few teams pass well.
- Defense is "strength on strength".
 - a. Your best players on their best players.
 - b. Size on size, speed on speed.
 - c. Number of players at point of attack
 - d. Take away their best plays.
- Most teams rely on sweeps. Be prepared to stop them.
- Stop the fake sweep/ halfback pass
- Backside players must be disciplined to stop reverse/counter plays
- At grades allowing motion practice reacting to it.
- Where to play your players
 - Most Talented*
 - #1 MLB/ILB
 - #2 Left side DE
 - #3 Right DE (Must be coachable to play reverse)
 - #4 NT at 7th and 8th grade level
- Most offensive teams run to their right, especially if it is the wide side.
- Most teams will tip-off their plays. Teach your players to read the tips. Use code words so your opponent doesn't know you are reading their plays.

Example: They only run a reverse from a certain formation, call out a color. They only run a pass play from another formation, call out a state.
- LB and DBs must move forward on the snap. Move then read the offense. If they read first they trail every play.

Reads and Responsibilities Example

4-3-2 (4 Linemen, 3 Linebackers, 2 Safeties)

- DE* Resp. 1. Contain sweeps / first step with inside foot
2. Contain Reverse and bootleg
3. Penetrate 2 yards every play
4. Sack QB on Pass plays
Reads 1. Tight End
2. QB
- DT* Resp. 1. Penetrate and go to the football, TACKLE any back that might have the ball
2. Gap between OG and TE
Read 1. Guard
- MLB* Resp. 1. Go to the football
2. Gaps between Guards and Center
3. Pass coverage Middle of the Field
Read 1. Flow
- OLB* Resp. 1. Contain Sweep / first step with outside foot
2. Contain reverse and bootleg
3. Passes
a. Strong side covers inside receiver
b. Weak side cover QB or RB
Read 1. Strong side OLB reads Inside receiver and QB
2. Weak side OLB reads QB and nearest RB
- S* Resp. 1. Pass
a. Strong side cover outside Receiver
b. Weak side covers End
2. Plays pass FIRST, Watch for trick plays
3. Runs, Go to Football
Read 1. Strong side reads Outside Receiver then QB
2. Weak side reads End then QB
- CB* Resp. 1. Think pass first
2. Come up hard when you know it is a run
Read 1. Wide receiver, QB, and flow

5-3-3 (5 Linemen, 3 LBs, 3 DBs)

- DE* Resp. 1. Contain sweeps / first step with inside foot
2. Contain Reverse and bootleg
3. Penetrate 2 yards every play
4. Sack QB on Pass plays
Reads 1. Tight End
2. QB
- DT* Resp. 1. Penetrate, go to the Football, TACKLE any back you can reach
2. Gap between G and T
3. Sack QB on passes
Read 1. Tackle
- NT* Resp. 1. Go to the football
2. Gaps between C and Gs
3. Sack QB on pass plays
Read 1. C
- MLB* Resp. 1. Go to the football
2. Gaps between Guards and Center
3. Pass coverage Middle of the Field
Read 1. Flow
- OLB* Resp. 1. End Tackle Gap/ first step with outside foot
2. Contain reverse and bootleg
3. Passes a. RB their side
b. Weak side QB on "sweep pass" or RB their side
Read 1. RB and QB
- CB* Resp. 1. Covers outside Receiver
2. Plays Pass First
3. Supports DE on Sweeps
4. Stays home to prevent Reverse/Bootleg
Read 1. Outside Receiver
- S* Resp. 1. Pass Covers inside Receiver, covers motion once past TE
2. Plays pass FIRST, Watch for trick plays
3. Runs, Go to Football
Read 1. Inside Receiver

Special Teams (7th & 8th Grade) General Advice

- Minimize chance for turnovers.
- Field position is less important in youth football.
- Most returners are right handed and will run to their right.

Kickoffs

1. The easiest way to give up a TD is to Kickoff deep to your opponent's best and fastest player.
2. Consider squib (ground ball) and onside kickoffs every time unless you have a comfortable lead.

Kick Receiving

1. Teach your players to fair catch a short one "in the air".
2. Cover up onside kicks on the ground.
3. No Clipping

Punting

1. Have a good punt fake.
2. Punts are another way to give up an easy TD.
3. Consider not punting unless you have a comfortable lead.
4. Put a talented athlete at long snapper.
5. Cover the backward bounce.
6. Punt away from the returner.

Punt Receiving

1. Assume your opponent is faking the punt.
2. One good athlete Medium deep is enough.
3. Teach all players to leave the punt alone unless they have a lot of room.

Kickoff/Kickoff receiving situations to practice:

Weekly	Monthly
1 yard kick	Reverse by receiving team
8 yard kickoff untouched	Dropped pass/lateral
8 yard kickoff touched by receiving team	Fake reverse
Pop-up kickoff to front line	Free kick after safety
Squib kick	Out-of-bounds rule
Walk thru stay in lanes	Fair catch
Muff by receiver	Hold ball on tee on windy days
	Onside kick right, left, middle
	Backward pass/lateral by receiving team

Punt/Punt receiving situations to practice:

Weekly	Monthly
Bad snap	Pooch punt
Blocked punt	Fumble
Fake	Accidental touch (not downed) by punt team
Punt out of bounds	Out-of-bounds rule
Let it bounce, down it	Ball is rolling towards end zone
Walk thru fan-out to cover the entire field	Intentional safety
Fair Catch	Fair Catch fumble
Uncovered wide receiver	
Long count to draw you offside	

Bibliography

Use the usafootball.com website as a resource for drills, practice planning and play templates.

Here is a list of books for those looking for additional coaching material.

<u>Title</u>	<u>Author</u>
<i>Coaching Youth Football</i>	John T. Reed
<i>Coaching Youth Football Defense</i>	John T. Reed
<i>Gap-Air-Mirror Defense for Youth Football</i>	John T. Reed
<i>Football Drill Book</i>	Doug Mallory
<i>New Coach's Guide to Youth Football Skill and Drills</i>	Tom Bass
<i>Coaching Football Technical and Tactical Skills Program</i>	American Sport Ed.
<i>Coaching Football for Dummies</i>	National Alliance for Youth Sports
<i>101 Special Team Drills</i>	Paul McCord

Final Thoughts

Coaching youth football is a tough but rewarding job. It takes dedication and patience. One of the greatest challenges for a youth Coach is how to improve the skills and build the confidence in the weaker players on your team. Every team has a few of those gifted athletes; the player who loves to learn, loves to hit and hangs on to the Coaches every word. However, the best Coach, and often with the most successful team, is the Coach who figures out how to improve and motivate the bottom half of the roster.

The greatest compliment a coach can receive is to see every one of their players return to the league the next year!

Coaching Tips

Teaching a technique:

- 1) Describe what needs to be done and why.
- 2) Show the player how to do it (role-play).
- 3) Ask the player to practice it (drill for improvement).
- 4) Review the technique and critique (build confidence).

How to critique a player "the compliment sandwich":

- 1) Compliment the player on something they did well,
- 2) Review what you want them to correct or improve,
- 3) Compliment their efforts, improvement or attitude.

Example: Billy that's a great job of making a form tackle. Now, I would like you to do the same thing but keep your feet driving through the tackle. You are going to be a great hitter Billy-keep up the great effort!"

Common Mistakes

Not holding a parent meeting at which you explain your policies on position assignments, playing time, practice attendance and asking for parent assistance.

Wasting practice time on conditioning. An efficient practice with minimal standing-around time will take care of the conditioning better than pure conditioning drills.

Placing all good players in the backfield and all weak players on the line.

Failing to give centers, long snappers and quarterbacks enough reps so they can master their assigned skill.

Too many offensive or defensive plays or formations. It is not about the X's and O's, it is about where you place the players to best fit their abilities and how well can they can block and tackle.

Taking too much time to explain or run plays in practice, while players are standing around being bored.

Neglecting to spend time on special teams each week (6th-8th grades).

Killing drives by throwing incomplete passes or interceptions. Control the ball.

Failing to work on form tackling and blocking at least ten minutes every practice.

Letting players hit full speed and tackle to the ground in practice. Form tackling can be instructed with a two to three step lead.

Not containing the corners on defense. Position good tacklers to stop the outside play.

What should be expected?

In addition to the FLYFA's goals of our coaches contributing to the development of the young person's:

- Sense of Achievement
- Leadership Skills
- Positive Self-Image
- Social Skills
- Teamwork

4th, 5th, & 6th Grade Coaches Goals and Objectives

- 1) To teach every player that football is fun!
- 2) To teach the fundamentals of football; offense vs. defense, offense blocks, defense tackles, positions...
- 3) To teach every player the proper football stance
- 4) To teach every player how to block (blocking drills should be for every player)
- 5) To teach every player how to form tackle and do it every practice
- 6) Allowing every player to contribute and by the end of the season, have the team's weakest players as the most improved players on your squad.

Remember:

The game of football has only one QB at a time, however; practice can provide an opportunity for every player to touch the ball!

If every 3rd, 4th & 5th Grade player finished the season having learned the proper football stances, became proficient at blocking and tackling and had fun learning it- it can be considered a successful season!

7th & 8th Grade Coaches Goals and Objectives

- 1) Coaching the team so that football continues to be fun for every player
- 2) The expectation that every player will improve on the contact skills (blocking and tackling).
- 3) Develop the specific skill sets required to play the various positions.
- 4) By the end of the season having each player more confident in themselves and their teammates than when the season began.

Remember:

Not all players mature at the same level or time of their lives. Do not ask more of your players than they are capable of- it is your task to train and find those tasks that each player can succeed at. Enjoy the game and experience!

Forest Lake Youth Football Association Player Code of Conduct 2019

Forest Lake Youth Football Association Code of Conduct

Forest Lake Youth Football Association (FLYFA) believes that: participation in any sports program plays an important role in promoting the physical, social, and emotional development of our youth. It is essential for FLYFA to provide a positive and enjoyable learning experience for youth, teaching sportsmanship, fair play, integrity, honor, respect, loyalty, personal courage, and dedication through the game of football. Furthermore, parents, coaches, spectators, and officials involved in youth sports events should be models of such statements and should lead by example by demonstrating fairness, respect, and self-control. FLYFA has established this Code of Conduct and requires that you commit to be responsible for your words and actions while attending, or participating in all events and that you conform your behavior to the following Code of Conduct:

Player’s Code of Conduct

1. I will abide by the rules of the activity I represent and conduct myself in a dignified manner at all times when in the company of my team. I will ensure my uniform and my other gear is complete, safe, and in good condition at all times.
2. In any competitive aspect of my activity, I understand that winning isn't always important. Doing my best and having fun at all times is important.
3. I understand that I am on a team and will be a team player. I will do this by putting my personal goals aside for the betterment of the team
4. I will participate in every game and every practice except for illness, injury, homework or school events. If I must miss a game or practice, I will contact the team’s head coach as soon as possible.
5. I will study hard and understand that school shall takes precedence over any sports related activity.
6. I will not use foul language towards, taunt, or disrespect teammates, coaches, officials, or others I may compete against.
7. I will not be critical of teammates and never discuss teammate’s abilities except to encourage good team work and thank them for their efforts.
8. I will show respect for game officials and refrain from talking back or arguing with them.
9. I will show respect for my coaches by listening to and learning from them.
10. I know that I represent the game of football either as a player or a fan. I further know that I represent my family, my team, FLYFA and the Community of Forest Lake and will act in a manner that they can be proud of.

Name of Player _____

Birth Date of Participant _____ / _____ / _____ Age _____

Signed _____ Date _____

Name of Player’s Parent or Guardian _____

Signed _____ Date _____

Forest Lake Youth Football Association Coach’s Code of Conduct 2019

Forest Lake Youth Football Association Code of Conduct

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Coach’s Code of Conduct

With regard to my players:

1. I believe that my role as a coach is to contribute to the overall success, physical, and athletic growth of the player through participation in football.
2. I will endeavor to be a good instructor and a positive role model for my players.
3. I believe that the score of a game comes second to the safety and welfare of all my players.
4. I will endeavor to put winning in its proper perspective.
5. I am responsible for understanding and competing within the letter and the spirit of the rules set forth by FLYFA.
6. I will teach my players to understand and play within the letter and spirit of the rules, as well.

With regard to opposing teams:

1. I believe that the way my team conducts itself has an influence, for better or worse, on those we compete against.
2. I will endeavor to make my team a positive role model.
3. I will not coach, nor allow my players to play, with intent to cause injury to opposing players.
4. Neither I nor my players and spectators will display hostile behavior towards opposing players.
5. Neither I nor my players and spectators will speak in a negative manner toward any member or spectator from the opposing team.
6. I will emphasize winning without boasting and losing without bitterness.

With regard to Referees:

1. I believe that referees, just as coaches and players, are attempting to do their best.
2. I will instill in my players and spectators a respect for that fact.
3. I understand that my attitude can influence my players and spectators.
4. I will display a controlled and undemonstrative attitude toward Referees at all times.
5. Neither I nor my players and spectators will address a Referee before, during or after the game in a demeaning fashion.

Coaches are responsible for the conduct of their players and the spectators on their side of the field, specifically as it relates to the referees, coaches, players and spectators on the other team. Verbal and/or physical abuse will not be tolerated. Any coach showing this type of behavior shall be subject to disciplinary action as dictated by and at the discretion of the FLYFA and FYLFA Board of Directors.

I further understand that my failure to abide by this code of conduct may result in disciplinary action by FLYFA and FYLFA which may include but is not limited to game suspension and/or my rights to participate as a coach for Forest Lake Youth Football Association.

Name of Coach _____

Signed _____ Date _____

Name of Grade Level Director _____

Signed _____ Date _____

Forest Lake Youth Football Association Parents' / Guardians' Code of Conduct 2019

Forest Lake Youth Football Association Code of Conduct

Forest Lake Youth Football Association (FLYFA) believes that: participation in any sports program plays an important role in promoting the physical, social, and emotional development of our youth. It is essential for FLYFA to provide a positive and enjoyable learning experience for youth, teaching sportsmanship, fair play, integrity, honor, respect, loyalty, personal courage, and dedication through the game of football. Furthermore, parents, coaches, spectators, and officials involved in youth sports events should be models of such statements and should lead by example by demonstrating fairness, respect, and self-control. FLYFA has established this Code of Conduct and requires that you commit to be responsible for your words and actions while attending, or participating in all events and that you conform your behavior to the following Code of Conduct:

Parents' and Guardians' Code of Conduct

1. I will teach my child that doing one's best is more important than any other outcome. I will teach my child not to feel bad about any ending result that may have happened.
2. I will encourage my child to participate by the rules and to resolve conflicts without resorting to hostility or violence.
3. I will praise my child for trying hard and competing fairly, and make my child feel like a winner every time.
4. I will never ridicule or yell at my child, other participants, coaches or officials. I will cheer for everyone and avoid booing at all costs. I will even acknowledge other participants when they have done well.
5. I will respect and show appreciation for the volunteer directors, coaches and officials who give their time to my child.
6. I will not assist the coach by yelling instructions at participants unless asked by the coach.
7. I will remember that these participants are amateurs that cannot be judged by the standards of a professional team.
8. I understand that all officials do their utmost to be impartial; they try their best to provide a safe and suitable framework so that the game is well played, and I will respect their decisions.
9. I will not question any official's calls, bias or judgment.
10. I will show respect for any opponents, because without them there would be no game.
11. I will not use profanity, nor will I harass any participants, coaches, officials, or other spectators.
12. I will remember that my child participates in sports for his/her enjoyment and not mine.
13. I will not force my child to participate in any sports program they do not wish to be in.
14. I will abide by a doctor's decision in all matters of players health and injuries and physical ability to play
15. I will refrain from the use of any tobacco product, or alcoholic product while at a game or practice. I will not use drugs.

Parent or Guardian Name _____

Signed _____ Date _____

Name of Coach _____

Signed _____ Date _____