



**CENTRAL
SPORTS**

Coach Training

Important Dates

- Meet the Team: Thursday, August 27th
 - Kinder: 6:00-6:20
 - 1st-3rd: 6:30-6:50
 - 4th-6th: 7:00-7:20
- First Practice: The week of August 31st
- First Game: September 19th
- Medals Due: October 22nd
- Final Game: November 7th

WHY?

Central Sports:

Fun – we want the kids, parents and you the coach to have fun. We want learning about Jesus to be fun. He is the creator of fun so why wouldn't we have fun learning about Him.

Growth – we want kids to be better players at the end of the season than they were at the beginning of the year. We want players, coaches and parents relationship with Jesus to be deeper than it was when the season started. If they don't know Jesus we want them to get to know Him.

Respect – we want players and coaches to play to win, but at the same time not win at all costs. We want players and coaches to respect the opponent. We want you to have the same reaction in winning and in losing. Jesus taught us to love others, so we need to love the other team.

WHY

Are you coaching?

**Your answer to that question gets to your motivation
Your motivation will drive your behavior**

“Winning isn’t everything, it’s the only thing”

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Vince Lombardi – Green Bay Packers

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“What keeps me going is not winning, but the quest for reaching potential in myself as a coach and my kids as divers. It's the pursuit of excellence.”

**Your answer to that question gets to your motivation
Your motivation will drive your behavior**

“Winning isn’t everything, it’s the only thing”

Vince Lombardi – Green Bay Packers

“What keeps me going is not winning, but the quest for reaching potential in myself as a coach and my kids as divers. It's the pursuit of excellence.” – Ron O’Brien – US Diving

Don't make winning the goal.

Lose = Anger

If winning is the goal, then if you lose, you have failed the goal. We do not want these kids to see themselves as failures.

WHY?

Kids play sports

George Washington University asked Children in 2014 why they played sports. 9/10 said because it was fun.

What makes sports fun? Here are their answers

1. Trying your best
2. When the coach treats a player with respect
3. Getting playing time
4. Playing well as a team
5. Getting along with teammates
6. Being active

Alpine Institute Survey

Ages 5 – 14

- 71% didn't care if score was kept
- 37% didn't care if parents weren't allowed
- 90% play vs riding the bench

What we expect from you as a Central Sports Coach

Coach to win

Coach to teach

Coach to develop relationships

Devotional at each practice

Coach for a lifetime

Follow the Central Sports Dress Code:

Central Sports Coach shirt or sleeved t-shirt

No tank tops, muscle shirts, crop tops or spaghetti straps

Athletic or walking shorts

If wearing yoga pants, compression pants or compression shorts you must wear shorts over them.

Tennis shoes or cleats

Come dressed for practice the way you want the kids dressed for practice, set the standard and example.

What kids want from a coach:

Respect and Encouragement

Positive Role Model

Clear, Consistent Communication

Knowledge of the sport

Someone who listens

COACH RESOURCES

<http://www.csosports.org/blog>

www.football-tutorials.com

centralbcs.org/sports

footballtoolbox.net

youthfootballonline.com

www.wolverinesports.com

footballdrillsbook.com

www.footballdrills.com

footballgearclub.com

kingsportstraining.com

Youtube:

Flag Football Academy



**CENTRAL
SPORTS**

**Flag Football –
Kindergarten Division**

Practice Breakdown

1. Pre-Practice Huddle (3-5 minutes)

- Teach and review rules of the sport throughout the season.
- Teach and review the proper techniques for each skill involved in flag football. Introduce no more than two skills per practice.

2. Warm-up activity (3-5 minutes) – Have players participate in an activity to warm up their muscles.

3. Implement Offense (20 minutes) – Establish offensive formation and plays. Use fundamentals through each play created.

Practice Breakdown

4. **Mid-Practice Huddle (5-7 minutes)** – During this time, gather your team together to share the practice specific devotion for the week.
5. **Implement Defense (20 minutes)** – Establish your defensive formation(s) and work on assignments. Scrimmaging can also be beneficial in coaching technique and strategy.
6. **Post-practice Huddle (5 minutes)** – Make any necessary announcements. After practice is a great time to engage in conversation with the players' parents.

Rules Unique to Central Sports Flag Football

Field Diagram and Rules

- The offensive team is awarded a first down when it crosses the midfield line.
- The offensive team begins the game and second half by taking possession of the ball at its 5-yard line.

End Zone



End Zone

Rules Unique to Central Sports Flag Football

Down Format

Kindergarten

- The offensive team has four plays to gain a first down by crossing midfield. Once a team crosses midfield, it has four plays to score a touchdown.
- If the team fails to cross midfield in four downs or score a touchdown, the other team takes possession on its own 5-yard line.

Offensive Starting Points

Kindergarten

Situation	Starting Field Position after change of possession
After a touchdown and extra point(s) attempt	Offense's 5-yard line
After a turnover on downs	Offense's 5-yard line
After an interception	At the spot of the interception

Clock Format

- Games consist of four 10-minute quarters with a halftime.
- The game clock stops briefly at the end of every quarter for predetermined substitutions.
- No time-outs during the game are allowed
- A 30-second play clock begins after the referee spots the ball as ready for play.

Clock Format

- The game clock does not stop during the game except for the end of a quarter and half-time and injuries.
- The game clock will not stop for any reason other than these 3.

Game Format

- Devotional will be led over speakers. Each team needs to be at mid-field, not warming up.
- The visiting team calls the coin toss. The team that wins the coin toss may choose to play offense or defense first or choose which goal to defend. The other team has the choice (*possession or end to defend*) not made by the team winning the toss. The team that plays defense first will play offense first to start the second half.
- Because the end of a quarter does not signal a change of possession, the team with possession at the end of the quarter will retain possession after substitutions take place.
- Teams will switch ends of the field at the half, not after each quarter.

Game Format (Continued)

- Standings are not kept in any division. Such standings add unnecessary pressure and intensity.
- Each team in the kindergarten division will have 6 players on the field at a time.
- In the Kindergarten division each team can put one coach in the huddle throughout the season.

Scoring

Touchdown: 6 points

Extra point: 1 point (played from the 5-yard line with a pass) or 2 points (played from the 10-yard line with a run or pass)

Safety (for Kinder only) 2 points. The scoring team will also receive possession on its own 5-yard line

Offensive Basics

- A minimum of three players must be on the line of scrimmage at every snap.
- Only one player can be in motion when the ball is snapped.
- Kindergarten players may use the side snap.
- Before handing off or passing, the quarterback must have complete possession of the ball.
- A beanbag may be used to mark the line of scrimmage.

Running the Football

- The quarterback CANNOT run the ball across the line of scrimmage.
- The person who receives the snap from the center (under-center or shot-gun) is considered the quarterback and cannot run the ball across the line of scrimmage.
- A pitch from the quarterback can be executed immediately after the snap or on a delay (similar to the option play without the quarterback being able to advance the football).
- The quarterback is the only player who can make the pitch. The pitch can occur at anytime while behind the line of scrimmage.
- Once the pitch is received, the ball carrier can run the ball, hand-off the ball (behind the line of scrimmage) or pass the ball (halfback pass).

Running the Football (Continued)

- Direct handoffs behind the line of scrimmage are legal. Multiple handoffs may be used. After the ball crosses the line of scrimmage, handoffs and laterals are not permitted.
- A player receiving a handoff or immediate pitch can pass the ball (halfback pass) from behind the line of scrimmage.
- A ball carrier may not dive. A dive will result in a penalty.
- The ball carrier's feet determine the spot of the football when a flag is pulled, not the location of the football.

Receiving the Football

- All 6 or 7 players are eligible to receive passes. (The quarterback becomes eligible after a handoff or pitch.)
- A completion consists of a receiver gaining control of the football while having at least one foot in bounds.
- If a player catches a pass with his knee(s) on the ground, the play is dead and the ball is spotted at the point of the completion.

Passing the Football

- All forward passes can be completed behind or beyond the line of scrimmage. Only one forward pass can be completed per play. Once the ball leaves the quarterback's hand, the defender can make a play on the ball. The defender must avoid contact with the receiver.
- The quarterback has 7 seconds to throw a pass. If a pass is not thrown within 7 seconds, it is treated as an incomplete pass (loss of down). A handoff or pitch will end the 7-second pass count.

Dead Balls

Play is ruled dead when one of the following occurs:

- The ball carrier's flag is pulled or falls out. (Kinder)
- The ball carrier steps out of bounds.
- The ball carrier's knee hits the ground.
- A touchdown or safety is scored.
- A pass falls incomplete.
- At the point of an interception.
- The ball hits the ground as a fumble. The ball will be spotted at the point of the fumble with 2 exceptions.
 - *1 - center/quarterback exchange. If a snap is mishandled, the quarterback (and ONLY the quarterback) may pick up the ball and continue play. If a defender gets to the ball before the quarterback, the play is ruled dead and the ball is spotted at the point of the fumble (treated like a sack). The defender is the one behind the 7 yd mark.*

Dead Balls

•2 – *In your own end zone. If the ball is fumbled in your own end zone the person who fumbled the ball, and only that person, can pick up the ball and continue the play. However, if the ball is fumbled by the quarterback the 7-yard defense rush rule will no longer be in effect. If the defense touches the ball first, a safety will be called (treated as a sack).*

Defensive Basics

- Teams may run man-to-man , zone defenses or combination of both.
- Interceptions may not be returned. Change of possession will be awarded at the point of the interception.
- Interceptions made in the end zone will result in a touchback and the ball will be spotted at the 5-yard line.

Rushing the Passer

- All players who are rushing the quarterback must begin 7 yards behind the line of scrimmage. Before each snap, the referee will designate the 7-yard rush line. (Kinder)
- Defenders not rushing the quarterback may line up on or off the line of scrimmage. In the Kindergarten, three defenders must line up 7 yards behind the line of scrimmage.
- Once the ball is handed off or pitched, the 7-yard rule is no longer in effect, and all defenders may cross the line of scrimmage to pursue the ball carrier.

Penalties

Coaches are the referees for the game. You are to call the penalties

- If a penalty happens near the end zone where the penalty yardage would place the ball in the end zone, then the penalty will be half the distance to the goal.

Penalties

Defense

- **Encroachment**: The penalty is 5 yards from the line of scrimmage and replay of down.
- **Illegal rushing** (enforced when players start rushing from inside the 7-yard rush line): The penalty is 5 yards from the line of scrimmage and replay of down. (Kinder)
- **Interference**: The penalty is 10 yards from the line of scrimmage and an automatic first down.
- **Illegal contact** (pulling the jersey, holding, blocking, pushing): The penalty is 10 yards from the line of scrimmage and an automatic first down.
- **Illegal flag pull** (before the receiver catches the football): The penalty is 10 yards from the line of scrimmage and an automatic first down. (Kinder)

Penalties Continued

Offense

- **Illegal motion** (more than one person moving): The penalty is 5 yards from the line of scrimmage and replay of down.
- **Illegal formation** (not enough men on the line of scrimmage): The penalty is 5 yards from the line of scrimmage and replay of down.
- **Illegal pass** (a pass thrown after the ball carrier has crossed the line of scrimmage): The penalty is 5 yards from the line of scrimmage and a loss of down.
- **Delay of game**: The penalty is 5 yards from the line of scrimmage and replay of down.

Penalties Continued

Offense Continued

- **Shielding** (a non-contact block that impedes a defender from making a tackle): The penalty is 5 yards from the spot of the foul and loss of down.
- **Illegal run** (a running play in the no-run zone or a quarterback crossing the line of scrimmage): The penalty is 5 yards from the line of scrimmage and replay of down.
- **Intentional grounding**: The penalty is 5 yards from the line of scrimmage and a loss of down.
- **Offensive pass interference** (illegal pick play, pushing a defender): The penalty is 10 yards from the line of scrimmage and a loss of down.

Penalties Continued

Offense Continued

- **Flag guarding** (intentional or unintentional use of the arm to prevent the flag from being pulled): The penalty is 5 yards from the spot of the foul and a loss of down. (Kinder)
- **Illegal use of the hands** (stiff-arming, blocking): The penalty is 10 yards from the spot of the foul and a loss of down.
- **Diving** (diving toward the end zone or first down): The penalty is 10 yards from the spot of the foul and a loss of down.

Substitutions

This substitution system is designed to provide every player an equal opportunity for improvement. The substitution system ensures that:

- No player sits out more than one quarter at a time.
- Every player plays offense and defense in every game.
- Every player will start on either offense or defense in each game.
- In most cases, each player will play against someone of equal ability.
- Coaches are not able to make unfair substitutions or to be accused of doing so.
- Coaches do not have to monitor playing time for each player.
- Playing time for all players is virtually even over the course of the season.

Substitutions (Continued)

Here are a few basics of the substitution system:

- Each team fields 6 players at a time.
- 6 players will play an entire quarter and then substitutions will be made.

Filling Out the Form

To provide an example, we will create a 12-member team called the Hurricanes. Players are ranked 1-10. Both Steve and Kenny have shown to be the two best passers. Excluding these two passers, Kyle has the highest skill ability. Chuck has the lowest evaluation score and has the most room for improvement.

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve				
Kyle				
Nathan				
Patrick				
David				
Bill				
Kenny				
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve	x			
Kyle				
Nathan				
Patrick				
David				
Bill				
Kenny				
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve	x			
Kyle	x			
Nathan				
Patrick				
David				
Bill				
Kenny				
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve	x			
Kyle	x			
Nathan	x			
Patrick				
David				
Bill				
Kenny				
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 4	Quarter 4
Steve	x			
Kyle	x			
Nathan	x			
Patrick	x			
David				
Bill				
Kenny				
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 4	Quarter 4
Steve	x			
Kyle	x			
Nathan	x			
Patrick	x			
David	x			
Bill				
Kenny				
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 4	Quarter 4
Steve	x			
Kyle	x			
Nathan	x			
Patrick	x			
David	x			
Bill	x			
Kenny				
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 4	Quarter 4
Steve	x			
Kyle	x			
Nathan	x			
Patrick	x			
David	x			
Bill	x			
Kenny	x			
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve	x			
Kyle	x			
Nathan	x			
Patrick	x			
David	x			
Bill	x			
Kenny	x			
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 4	Quarter 4
Steve	x	x		
Kyle	x	x		
Nathan	x			
Patrick	x			
David	x			
Bill	x			
Kenny	x			
Josh		x		
Jake		x		
Joey		x		
Curtis		x		
Chuck		x		

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve	x	x		
Kyle	x	x		
Nathan	x		x	
Patrick	x		x	
David	x		x	
Bill	x		x	
Kenny	x		x	
Josh		x	x	
Jake		x	x	
Joey		x		
Curtis		x		
Chuck		x		

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve	x	x		x
Kyle	x	x		x
Nathan	x		x	x
Patrick	x		x	x
David	x		x	
Bill	x		x	
Kenny	x		x	
Josh		x	x	
Jake		x	x	
Joey		x		x
Curtis		x		x
Chuck		x		x

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve				
Kyle				
Nathan				
Patrick				
David				
Bill				
Kenny				
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve		X		X
Kyle	X	X		X
Nathan	X	X		X
Patrick	X		X	X
David	X		X	X
Bill	X		X	
Kenny	X		X	
Josh	X		X	
Jake		X	X	
Joey		X	X	
Curtis		X		X
Chuck		X		X

Substitution Scenario

It's Week 3 and, as game time approaches, David has not arrived (he is supposed to be in the starting lineup for Week 3). He did not call prior to the game and inform you that he would not be present (so you are not sure if he will show up or not). He shows up in 2nd quarter. He does not play in the 2nd because he is now supposed to.

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve				
Kyle				
Nathan				
Patrick				
David				
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Kenny				
Josh				
Jake				
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve				
Kyle				
Nathan	x			
Patrick	x			
David	-			
Bill	x			
Kenny	x			
Josh	x			
Jake	x			
Joey				
Curtis				
Chuck				

Player Name	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Steve		X		X
Kyle		X		X
Nathan	X	X		X
Patrick	X	X		X
David	-		X	X
Bill	X		X	
Kenny	X		X	
Josh	X		X	
Jake	X		X	
Joey		X	X	
Curtis		X	X	
Chuck		X		X

End of Year Medals

Medals are encouraging items you give to players at the end of the season. This presentation should be an exciting time with parents encouraged to cheer for players as each medal is presented. Make a point to explain why each child received a particular medal.

This will take place at the end of the season after the last game. Please have which medals you want for your team sent to Tyler by October 22nd. Some options for medals include:

Offense

Defense

Hustle

Sportsmanship

Effort

Passing

Receiving

Awards Celebration

End of the season – last game.

We will have inflatables for all players, coaches and parents to play one.

The parking lot will have tables and chairs set-up if you want to have a team party.

Coaches will receive the player gifts before their game to be handed out at the end of the game.

Central Sports Flag Football Coach Training