



**CENTRAL  
SPORTS**

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**Coach Training**

# Important Dates

- Meet the Team: Thursday, August 27<sup>th</sup>
  - Kinder: 6:00-6:20
  - 1<sup>st</sup>-3<sup>rd</sup>: 6:30-6:50
  - 4<sup>th</sup>-6<sup>th</sup>: 7:00-7:20
- First Practice: The week of August 31<sup>st</sup>
- 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. His the creator of fun so why wouldn't we have fun learning about Him.**

**Growth – we want kids to be a 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 that it was when the season started. If they don't know Jesus we want them to get to know Hm.**

**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**

**Your answer to that question gets to your motivation**

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

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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](http://www.football-tutorials.com)

[centralbcs.org/sports](http://centralbcs.org/sports)

[footballtoolbox.net](http://footballtoolbox.net)

[youthfootballonline.com](http://youthfootballonline.com)

[www.wolverinesports.com](http://www.wolverinesports.com)

[footballdrillsbook.com](http://footballdrillsbook.com)

[www.footballdrills.com](http://www.footballdrills.com)

[footballgearclub.com](http://footballgearclub.com)

[kingsportstraining.com](http://kingsportstraining.com)

Youtube:

Flag Football Academy

# Covid Precautions

- Masks are not required outside for practices nor games
- Parents are expected to socially distance during games/practices
- 10 minute rotations
- We will not shut down the league for one case.



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**Flag Football – 1-3<sup>rd</sup> & 4-6<sup>th</sup>  
Grade Divisions**



# 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 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 into a new zone
- The offensive team begins the game and second half by taking possession of the ball at the 40-yd line.



Zone 1

Zone 2

Zone 3

End Zone

# Rules Unique to Central Sports Flag Football

## Down Format

### *1-6<sup>th</sup> Grade*

- The offensive team has four plays to gain a first down by reaching the next zone. The first 2 zones are 15 yards long, and zone 3 is 10 yards long.
- If the team fails to cross into the new zone in four downs or score a touchdown, the other team takes possession on the 40 yard line.

# Offensive Starting Points

1-6th

Situation	Starting Field Position after change of possession
After a touchdown and extra point(s) attempt	40 yard line
After a turnover on downs	40 yard line
After an interception	40 yard line



# 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. 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.



## Game Format (Continued)

- Standings are not kept in any division. Such standings add unnecessary pressure and intensity.
- All 1<sup>st</sup> – 3<sup>rd</sup> and 4<sup>th</sup> – 6<sup>th</sup> grade teams will play 7 v 7.
- In the 4<sup>th</sup>-6<sup>th</sup> grade divisions, each team can put one coach in the huddle for the first two games of the season. 1<sup>st</sup>-3<sup>rd</sup> grade divisions, 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)

**Interceptions will not be any points.**  
**Ignore that in your manual**

# 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.
- In the 4<sup>th</sup> – 6th grade division, the ball must be snapped between the legs to begin play. 1<sup>st</sup>-3<sup>rd</sup> grade players may use the side snap.
- Before handing off or passing, the quarterback must have complete possession of the ball.



# 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 player is touched, not the location of the football.

# Receiving the Football

- All 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 is touched with one hand. (1-6th)
- The ball carrier steps out of bounds.
- The ball carrier's knee hits the ground.
- A touchdown 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 1 exception.
- *1 - center/quarterback exchange. If a snap is mishandled, the quarterback (and ONLY the quarterback) may pick up the ball and continue play. The 7 seconds will continue even while the QB is picking up the ball.*

# 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 and the ball marked back at the 40 yard line.
- Interceptions made in the end zone will result in a touchback and the ball will be spotted at the 40 yard line.



# Rushing the Passer

- With the 1<sup>st</sup> – 6<sup>th</sup> grade division, no one may rush the quarterback.
- Defenders may line up on or off the line of scrimmage.
- Once the ball is handed off or pitched, all defenders may cross the line of scrimmage to pursue the ball carrier.

# Penalties

Referees will call all 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 defenders cross the line of scrimmage while the QB still has the ball): The penalty is 5 yards from the line of scrimmage and replay of down.
- **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.



# 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.
- **Offensive pass interference** (illegal pick play, pushing a defender): The penalty is 10 yards from the line of scrimmage 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 7 players at a time.
- 7 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				
Josh				
Kenny				
Jake				
Joey				
Curtis				
Chuck				



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

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

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



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



# Week 2

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	
Josh	X		X	
Kenny	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 at the end of the 1<sup>st</sup> quarter. He does not play in the 2<sup>nd</sup> quarter because he is not assigned to.

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



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

# Ministry Safe

- ALL COACHES MUST COMPLETE MINISTRY SAFE
- If you have not, PLEASE do that tonight.
- If you have not received anything from me, please let me know.

# 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**