

Itinerary for coaches Clinic

A. INTRO

Goals: to make all players better

to improve every week as a team and have fun, to instill a love in the game

B. Practice Plans

C. Play Books

D. Rules Discussion and questions

E. Set up for Skills clinic

Coaches Clinic

Practice Plans- You should always have a rough plan for your practices from beginning to end. It helps you focus on what you want to teach or correct during that practice.

All practices should typically have 3 or 4 parts

1. Warm up (same every time)
2. Individual drills that emphasize the skills to be used that day done in **small groups** don't have players standing around ever if possible
3. Team offense or defense depending on the day
4. (optional) conditioning, fun activity, or other team builder

Below are two typical practice plans that I would use during a 2 practice week

Day 1 Offensive Practice

6-6:10 Warm up (Lunges, High knees, Frankensteins, Side shuffles, Karaoke, Back Peddle, ½ speed, Sprint, Jumping Jacks using team name)

Water

6:15-6:45 Offensive Stations

Station 1 Snaps (Teach all players how to snap, teach all players how to receive snaps)

Station 2 Handoffs (Teach all players how to hand off and how to take a handoff)

Station 3 Route Running (Teach 3 routes)

Rotate every 10 minutes

Water

6:50-7:30 Teach 3 plays Rotate all players into all positions (extra players on scout D)

USE COLOR CODED PLAY CARDS

Play 1 Sweep Right

Play 2 Sweep Right Reverse

Play 3 Bubble Pass

(If time remaining relay races)

Day 2 Defensive Practice

6-6:10 Warm up (Lunges, High knees, Frankensteins, Side shuffles, Karaoke, Back Peddle, ½ speed, Sprint, Jumping Jacks using team name)

Water

6:15-6:45 Defensive Stations

Station 1 Belt Buckle Drill (for coverages)

Station 2 Linemen Slide Drill

Station 3 Pursuit, Over Pursuit Drill

Rotate every 10 minutes

Water

6:50-7:30 Team D against scout team

USE COLOR CODED PLAY CARDS

(If time remaining gator tag)

A word about drills don't do them just to do them, watch the kids and TEACH!

Playbooks- Keep it simple come up with 3 or 4 run plays tops. Have plays that look like other plays or build on other plays. Have 2 or 3 pass plays. Try to have a compliment of plays that use the whole field inside plays, plays that are "off tackle", and outside or edge plays. On the next few pages are some sample plays use any that you like or modify them to work for you.

There are tons of great resources out there. Youth coaching books have sample plays. Use the internet to find sample plays. Any football play can be used in flag football, simply remove all linemen except the center (and give him a route) and redrawn the play.

Start with a few base plays and when your players have them down try to add 1 or 2 a week.

Misdirection – Because there is not blocking in flag football there is not power football. You can't use other players to block for the ball carrier but you can and should include a healthy amount of misdirection in your offense.

Positions – All Players should get a chance to play all positions. These athletes are so young that we just don't know who might emerge as an athlete as they grow older. Always work to make football fun and keep kids playing. Today's zero might be tomorrow's hero.

PICK BLOCK

Rules clarifications:

1st and 2nd Grade

- QB can't run the ball without being rushed first
- 4 Seconds before the defense can rush, when they rush the QB can take off
- 1 Coach on the field for each team during the game (more flexibility early in the year)
- 7 Players on the field at a time
- Cannot start a play deeper than 5 yard line even in case of fallen flag or fumble, if the player is tackled it will be a safety.

3rd and 4th Grade

- QB can't run the ball without being rushed first
- 4 Seconds before the defense can rush, when they rush the QB can take off
- 1 Coach on the field for the first 3 games then no coaches on the field for the remaining games
- 6 players on the field at a time

Penalties:

Off sides 5 yards repeat the down

Encroachment 5 yards repeat the down

(The refs will give each team a reminder at the beginning of the season especially for the 1st and 2nd graders)

Defensive pass interference 5 yards repeat the down

Flag guarding play is dead at the sight of the guarding 5 yard penalty from there

Skills Clinic 5 Stations:

Divide Players into 6 groups, the groups will rotate through the stations every 8 minutes

Warm ups

- Offensive:
1. Snap, Handoff, Taking a Handoff
 2. Throwing (High Elbow, Follow through)
 3. Route Running and Catching

- Defensive
1. Linemen Slide to QB or RB
 2. Coverage – Belt buckle drill
 3. Tackling – Open field tackling

Gator tag – each group will finish with 2 big gator tag drills



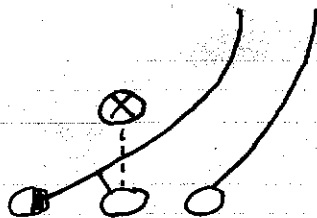
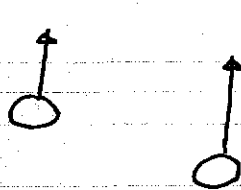
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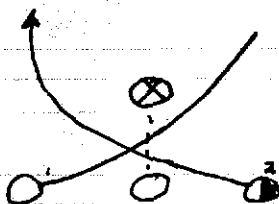
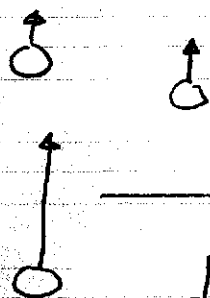
- System/scheme installations
- Specific planning for that one rival
- Private clinics for your coaches
- Program evaluations
- Private camps for your players

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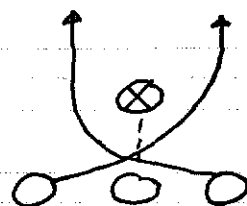
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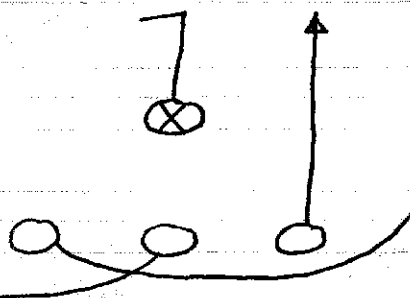
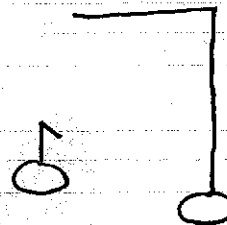
Spread Run Right



Spread Counter



Spread Pass



Spread Rollout Pass

Spread Series



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Research shows a 31% reduction

in concussions in players wearing Riddell Revolution® Helmets*

Call 1-800-275-5338 or visit www.riddell.com

* Neurosurgery, February 2006, vol. 58, No. 2

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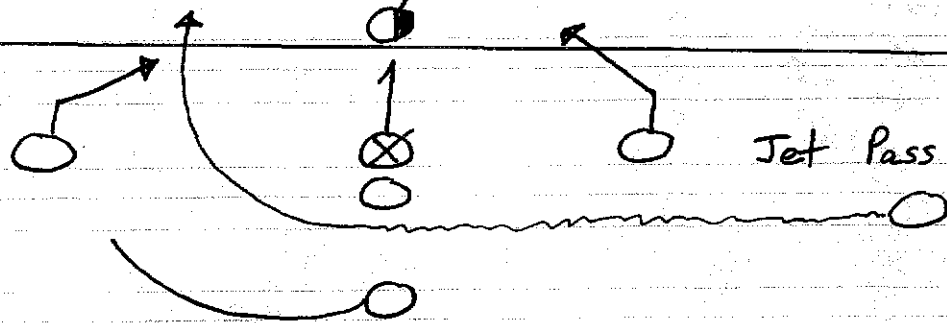
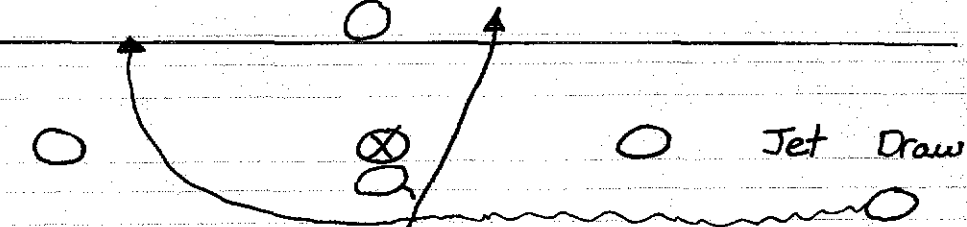
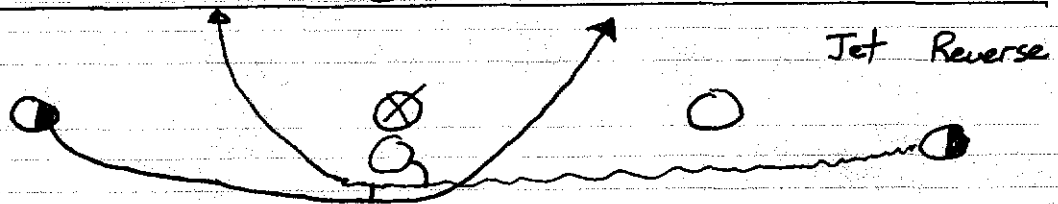
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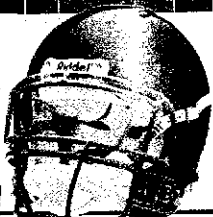
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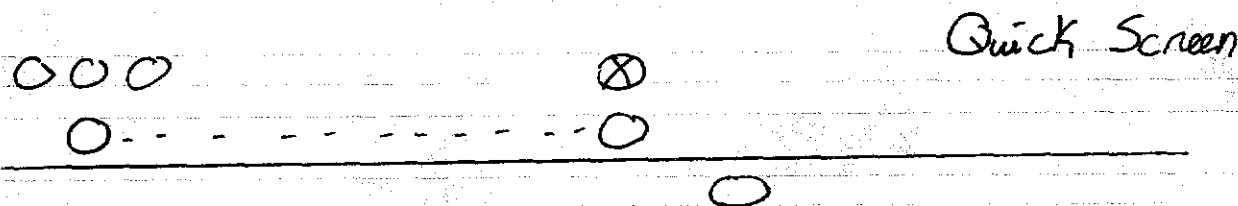
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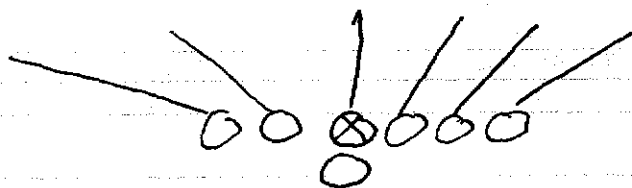
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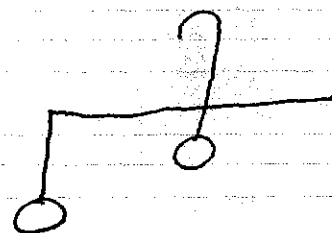
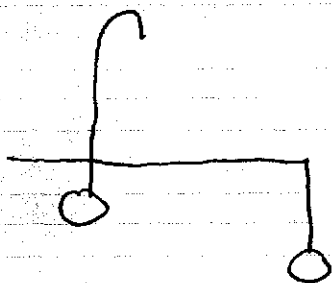
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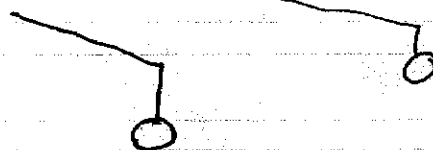
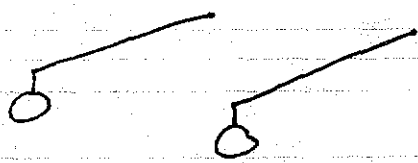
Quick Screen



Fan Pass



"Mirror" Routes



"All" Routes



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