

# Sussex Lions Flag Football Coach's Manual

## Introduction

This manual has been put together as an aid in getting organized and managing a smooth running flag football team. It is a compilation of methods and ideas from a number of former and current coaches. The type in bold are the questions we asked the coaches, followed by each of their responses. Their responses are separated by a dotted line. Use it as a guideline; you do not need to follow these recommendations to the letter. Feel free to modify them to fit your team as you wish. Please be aware that these suggestions can be invaluable and make for a hassle-free season. The methods you utilize can make for a positive atmosphere for you, the players and their parents. Please do not hesitate to contact any member of the flag football committee if you have any questions, comments or suggestions. The Name's & Phone number's of the committee members is on the last page of this booklet.

**It is very important that you never leave practice until all of the kids are picked up.** We recommend that you stress with the parents that they need to be on time to pick up their children.

## What should the coach do before the first practice?

Get organized. Familiarize himself with the rules and have a summary of the rules for the players/parents.

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1. Hold informal coaches/parents/player meeting. Introduce parents & players to coaching staff.
  2. Stress the League's commitment to player safety including guidelines.
  2. List equipment that must be supplied by parent including helmet and non-metal football shoes.
  3. Provide practice schedule.
  4. Emphasize the importance of attending practice, being on time. Notifying coaches if player cannot attend practice.
  5. Detail what is expected of players during practice including attentiveness, respect towards players and coaches.
  6. Detail code of conduct of players and parents during scrimmages and games.
  7. Require parents to provide coaching staff with any medical condition a player may have that could impact his/her health. Require parents to provide emergency contacts including telephone numbers, pagers/cell phone numbers.
  8. And don't forget the "treat list"!!!

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Attend a required coaches meeting (great to get any issues/concerns addressed up front and that there is mutual agreement). The coaches on a team should also discuss and agree to a plan in running the team.

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Make up schedules for games, practices, snacks, chain gang, and referees. Decide on some plays that he/she would like to teach both passing and running.

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Meet with the parents and go over the rules and expectations of the parents and kids. Then set the best practice times and answer questions.

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Phone the family, introduce themselves and let the parents know the specifics of the practices.

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As soon as the coach gets his roster, he should contact the parents of each player to set up a time and place for the first practice. If you are practicing at the park or at the high school tell the parents how they can tell which team is yours in case another team is already using the area that you planned to use when you arrive. Print each players name on stickers that you can put on the helmets. One on front and one on back works best. If you do not have stickers, tape that you can write on will also work. Put together a letter or list of rules that you expect the players and parents on your team follow. It is also a good idea to let the parents know what they can expect from you and the other coaches. (Ex. How you will run practices, how you will discipline the players for bad behavior, how you will choose what positions kids get etc) Make sure that all of your equipment is in your bag. Besides the flags, belts, football, and kicking tee that are already in the bag, you will need something to mark a field such as orange cones, or old rags. It doesn't need to be fancy but it is important for the players to get use to having sidelines and goal lines right away. You will also be able to use this for games and races during your practices.

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Make the decision and commitment to never yell at a player for screwing up a play. These are young children, and will not always perform as they have been taught. Yelling at them will not help them. Patiently explain to them what they did wrong and how to do it better. This will get better results than yelling. Save any yelling that may need to be done for discipline problems. Making that decision before the season starts will help during the entire year.

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If you already have assistant coaches, figure out where each coach's strengths are and then split up the responsibilities accordingly. The head coach is not always the best at calling plays or even teaching plays. A good leader will designate responsibilities to those best to carry them out. If you do not have assistant coaches already in place, let the parents know this when you call to notify them that their child is on your team and ask for their help as an assistant coach. If your knowledge of the game is limited, try to find a parent who has more knowledge and look to them for guidance. There are always people who are willing to help if you just ask.

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Meet with all parents together and let them know what your goals are for the kids and what is expected of the boys and parents as the season progresses. (Attendance, cooperation - kids & Parents)

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Have information ready to hand out to the parents explaining what is expected of them and their children. Have nametags ready for the kids to put on their helmets.

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Call the kids, tell them what to bring, where they will practice, what to wear and the coaches phone number.

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Call each child to introduce him/herself and let them know they are looking forward to coaching them

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Review the rules thoroughly. Including the goals/mission of the league.



Get a team roster together w/ practice & game schedule attached. Make copies of the rules. Distribute to the parents at the first practice.



Draw a few plays up, and laminate them.



Make sure all the equipment is in the bag. Add a set of at least 4 orange cones so a makeshift field can be used at practice.



## **What things would you recommend a coach cover in the 1<sup>st</sup> couple of practices? (All Grades)**

1. Rules 2. Basic Positions and Formations



1. Conduct player skills assessment, 40-yard dash, punting, passing, kicking. Identify skill position players.



#1) Rules #2) The meaning of "TEAM" #3) Fundamentals (blocking, flag pulling, etc.)



The fundamentals, team concepts and good sportsmanship. Good sportsmanship for parents and kids alike.



1. Tell all of the players as a whole what you expect out of them in regards to behavior, effort and attitude. Also let them know what consequences there will be for bad behavior. (running a lap etc) Let the players know how you will be selecting what positions each player gets and stress that this is a team sport and that every single position is important. (You must remember to always treat every position as important during each practice and game. Many times coaches only concentrate on the running backs and the quarterbacks.)

2. Get kids out on the field with shirts tucked in, flag belts on properly, helmets on and instruct the player to always have their mouth guards in so they get use to them. (Flags should hang down at sides not in the front or back. If the belt that the player is using does not fit that way, have them wear a different one.)

3. Run some races to find out who your speed kids are. (See section on how to determine what positions each player gets for help with picking your running backs)

4. Teach the proper way to block and explain that every player must block no matter what position he/she plays. (See

section on fundamentals)

5. Have kids try out for center position. (See section on how to determine what positions each player gets)

6. Look for quarterback. (See section on how to determine what positions each player gets)

7. Line the kids up on the line of scrimmage and teach them a few basic plays. (See section on offensive plays) Get some parents out on the field as a defensive line so the lineman can practice their blocking and stack the kids that are not on offense on the side that you are running to, even if they are not in a proper defensive position. This will give them practice at pulling flags and will give the running backs and wide receivers practice at blocking. This will also give the ball carrier better practice at running around defensive players. Make sure that the parents who are rushing are aware of how the kids are suppose to block so they can help the blockers with their technique during these plays.

8. Do some drills or games to help with the flag pulling. (See section on drills)

9. Line up a full defense and teach the kids the responsibilities of each position. Ask for parent help again to put together an offense. Have the kids that are not on defense run with the ball and have parents do the blocking. This will give the defense a better game type situation in which to practice.

10. Sometime before the first game find someone who can kick and punt and teach the kids what to do on kick-offs and punts from both sides of the ball. When kicking or punting it is wise to keep one or two kids back in case the ball carrier gets past the rest of the team.



1. Fair clean play - cover sportsmanship rules 2. Offense and defense line-ups 3. Run through fund. to get a feel for the kids level of skill 4. Blocking a tackling drills 5. Keep kids focused - change drills 3-4 times to keep interest.



1) Proper clothing and equipment that they should wear 2) Proper 3 point stance 3) Go over the rules of the game i.e. off sides, holding, etc. 4) Proper positioning of defensive player for pulling flags.

The basics



This is for fun. A lot of hard work goes into the program by coaches, parents and players. Work hard, listen, and do your best - but remember that this is for fun.



**What things would you recommend a coach cover in the 1<sup>st</sup> couple of practices? (1<sup>st</sup> & 2<sup>nd</sup> Grade)**

1. Emphasize attentiveness. 2. Describe the term "offense" and "defense". 3. Describe special teams. 4. How points are scored. 5. Mouth guards required! Helmets snapped during practice. 6. Passing, catching and hand off drills. 7. 3 point stance. 8. Blocking technique. 9. 45 second play clock. 10. "The huddle".



Get to know the kid's names and let them get to know the coach. Run some drills to see where the kids' strengths are (i.e.: running, passing, kicking, catching, etc).



Same because you need to make sure the kids are "all on the same page"



Good sportsmanship, introductions to the basic football drills, and getting a feel for the player's skill level



Running, stretching, catching, blocking, listening



Get them to understand "right" and "left" for offense & defense.



Have a mini- run, pass, & kick contest. Give each child a chance to compete.



Break down into small groups of 2-3 players each. Work on various aspects of the game, most importantly the 3-point stance, snapping the ball, blocking, passing, running pass patterns, and kicking.



End each practice with a couple of games of Pom-pom. This is a big hit with the players! They learn, through play, how to pursue, run, and grab flags, and understand the field boundaries.



**What things would you recommend a coach cover in the 1<sup>st</sup> couple of practices? (3<sup>rd</sup> & 4<sup>th</sup> Grade)**

1. Rules 2. Basic Positions and Formations 3. Techniques for tackling, handing off, passing, pass coverage, 4. Responsibilities of each player - for example if the defensive end is supposed to contain he should be instructed that's what is expected of him.



Run drills, find out talent



## **What fundamentals do you feel are most important and how have you taught them in the past? (All Grades)**

It is important that the players are taught what they are expected to do and told how to do it. For example, often a player is just told to cover the receiver but not told how he is supposed to do it.

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Passing Drill. QB's throw ball 10 yards while on knees. Rotate hips, bring ball up to ear, pass ball while rotating hips forward. Follow through bringing throwing arm across chest. Linemen. 3-point stance. Stress balanced position, feet shoulder width apart. If hand is knocked out, player should not fall forward. Receivers. Look ball into hands. Do not turn and run until solid catch is made. Running backs. Balanced stance. Look straight ahead. Take handoff and accelerate towards hole.

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#1) Flag pulling - we do a flag pulling game at the end of each practice #2) Blocking / Rushing - we do a game to see who is the 1st to get to the QB or if they can protect the QB for "x" seconds

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Playing as a team. Cheering each other on. Grabbing the flags. Getting to know their "job" or position in a play. Learn the basics of flag football. Have fun.

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Knowing what all the different positions are and their responsibilities. This is to help reinforce the team concept and to show how important everyone's position is. Teach the kids the importance of good sportsmanship and respect. Also basic blocking and proper flag pulling.

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Blocking, although not the most glamorous job, is the most important job on offense. If you teach proper blocking, and the players execute the blocks well, almost anyone can run the ball. Stress that this is a team effort and that the plays can only work if everyone does his/her job. Explain what will happen if no one blocks. Keep in mind that in flag, the blockers can cross the line of scrimmage even on a passing play. Proper blocking technique includes

### a. On the line ?

Teach your lineman to line up so that there is about an inch between their foot and the foot of the lineman next to them. This will eliminate them tripping each other and at the same time will keep the gaps small.

Bending the knees (not the back) so that the blocker has a low center of gravity,

Keeping the hips square to the person being blocked (many kids tend to twist their bodies),

Using small steps to get more power,

Keep their knees bent and stay on the balls of their feet so they can easily move to the side to close the gaps that the defense will try to rush through.

Getting their body in between the rusher and the ball carrier and have them push the opposite way the play is going,

Never blocking in the back and not getting his/her arms up near the neck or head of the opponent.

### b. Blocking while running in open field ?

Just before contacting the opponent, bend the knees a little, make contact with the opponent at the chest level and then push with a little bit of upward pressure to take away the opponents center of gravity (make sure that they do not push their arms up to the throat as this is dangerous and illegal)

Position your body so it is between the ball carriers route and the opponent.

Never blocking in the back, (you can only block in the front or side of opponent)  
Not getting his/her arms up near the neck or head of the opponent

On defense shedding a block and going around blockers is a big key. One of the first things that the kids need to be taught is that they do not have to come in contact with a blocker if there is a quick way around them. Many kids have a tendency to want to block the offensive player. Let them know that their goal is to be on the other side of the blocker so they can pursue the ball carrier. If they cannot get around the blocker quickly, then they need to go through him/her.

When rushing from the line of scrimmage, teach them to go between the blockers if possible. Remind them often that they can use their hands as long as they are not holding on to the opponent. Teach them to have their arms extended out with their elbows bent some when they come into contact with the blocker. This way they can keep the blocker from pushing them with their arms and will still be able to push away or to the side because their arms are not straight. Show them that by moving a little to the side while pushing the blocker in the same general direction as the blocker is going they can often use the blockers momentum against them. Also let them know that sometimes pushing the blocker into the path of the ball carrier will make the ball carrier change directions and make it possible for a teammate to grab the flag. Tell them the importance of always looking for who has the ball so they know where they want to be on the field.

When being blocked while running in the open field, it is important to keep the blocker as far away from their body as possible using their hands outstretched if front of them. Remind them that their goal is to get past the blocker and to the ball carrier.

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1. Blocking - work with 1 on 1 drills and use parents as defense when running full offense
  2. Center to qb exchange - most critical at all ages have more than one qb and center work each practice
  - 3 flag drills on defense using
  - 4 corner drill and return drills.

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I stress defense so I try to impress upon the kids to position themselves and get in front of the ball carrier so they make the runner have to slow down and also that gives them the option to pull either flag.

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Blocking, stance - By practicing them a lot

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Good sportsmanship Playing fair and listening - Respect for coaches, refs, parents and towards ALL other players

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## **What fundamentals do you feel are most important and how have you taught them in the past? (1<sup>st</sup> & 2<sup>nd</sup> Grade)**

Passing plays, if the receiver can catch. Hands off the ball more than once during a play. Go around the sidelines vs. straight down the middle of the field.

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Stance - step by step

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The most important thing to point out is the team concept. Pointing out to them why a practice place succeeds. Compliment the players often, especially the offensive line.

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**What types of plays on offense have you found to be most successful? (All Grades)**

QB Run Right/Left and RB Run Right/Left

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Basic plays from the pro-set formations. If everyone started with the same basic formations as a foundation to their plays then the kids could be more prepared for learning additional plays every year instead of starting from scratch every year. The most successful plays seemed to be the misdirection plays.

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Running around the end is one of the more popular plays and can be very effective if the blocking is done well. You may want to line up two or three wide receivers to the side you are running for additional blocking. By doing this several times, you can also set the defense up to expect the run to go that way every time you line up that way. This can make a bootleg, reverse or pass back across the backfield a very effective play because the defense will be cheating to the strong side.

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Another good play is a short pass to a lineman in the defensive backfield. A fake run to the outside before the pass is very helpful on this type of play. Passing to the lineman is also a great way to give them a chance to carry the ball. This type of play works especially well when you only need a few yards.

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1. Outside sweeps 2. Mis-direction 3. Rollout passes
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Mis-direction - It seems that most kids on defense will flow in the direction that the ball carrier has initially gone - so when the ball is reversed it catches them off guard

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Passing and running

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**What types of plays on offense have you found to be most successful? (1st & 2nd Grade)**

Misdirection, reverse.



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## Running

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1. Simple sweeps to the left & right. The team worked out of the shotgun formation. This worked well, as it neutralized the other team's big defensive playmakers if they lined up over the center. It was very effective. We had fewer bad snaps than the teams that took the snap under center.
2. Reverses - a favorite with the players - very exciting play
3. Simple 3-5 step roll outs, then pass to a receiver running a buttonhook to the same side of the field. Surprisingly high percentage of completions. We were frustrated by other pass routes which were difficult at times to execute.

## **What types of plays on offense have you found to be most successful? (3<sup>rd</sup> & 4<sup>th</sup> Grade)**

Running and passing

## **What types of defense have you found to be most successful? (All Grades)**

Man-to-man at cornerback / (3) Linebackers / everyone else on the line

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A 5-3-3 or a 6-2-2

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Stress that it is a team effort just like offense and that every job is important. It is a natural instinct in the kids to go towards the ball. It is very important to have some players stay to the opposite side of the field as the play is going to protect against reverses and such. Your challenge will be to find the players who have enough discipline and patient to play in those spots. (Usually a defensive end or the corner back) Be sure to praise them during the game every time that a reverse is run and they were still in their position. It will help them with the discipline necessary to do their job.

It is important to have a player responsible to turn any outside runs back to the middle of the field. Like the player that will stay home to guard against reverses, this takes patience and discipline. The best way that I found to teach the kids the importance of this is to line them up in their position and have them look toward the sideline. Ask them how many teammates they see. Then have them look toward the middle of the field. Ask how many teammates they see now. Then explain that the most important part of their job is to turn the play into the rest of their team so that if they miss the flag, someone else can pull it. Let them know that even if they get blocked, if they were able to turn the play in, they did their job GREAT. Be sure to praise them during the game for doing that. It will help them with the discipline necessary to do their job

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1. Aggressive rush by front line
  2. Strong players on ends or corners
  3. Fast players as safety
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## **What types of defense have you found to be most successful? (1<sup>st</sup> & 2<sup>nd</sup> Grade)**

5-2 with 2 defensive backs. Although during a game situation it seems you are placing players towards the strength of the offense covering holes from the success of the previous play.

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Block your man. Watch where the ball is going or which team members move.

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All on line except 3-4 players as linebackers

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5 X 2 zone

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We played basically a zone defense. The players have a tendency to chase all over the field, and on cutback plays, the other team would get a huge gain or a touchdown. With the players generally responsible for an area of the field, we were more organized on defense. Also, it always kept a defensive player in the area of where a pass may be thrown, so we always had a chance to defend them. We played 3 down linemen, 3 linebackers, 2 cornerbacks, 2 safeties.

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## **What types of defense have you found to be most successful? (3<sup>rd</sup> & 4<sup>th</sup> Grade)**

1. 7-8 man all out rush - create confusion in backfield 2. Corners stay home - linebackers contain sweeps 3. 1 man safety - usually fastest player on team

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4 X 4 man on man

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## **How do you determine what positions each player gets?**

Based on the first couple of practices, a players skills must fit the position he's put into.

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First 1 or 2 practices are 'secretly' run as try-outs to determine which positions each individual excels at. I also make a point to know what each players "wish" is and I make sure that they get to play that position at some point in the season (for example, play QB at the end of a game if we're winning).

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Determine speed and agility, ability to throw, catch or kick during first couple of practices.

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I ask what position they played last, which position they would like to play and then evaluate all the players. All the kids have a primary position on offense and defense. When they learn their primary position they earn more playing time at their secondary position (which is usually a position they want to try).

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Center - Have kids try both types of snaps, under the center and shotgun. Make notes of who does better job at each. This will be helpful later in the season if you decide to change from one to the other.

Quarterback ? Split the kids up into two or three groups and have your best couple of centers snap the ball to the kids who want to be quarterback. Have the other kids take hand offs, pitches, and passes from the kids trying out as quarterback. Since most plays in flag are running plays, how well the quarterback handles the snap and how well he/she gives hand offs or pitches is just as important if not more important than how well they pass. You can always hand off or pitch to someone who is better at passing for your passing plays.

Running Backs ? Although speed is a factor, it is not the only thing to look for. Try all of your faster kids at this position and determine which ones are good at getting around or past the defensive players without their flag being pulled and which kids can take a handoff or pitch properly.

Wide receivers or defensive ends ? If you are going to keep someone home to guard against reverses and to turn runs around end in, you want to try different kids at this position during practice to see who has the discipline to do this.

Defensive Safety ? I recommend you find the player with a lot of speed that is best at pulling the flag.

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Number of factors 1) size 2) speed 3) aggressiveness 4) athletic ability

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By talent, weight and by experience

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Initially by skill & agility, but after the first play from scrimmage, I substituted players into the skill positions. Everyone had an opportunity to score on extra points. Everyone had the opportunity to run with the ball on other offensive plays.

Generally the older players, or ones that have played in the league previously, are more skilled, but as the practices and season go on, they all build confidence, and are worked into the skill positions on offense. Generally on defense, this was not as important, and the players stayed in the same positions when possible.

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**Do you think that it is better to have players play the same positions throughout the season or to change the positions a few times to give each player more experiences?**

## Same positions

### Why?

The season isn't long enough for a player to learn more than one position. It would be very hard for them to learn the plays for two positions.

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At the 1st and 2nd grade level, it is next to impossible to have players learn multiple positions unless they are natural athletes. Players at this grade level have a limited attention span. Quite clearly they learn best by repetition. Once the season started, I found it difficult to move players to new positions even though they had ample time to learn the new position. What they learned in the beginning of the season was embedded in their minds and it was hard for them to adjust. Remember if you are moving one player to a new position, the player that is being replaced must also learn a new position. The kids basically remember where to line up based on faces they see to the right and left. If you move a face, it becomes challenging the kids are lost. Especially when the 45-second clock is ticking. On special teams it is much easier to give players the opportunity to play various positions. Quite often last season I would let the kids that never got the opportunity to touch the ball on offense the chance to kickoff or punt. They loved it. It didn't always give us the best field position but that wasn't as important to me as lifting the player's self-esteem and sense of value to the team. For some of the younger kids, they loved having the chance to punt or kick off.

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Younger players need more time to learn a position at this takes time. Also it takes time to develop critical positions such as QB, RB, Center and Linebacker.

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In 1st and 2nd, keep the same positions or switch off mid season. The kids have trouble or forget their new job.

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In the older kids I feel it is important to learn a single position first so that they have at least one position they can possibly excel at and feel comfortable in.

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They learn how to play a specific way and keeps them more focused on what they should do. They usually get the chance to play both offense and defense anyway so they get to play 2 positions that way.

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I think that each player should have a couple of positions that they play with one position being their main position. It is true that almost all of the kids would like to carry the ball, however, I have found that most of them also will understand that the team must work together and that each player will have different skills that make them better at a certain position. A way to give the lineman a chance to carry the ball is short passing plays. Even if the pass is incomplete, the players like the chance to get the ball. I also believe that each player should have a chance to play both offense and defense, however, not necessarily in the same game. Too much changing can be confusing when the offense or defense is going out on the field.

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You start out the season at one position but many times you see a player is suited better at a different position. Sometimes a child will make a request to play somewhere else & if possible you let them try and see how it works out.

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1st to 3rd grade - they're to young to catch on to multiple positions  
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As I stated above, I can make a case for both. On defense, it is more organized, and they understand their area of responsibility if they remain in the same position. On offense, I had the same starting lineup for every game, but after the first play from scrimmage, I rotated the players.

## **Different positions Why?**

Because this is also a learning experience and should be fun too!  
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IF a child wants to try, for example, kicking - let them try. QB is a difficult position to just try. If the child does not do well, it may do more harm than good to try this out.  
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At these ages you don't know how they will develop in the next few years. They will become more complete players if they understand and can play several positions on both O & D. Keeps the practices and games more fun.  
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4th to 8th grade they are old enough to know what positions their good at  
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This is not the pros - nor do we want to make one or two children the "stars" of the team. Everyone deserves a chance and to help build self-confidence in all.  
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Every child should have the opportunity to score a "touchdown" or extra points. Every parent would like to see his or her child score too.

So after every touchdown, every player was given an opportunity to score an extra point. Why the extra point? Well, there is a very good chance they can run 2-5 yards and score the extra point before their flag is grabbed. It gives every player an opportunity to succeed, where in most instances many of the players do not yet have the skill or ability to knock off a 40 yard run for a touchdown.

Like I said, on offense, I changed skill positions frequently. Yeah, I had some "money" players, but to have the same players run or pass the ball on every down would be very boring for the rest of the players. I thought our team had great morale because everyone had opportunities.

Also, punting was very difficult, but we rarely punted, so I only had 2 or 3 players designated at punters (not only 1). Snapping the ball, especially from the shotgun, took some skill, and I always had several players (3 or4) practice the

shotgun snap, and rotated them in on offense at the center position.  
For kickoffs, I let everyone have a chance. It did not make that big of a difference

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**Please list any games or drills that you have done throughout the years that have been helpful in teaching the players and/or help make the practices more fun. . (All Grades)**

Flag pulling game at the end of practice has always been popular. Put two guys in the middle and make the others line up and try to get to the other side. The # of flag pullers increases as more players get their flags pulled. The winner is the last one left. Teaches flag pulling, teamwork and making runningback moves.

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Agility drills, make them into games.

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Line all but one player up at one end of the field. The other player will go to the middle of the field and at the sound of the whistle, all players must run to the other end of the field without going out of bounds. The player in the middle of the field must pull as many flags as possible. Each player whose flag is pulled (or who goes out of bounds) is now in the middle and must help pull flags. You continue this until only one player is left. It is also good to give some kind of reward to the person who is the last one left or to the person that pulled the most flags. (Maybe give out a dollar, or give them the privilege of being one of the captains at the next game, etc)

Line up players by size and them split them into two different lines. Have one line start as offensive and the other defense. Have the coach stand behind the offensive line and tell the defense that they must touch the coach. Have coach change sides after a few times. The players love this because they get to show the coach how good they are at rushing by being the first to touch him.

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Kick-off return drill - 1 receiver - everyone else on the kicking team

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At the end of practice we play a game called sharks and fishes. Start 1 player in the middle and all the rest of players on 1 sideline. The player in the middle grabs other player's flags as they run down field. As players get their flags pulled, they join the players in the middle.

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**Please list any games or drills that you have done throughout the years that have been helpful in teaching the players and/or help make the practices more fun. . (1<sup>st</sup> & 2<sup>nd</sup> Grade)**

Prior to the start of the season, I would provide the players with a drink and snack after each practice. They enjoyed that. The kids enjoy any type of relay. Create teams. Have players from each team line up 20 yards apart, facing one another. Players run toward other player, hand off ball. If player drops ball he/she must return to line. When all players on team

have run with the ball twice, competition is over.

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Grabbing the flag drills and holding it high in the air. Blocking without tackling. Exhibition games were very helpful to see how a game is played. Having the coaches on the field really helps the kids remember what to do.

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Again, pom - pom was a big hit throughout the practices and the season with the players. All the players looked forward to this, which we saved for the end of practice.

We made about a 40 yd. makeshift field using orange cones for the boundaries. On player starts as the defensive player, or flag grabber. All the other players line up on one goal. When a whistle is blown, the players on the goal have to try to run to the other goal without their flag grabbed by the player in the middle. They must stay in bounds. If the player grabs any flags, then those players are also in the middle of the field. This is repeated until all the players' flags are taken.

We play this with our helmets, mouth guards, and obviously flag belts on.

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**Please list any other things that you feel should be in the coach's manual.**

Parents should be encouraged to participate at practice. All coaches can use the help. Parents should be encouraged to work out problems with the coaches before involving the League.

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Coaches need to understand that this is a learning to play football activity. We all love to win but someone has to lose. Some coaches are so intense and put so much pressure on the kids that the kids become frustrated and disinterested.

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Remind coaches that sportsmanship also pertains to them (lead by example).

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I recommend that one coach have the responsibility of watching the linemen exclusively. This way you can correct any problems and also praise each of the linemen when they do their job right. (Even if they did not pull the flag) The more praise you can give to the kids playing the less glorious positions, the better.

Always praise the children publicly, however, when correcting a mistake they made, always try to do that in private and ALWAYS with patience and understanding.

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1. Keep all kids interested & involved 2. Require attention & discipline - better for all 3. Stress sportsmanship above all - especially from parents and coaches 4. Teach football - this league should be a learning experience and get them ready for the Jayhawks or high school.

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Please do not yell at players when they make a mistake. Be patient and understanding - this is suppose to be fun for them.

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Enjoy - This is a GREAT program!  
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Below are the names and phone numbers of the Sussex Lions Flag Football Committee. Feel free to contact any of us if you have any questions, suggestions, or problems with the program.

Erik Olsen	(414) 899-8250
Bruce Unger	(262) 781-1712
Anthony Le Donne	(262) 246-5914
Dave Schroeder	(262) 246-3340
Kevin Cumming	(262) 781-1751
Mark Pohlman	(262) 820-1130
Jason Velicer	(262) 689-4594
Mark Erd	(262) 255-7462
Craig Pagelsdorf	(262) 246-4083
Jeff Carlson	(262) 677-1372
Rick Vodicka	(262) 246-4151

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