

Youth Flag Football Coaches Meeting



AUGUST 25, 2022

Coach Responsibilities

Team:

- Must contact each team member by midnight on Monday, August 29!

Practice:

- Set up by YOU, the coach
- Once a week
- No more than an hour
- First come first serve, local parks
- Make it a time when everyone can be there

Flag Football Field Map - Rotary Park (1550 W 1460 N)



Field Map

Schedules

- 3rd/4th & 5th/6th Grade games will be on Wednesday and Saturday.
- 1st/2nd Grade & 7th/8th Grade games will be on Thursday and Saturday.
- Black Cat Bowl will be October 8 (pending rainout makeups), based on standings from regular season.
- Schedules/Rosters will be available online after this meeting at www.quickscores.com/provo

Jerseys

- Look for email regarding when jerseys have arrived
- Pick up from Provo Recreation Center
- Jerseys need to be tucked for flag purposes
- Jersey and Flag color should not match

WE ARE HIRING!!!



Provo Sports Staff

📍 Provo, UT

Apply

Position Title:

Provo Sports Staff

Job Posting Closing Date:

Pay Rate: \$8.50 - 22.50 per hour, as determined by the duties performed and level of knowledge, skill, or experience.

Provo Parks and Recreation is one of a handful of premier Parks and Recreation Departments in the United States. It was recently named "Best of Utah" and received the National Gold Medal Award for Excellence in Parks & Recreation Management. As an accredited agency, it is one of only 45 Parks and Recreation Departments that can claim these honors out of the 10,000 departments nationwide. All these highest-level services and accomplishments are a hallmark of our world-class team members. If this sounds like your ideal workplace, we invite you to apply.

Description: There are various sports positions available in the Recreation Division of the Provo City Parks and Recreation Department. These are itemized in the graph below. The individuals appointed to these positions will be required to perform duties consistent with their position assignment(s). These may include: referee, supervise, or keep score at a variety of youth and adult sports (i.e., soccer, adult and youth flag football, basketball, softball, baseball, etc.); prepare and sell food items at Provo City ball-park concessions; work with children during summer sports camps to improve their abilities/skills in various sports; provide both instruction and lesson plans for Track & Field program participants; and oversee staff and all program operation as site supervisor at a given location. Additionally, appointed employ-

www.provo.org/jobs -
Provo Sports Staff

Game Rules

Player Selection 2-D

- 1st-2nd Grade rotate offensive positions

The Game 3-A, C

- Seven-man team; Four offensive players on the line of scrimmage
- 1st down Line only passed once

Substitutions 8-A

- Every player must play at least half the game

Game Rules

Equipment 9-E

- Illegal flag belt tying!

Ball Size 9-F – (\$25 Deposit)

- 1st/2nd Grade – Pee Wee
- 3rd/4th Grade – Junior
- 5th/6th Grade - Youth

Definition, Rules of Ball Carrier 10-B

- No Running Over

Game Rules

Removing the Flag 12-B

- No pushing, holding or knocking down

Dead Ball 14-A.7

- Fumble=Play Stops

Inadvertent Whistle 14-B

- Be understanding; ball placed at the spot of the call

Game Rules

Scrimmage Line 15-B, D

- 1st-2nd Grade quarterback starts with ball, first sound
- 3rd-6th Grade refer to chain= designate line of scrimmage

Forward Pass 17 C

- Only one forward pass is allowed
- Be careful of HB Pass, Screen WR Pass

Pass Interference 23 A.1

- Simultaneous attempts; Deflect without contact

Game Rules

Punting 27-B,C,D

- No Quick Kicks, Declare Punts
- 4 players on the line of scrimmage
- Continuous Motion; No one move

Kick Off and Punt Reception 28-A

- One muffed catch allowed

Game Rules

Blocking 30-A,C

- Blocking is Basketball defense
- Don't seek out contact
- Keep Hands and Arms in
- Don't extend arms or legs
- Keep hands and forearms below opponents' shoulders
- Flag Football blocking is not Tackle Football blocking

Game Rules

Line Bucks 40-A

- No power rushing; 1 yard outside of center

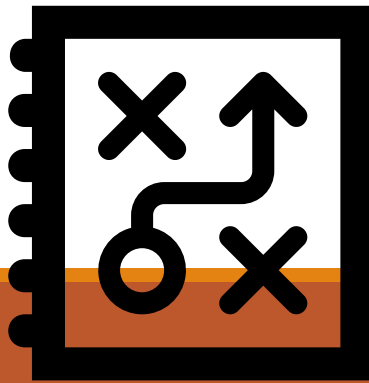
Personal Foul 43

- Contact with QB in throwing motion

Coaches on Field

- 1st-2nd grade=1,2 coaches
- 3rd-4th grade=1 coach in huddle
- 5th-8th grade=On the sideline only!

Coaching Help





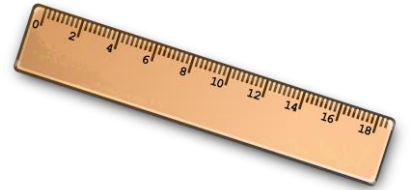
What is our job as a coach?

- Positive experience for players
- Progress skills in football and life
- Teach the game (Big picture->smaller details)

Goals/Measurements of Progress

1st/2nd Grade:

- Grow their motor skills: run, catch, throw
- Introduce purpose of offense and defense
- Introduction of team sports: learning what teammates are, building bonds, understanding how to work together



3rd/4th Grade:

- Basic rule concepts
- Teach skills: pass accuracy, change in direction, speed, hand eye coordination improvement
- Basic offense and defense schematics (Where does the ball need to go; what to watch for on defense)
- Football IQ introduction (How their role/position works and how it fits into the big picture; problem solving)

Goals/Measurements of Progress

5th/6th Grade:

- Skill development: pass accuracy, change in direction, speed, hand eye coordination improvement
- Technique and stance improvement
- Build self confidence
- Ball handling skills: Hold and protect the ball
- Game situations: Down and Distance/Time
- Reaction time increases and kids can take correct angles on defense to “make” a tackle/pull a flag

Goals/Measurements of Progress

7th/8th Grade:

- Introduction of more competitive play
- Motivation to play; self confidence
- Understanding play concepts: Pass (smash, levels, hitch); Run (Power, inside zone, counter)
- Increase of play calling for offense and defense
- Complete grasp of rules/penalties
- Football IQ development



Coaching Resources/ Drills

- Always begin with an active warm up- dynamic stretching
- Hydrate constantly
- End (if possible) with static stretching/cool down
- <https://www.youtube.com/watch?v=iigMAGE8ri8> (Intro tutorial)
- https://www.youtube.com/watch?v=86HV5HhZ_3Y (Drills)
- <https://www.youtube.com/watch?v=gMi8VioQuEM> (Flag pulling drills)
- https://www.youtube.com/watch?v=Zda_fl4Ui2o (Older kids drills)
- <https://www.youtube.com/watch?v=-jE8DuV8Jj0> (Flag pulling drills)
- <https://www.youtube.com/watch?v=MnJtJ3g1ESw> (Defense drills)

*These will also be posted on www.quickscores.com/provo

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