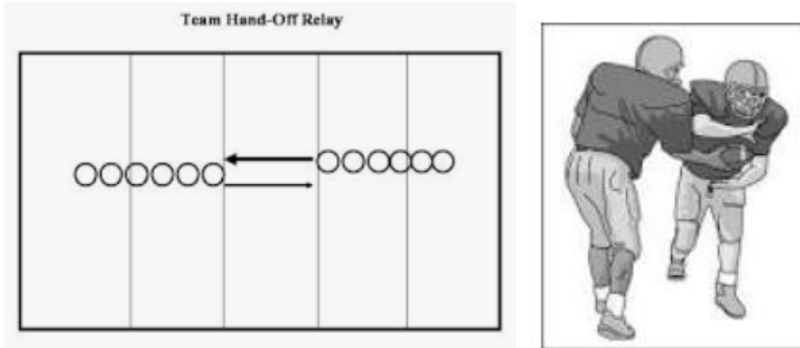


Coaching Guide

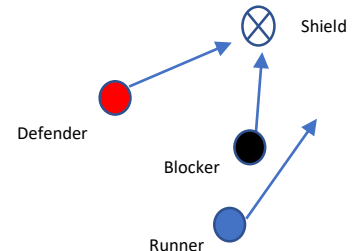
Skills, Drills & Proposed Practice Agenda

Offensive Drills

- Throwing and catching- pair athletes up and position them 5-10 yards apart and have them practice throwing and catching the football.
- Handoffs- Form two lines and hand the ball off to each other until each athlete has touched the ball.

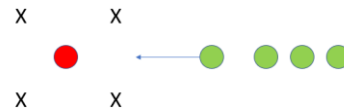


- Pass Routes- have the quarterback hold the ball with the rest of the athletes forming a single file line to the left or right of the quarterback about 5 yards away. The quarterback calls "hut" and the first person in line runs a route. The quarterback will throw a pass. Each person will run the route and then switch sides. Route Tree shown below.
- Snapping/hiking the ball U8 and above- Form single file line, have the first player act as the center and hike the ball to the athlete behind him. Once that person receives the ball then he becomes the center and repeats until everyone has gone through it.
- Offensive sets- Line the athletes up in positions, explain what each position does and walk through plays. See rules for alignment details. Example below.
- Blocking- Shield blocking is allowed. See rules for details. Shielding can be practiced by having a defender, blocker and running back lined up. On the coaches signal the blocker and runner simulate a play and the defender tries to pull the flag of the runner, in the action the blocker tries to shield the defender.

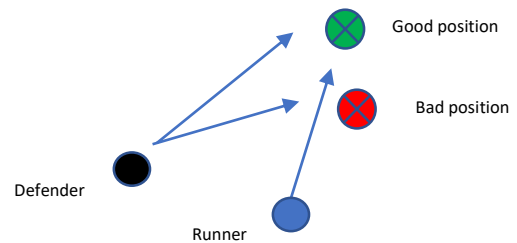


Defensive Drills

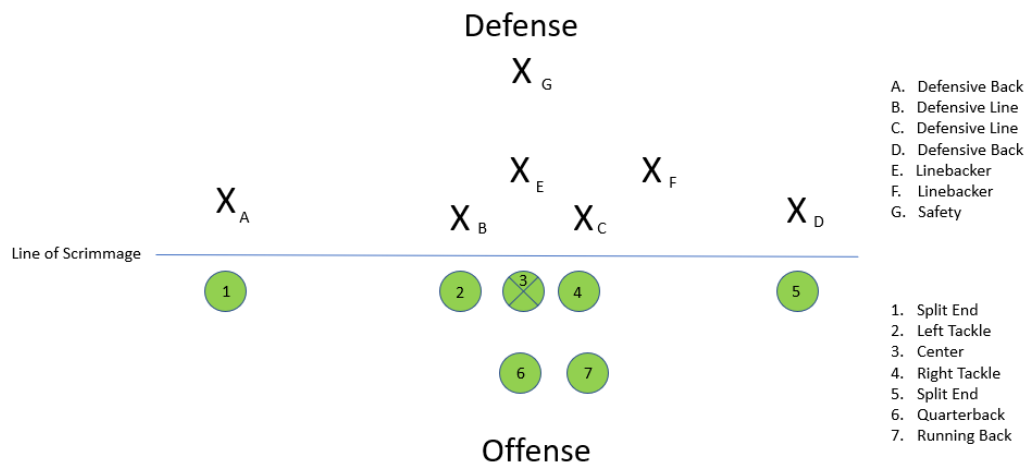
- Flag pulling- See blocking drill above. There are multiple ways to practice this, another way is to set up a 4 cone box about 3 yards x 3 yards and form a single file line. The first athlete steps 3-5 yards out between the cones and the next person inline has the ball. On the coaches whistle the ball carrier runs toward the defender and has to stay in the cones, the defender has to pull the flag. Repeat until everyone has gone through.

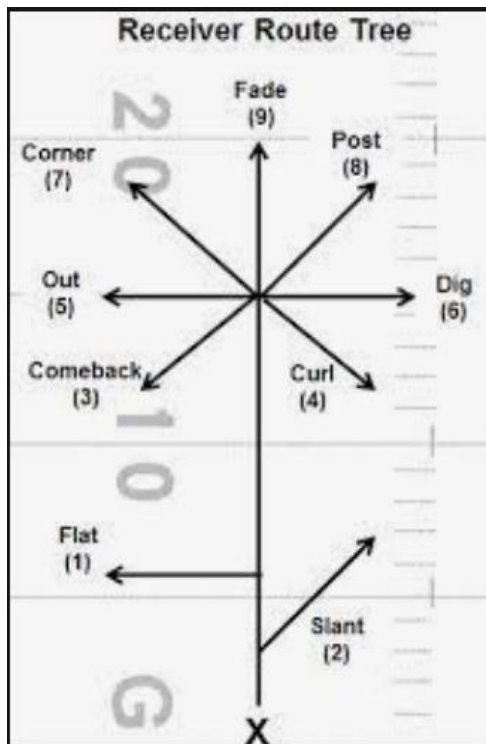


- Shedding blocks- See blocking drill above. Defender has to side step or avoid being blocked. Hand techniques can be used to disengage block attempt.
- Defensive sets- Line the athletes up in positions, explain what each position does and walk through coverages. See rules for alignment details. Example below.
- Angles- Similar to the shield drill, but without the blocker. The defender must take the correct angle to “head” off the runner and be in position to pull the flag.



Example Offensive and Defensive Sets





Tips

- Keep it fun
- Athletes are 14 and younger and are learning
- Be patient, the kids are here to have fun, be with friends, get outside, and play football in that order
- The younger divisions (U5-U8) will rarely throw the ball
- At times it will look like backyard football
- Route tree is a guide for pass patterns, it doesn't have to be every pattern every play

Sample Practice Agenda- Time 60 minutes hour

10 minutes Warm ups - stretching, running, pass back and forth (learning how to throw and catch)

15 minutes Drills - Drills (mix of offensive and defensive)

5 minutes Water - do as needed

10 minutes Offensive and Defensive alignment and position explanation. You likely will not have to do this every practice

20 minutes Scrimmage- Simulate game experience, there is no substitute for live action