

MRC 1st - 4th Grade Coaching Expectations
FLAG FOOTBALL

Flag Football coaches are asked to:

1. Teach the following fundamentals:

NOTE: It is recommended that we have all teams in grades 1-2 practice together and 3-4 practice together. They learn the same offense and defense that way they can play on other teams if needed throughout the season.

- A. Football stance - example. - feet positioning, head up, arm positioning, exc.. (see online for more details)
- B. Basic throwing and catching - throwing- hand positioning on FB and arm movement. Catching- handing making a diamond as you catch the ball, giving with the ball as you catch it, looking ball into your hands
- C. How to receive a hand-off from another player, making a pocket to set the ball in, with one arm up and one down against your stomach. Closing on the ball after the player places the ball in the pocket.
- D. Wide receivers- proper stance and distance they need to spread-out from the line.
- E. Quarterback- proper stance underneath the center. How to hold your hands to receive the ball from the center. Then teaching drop steps to hand the ball off or to pass.
- F. Running backs- teach proper stance- (just basic stance) teach how to receive the ball from the quarterback when getting a hand-off.
- G. Offensive lineman- teaching proper stance with blocking skills, Arm positioning according to league rules. Important to teach them to STAY on their block for as long as they can. Try to drive someone off the ball.
- H. EVERYONE must know Basic Holes through the Line. Examples are:
Center to RG- 2 hole, RG to RT- 4 hole, RT to TE or SB is 6 hole, outside the TC or SB in the 8. Then Center to LG - 1 hole, LG to LT- 3 hole, RT to TE or SB is the 5 hole, outside the TE or SB is the 7. Over the Center is the 0 hole.
- I. DEFENSIVE positions should be taught as well. Brake down by.
Defensive Line, Linebackers, D-Ends and Cornerbacks or Safeties. He just likes the offensive, please teach proper stances and techniques.
- J. OVERALL - Please make this a FUN and positive experience for the kids.
At this level try kids in different positions as much as possible so they can experience different positions.
- K. Spend practice time on FUNDAMENTALS making sure they get the basics down to play the game.

- L. COACHES on Game days please CONDUCT yourself in a positive manner and show good sportsmanship for the young kids. They truly do LEARN by YOUR example setting.

I have attached some web pages that may help you with Stances,

- Football Coaching tools: Teaching the Three Point stance
- Teaching the Three Point Stance in Youth Football- Youth Football Online
- Youth Flag Football Drills- Flag Football Academy
- Flag Football Tips and Drills- QuickScores
- 4 best Youth Flag Football Drills to Try/ Players Club