



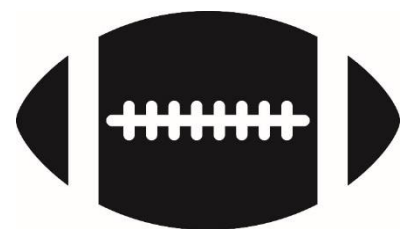
# **Grand Island YMCA Flag Football Coaches Manual**

## **Children's Pledge**

Win or Lose I pledge before God to do my best, to be a Team player, to respect my teammates, Opponents, Coaches and Officials, and to improve myself, in spirit, mind, and body.

## **YMCA Coaches Pledge**

Everybody Plays, Everybody Wins!



YMCA Mission: To put Christian principles in to practice through programs that build healthy spirit, mind, and body for all.

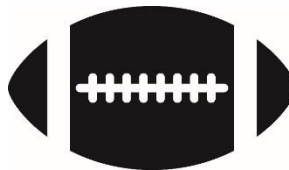


## YMCA Youth Sports

Josh Jones, Sports Director  
221 E. South Front St.  
Grand Island, NE 68801  
(308) 395-9622 • [www.giymca.org](http://www.giymca.org)

### Contents

Coaches Memo and Instructions .....	3
Welcome YMCA Coaches .....	4
Coaches Expectations.....	5
Game Policies and Rules.....	6
Playing Rules – Flag Football.....	7
Appendix .....	9
Coach Behavior Policy.....	10
Fan Behavior Policy.....	11
Practice Session Planning Form .....	12
Football Terms .....	13
Football Field Diagram .....	14



**Be sure to read all the information. Have a great Season!**

# YMCA Youth Flag Football

## Coaches Memo and Instructions

- Welcome to the World of YMCA Youth Sports where everybody is a WINNER!
- Please call or email your team as soon as possible to let them know
  - Your name/phone number/ email address
  - When and where the first practice is/will be
  - Ask them to bring a ball and glove with them to practice
- If there is any problems with the Youth Sports jerseys, exchanges need to be made at the Front Desk
- If you are contacted by a parent about adding or changing player to your team please have them contact our office. Do not Promise anyone a spot on your team.
- Please leave your practice site clean.
- Please supervise team members at all time. DO NOT leave practice area until all youth have been picked up. DO NOT stay alone with a single player where you cannot be observed by others.
- Please observe that the YMCA, Grand Island Public School Facilities and the City of Grand Island where practices and games are held are smoke free and alcohol free.
- Please read through the Coaches Behavior Policy (in Appendix)
- Please also discuss the Fan Behavior Policy and Diversity Policy (in Appendix) with your team parents and fans.
- Game Cancellations: Please call the Grand Island YMCA at (308) 395-9622 to find out if games are cancelled due to extreme weather conditions. The Program Staff will call each coach to let them know of a cancellation.

## Youth Sports Pledge

Before each game, an official will lead the teams and coaches in reciting the youth sports pledge.

**Win Lose I pledge before God to do my best, to be a Team player, to respect my teammates, Opponents, Coaches and Officials, and to improve myself, in spirit, mind, and body.**

# Welcome YMCA Coaches

## A. YMCA Youth Sports welcomes you

This will be one of the most rewarding and fun experiences you will be involved with. As a coach, you will have the opportunity to make a positive difference in a child's life...a difference that will last a lifetime.

Your team will probably be made up with some fairly skilled players and some not so skilled players. Your practices may not always go as planned, but have fun, relax, and remember the YMCA program is designed to provide an "experience" for girls and boys through sports. We don't care how many wins or losses your team accumulates. We care that every child leaves your practice, games, and season feeling good about themselves!

## B. YMCA Youth Sports Program Goals:

- To build **self-esteem**
- To teach **social skills**-values, communication, human relations
- To teach **physical skills**, fitness and health
- To develop **responsibility** and decision making skills
- To enhance **leadership** skills-in youths and adults
- To build **relationships** among peers and between parent and child
- To **support** and strengthen family life
- To create a **FUN** experience for children and their families

## C. Character Development Values are Important

- Respect- to treat others as you want to be treated
- Honesty- to tell the truth and play by the rules
- Caring- putting others before yourself
- Responsibility-to do what you should
- The Y integrates Character Development Values into every program and sport. Values are the foundation of all we do!
- Section 3 will have some exciting ideas we'd like you to use this season with your team!

## D. Unique Characteristics of our Programs:

- Cooperation, not competition
- Age appropriate, progressive program
- Membership in community service organization
- Leadership Development
- Youth Health Advocacy
- Family Involvement

# Coaches Expectations

## A. Specifics about your sport – Football

- Call your team immediately to set up practice and make sure the players/parents know how to contact you- home/work/cell phone number, pager, email, etc.
- Set up a parent's meeting prior to or following the first practice
- Determine a practice site and time for the season. Teams may practice twice a week before season begins. After season begins teams may only practice once a week for 1 hour.
- Read your rules carefully-especially those designed for your grade level.
- Teams provide their own practice equipment ball, football. (YMCA provides Game Balls and flags during games at site)
- Safety First- set up strict rules and guidelines about safety when organizing practice.
- Support the officials-they may be a trainee gaining experience and trying to do their best. Please keep in mind RESPECT and CARING are both values of the YMCA.
- Coaches are responsible for their own behavior and the behavior of their fans. Be a positive role model. Put the game in perspective (FUN).
- Practice Sites are limited and may be shared with other coaches/teams. If this is needed, work cooperatively.
- YMCA philosophy is to give players equal playing time and a chance to play many positions. Give your players a well-rounded experience!

## B. Parent Meeting:

We are depending on you to share this information with your parents

- Introduce yourself and other coaches; introduce team players and parents.
- Discuss pertinent rules for your level of play
- Describe your coaching philosophy/YMCA philosophy-objectives for the season.
- Practice details- ask for help, equipment for players to bring, water etc.
- Game Behavior-stress sportsmanship for all people involved; refer to Fan Behavior Policy in Appendix
- Your roster will have contact information and list for snacks and times and dates for games.
- If games are cancelled, they will be rescheduled.

## C. Practice Plans (see example in Appendix)

Follow these principles for an effective Practice:

- Plenty of activity
- Maximum use of time, facilities equipment
- Variety of activities/training exercises
- Progress from simple to complex
- Safe, successful, non-threatening environment

When giving **explanations** they should be:

- Short
- Clear and concise
- Given Enthusiastically
- Directing attention to important cues

**Good Demonstrations should be:**

- Repeated several times

- Done from several angles
- Clearly seen by all
- Technically Correct (If Possible)

**D. Fan Behavior policy** – See Appendix and review this policy with your parents

**E. Coach Behavior Policy** – See Appendix and review this policy with your parents

#### **F. Officials**

- Have jurisdiction from the beginning until the end of the game.
- May caution or eject a player/coach/fan for unsportsmanlike conduct.
- May terminate a game if the game becomes a travesty
- \*We will not tolerate any abuse toward officials. Discuss problems or questions with the site supervisor or call the YMCA at (308) 395-9622 and ask for the sports director..

#### **G. YMCA Staff**

Site Supervisors will be present at all game sites. If you have questions or need assistance, please contact the site supervisor. Site supervisors are paid staff that are there to help answer questions or help with any concern you might have.

## **Game Policies and Rules**

#### **A. Specifics about Game and Practice Sites**

- Please observe that the YMCA, City of Grand Island, and the Grand Island Public School facilities where practices and games are held are smoke free and alcohol free.
- Please observe No Parking signs where Marked or posted; and DO NOT park in designated handicapped areas without proper permit. Improperly parked Vehicles may be towed without warnings.
- Please slow down Vehicles upon entering and exiting YMCA / city / school parking areas.
- Please advise parents to supervise their children while within the facilities to minimize accidents from happening.

# Playing Rules – Flag Football

Divisions will play under their appropriate rules with the following expectations:

## Divisions

- K-2nd (Learner league)
- 3rd-6th

## The Ball

- Standard Junior size ball
- Standard Junior size ball

## Number of players

- K-2nd 7 (+ coach as QB)
- 3rd-6th 7

## Player Equipment

- Shirts- All teams will be given team shirts by the YMCA
- Flags are given out by the YMCA
- Shorts/pants without pockets
- Shoes - each player must wear shoes or cleats
- No jewelry

## Length of Game

- K-2nd 2 20 min halves with 2 min halftime
- 3-6th 2 20 min halves with 2 min halftime

## Game Rules

At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

- The winner of the coin toss has the choice of direction.
- Games are 2 20-minute halves with 5-minute halftime.
- The offensive team takes possession of the ball in the dead zone line and has three (4) plays to cross midfield. Once a team crosses midfield, it has three (4) plays to score a touchdown.
- If the offense fails to score, the ball changes possession and the new offensive team starts its drive in their dead zone.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its dead zone.
- All possession changes, start on the offense's dead zone.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.
- Blocking- when blocking athletes must keep arms crossed and never extend if they do play is dead and 5 yard penalty will happen spot of foul.
- Dead balls or fumbles- if there is a dead ball/ fumble the play is over and go to next down.
- No blitz so defense must wait for ball to be handed off before they cross the line of scrimmage.
- Quarterbacks cannot run unless they have the ball pitched back to them from another player.
- Runners cannot protect their flag, this is known as flag guarding it is a five yard penalty
- Players jerseys must be tucked into shorts or pants at all times
- Flags must be placed at the sides of players
- We recommend players to wear shorts or pants without pockets to protect the players reaching for the flags
- The passer has 7 seconds to throw the ball or it is ruled as a dead ball.
- Flags are not always the easiest to come off so if athlete goes for flags and they go down together it is not a penalty, however if they go for clothing or arm, leg it is a penalty.

- Penalties will be moved back from the spot and will replay the down.
- Scoring K-2nd only score if they cross the end zone
- Scoring 3rd-6th after crossing the end zone line for the touchdown they will have a chance to go for 2 point from the 2 point conversion line.
- There are no Time outs.

### **Sportsmanship**

The YMCA site supervisor and officials enforce the rules of the game, and they make sure the players, coaches and fans participate within the spirit of the rules. Player's coaches or fans who commit any of the following actions will cause their team to be given an individual or team warning and with future occurrences possible ejection from the league

- Making rude or vulgar remarks or gestures
- Engaging in disruptive or distracting behavior during a game from outside the field
- Yelling shouting or clapping at an opponent who is playing or attempting to play.



# **Appendix**

**Coaching Policy**

**Fan Policy**

**Practice Planning Form**

**Football Terms**

**Football Field**

# Coach Behavior Policy

YMCA Youth Sports Coaches have the potential to influence a great number of people. We want you to be a positive role model for youth by maintaining an attitude of CARING, HONESTY, RESPECT, and RESPONSIBILITY.

## **Please Remember:**

Your attitude and actions are on display for your team, your team's parents, plus opposing teams.

- You are a role model—volunteer coaches should appear clean, neat, and appropriately attired. You should treat all children equally—regardless of sex, race, religion, or culture.
- Coaches must use positive techniques of guidance, including redirection, positive reinforcement, and encouragement—rather than competition, comparison, and criticism.
- YMCA Coaches should be involved for the kids:
  - To teach skills & knowledge about the game
  - To teach sportsmanship, teamwork, and character
  - To provide a fun, low-key environment for all
  - To promote friendships and family togetherness
- Coaches should give high priority to the objectives above—focusing on winning & recognition can destroy positive outcomes.
- YMCA Recreational Leagues are low-key and should be more relaxed. Higher competition and intensity are available in other leagues.

## **Specific Guidelines:**

- Harassment & verbal criticism of officials is not allowed. Site supervisors are available for constructive comments following games.
- In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be alone with a single child where they cannot be observed by others.
- Never touch a child in a manner that could be interpreted as abusive or would make them feel uncomfortable.
- Treat each child on your team and opposing teams as individuals and be sensitive to their own personal feelings. Profanity, inappropriate jokes, sharing intimate details of one's personal life, and any kind of harassment in the presence of children or parents is inappropriate.
- Effective coaching experts agree that instructions should be given at practice. An over-abundance of instruction at game time only serves to confuse players.
- Mannerisms can be just as offensive as foul language, i.e. throwing things, flailing movements, foot stomping, and tone of voice. This behavior is not allowed.
- Smoking or use of tobacco in the presence of children, as well as, possessing or being under the influence of alcohol or illegal drugs during YMCA programs are all prohibited.
- Volunteers shall not abuse children including:
  - Physical abuse—strike, spank, shake, slap
  - Verbal abuse—humiliate, degrade, threaten
  - Sexual abuse—inappropriate touch or verbal exchange
  - Mental abuse—shaming, withholding praise, cruelty

## **Policy Enforcement:**

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s), game(s) may be terminated and/or individual may be asked not to return for other Youth Sports activities.
- Other sanctions as deemed necessary may be enforced.

# Fan Behavior Policy

YMCA Youth Sports Department is asking for your cooperation as a spectator. We want everyone involved:

- To feel comfortable enjoying youth activities.
- To have fun.
- To learn in an environment that is positive & free of stress.
- Youth Sports Mission Statement:

The purpose of the YMCA Youth Sports Program is to provide the children an opportunity to participate in various activities and to:

- Have fun
- Build character and values
- Develop sportsmanship
- Make new friends
- Promote teamwork
- Learn lifetime fitness
- Strengthen self-confidence
- Learn skills

To promote an atmosphere that strengthens family relationships and Christian values. To provide an opportunity for individuals to be of service to others through volunteer experiences.

## **Specific Fan Guidelines:**

- Encourage your children during games/practice.
- Keep comments positive
- Leave coaching to the coaches. (You may be asking your child to do something the coach has told them not to do).
- Take any constructive comments regarding the game to the coach, who may approach the site supervisor at the end of the game.
- Do not interrupt the game.
- Be examples of good sportsmanship for our children to model.
- Criticizing the officials will not be allowed.
- Negative behavior toward the opposing team will not be allowed.
- Please do not say or do anything that you would not want your child to say or do.
- Help us make this a positive and fun experience for both teams.

## **Policy Enforcement:**

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked not to return for other Youth Sports activities.
- Other sanctions as deemed necessary may be enforced.

# Practice Session Planning Form

Practice Session # \_\_\_\_\_ Location \_\_\_\_\_ Date \_\_\_\_\_

Performance Objectives

Leader	Time	Component	Activities	Equipment	Notes
		Warm-Up			
		Skill Development			
		Play			
		Character Development Discussions (This can be done before or after skill practice)			

# Football Terms

**2-point conversion** - A scoring play, immediately after a touchdown, in which a team can add two bonus points by running or passing the ball into the end zone on one play starting from the opponent's two yard line.

**Blocking** - The action made by one of the linemen or backs to get in the way of an opponent trying to tackle the player with the ball.

**Carrying the ball** - The act of running with the ball; a runner's rushing attempts are listed as carries in the box score of a game.

**Center** - The offensive lineman who hikes (or snaps) the ball to the quarterback at the start of each play

**Completion** - A forward pass that is caught by an eligible receiver

**Dead ball** - The ball is dead when the player's flag is pulled.

**Defense** - The unit that is responsible for keeping the opposition out of their end zone.

**Down** - One play, starting when the ball is put into play and ending when the ball is ruled dead

**Ends** - An offensive player who lines up on the very end of the line of scrimmage or a defensive player who lines up on either end of the defensive line

**Forward Pass** - Throwing the ball so that it ends up further downfield than it started.

**Guard** - A member of the offensive line; There are two guards on every play, and they line up on either side of the offensive center.

**Handoff** - The act of giving the ball to another player

**Lateral Pass** - A sideways or backwards pass thrown from one player to another

**Line of scrimmage** - An imaginary line stretching the width of the field that separates the two teams prior to the snap of the ball.

**Offense** - The team that has possession of the football and attempts to advance it toward the defense's goal line

**Passing** - The act of throwing the ball to another player

**Placekick** - A kick in which a ball is held by person or tee on the ground.

**Punt** - A kick in which the kicker holds the ball and drops and kicks it before it touches the ground.

**Quarter** - One period in a football game; there are four quarters in a game

**Quarterback** - The offensive player who receives the ball from the center at the start of each play and can either hand it to the running back, throw it to a receiver, or run with it himself.

**Running back** - An offensive player who runs with the football

**Safety** - A two-point score by the defense that occurs when one of its players tackles an opponent in possession of the ball in his own end zone

**Screen blocking** - The legal obstruction of an opponent without initiating contact

**Snap** - To put the ball in play by giving it to the quarterback

**Tackle** - Performed by pulling one flag off the offensive ball carrier

**Touchdown** - A scoring play in which any part of the ball, while legally in the possession of a player who is in-bounds, crosses the plane of the opponent's goal line. A touchdown counts as 6 points.

# Football Field Diagram



**Field A**

**Field B**

**Field C**