

# Recreation Enhancement

## Dates

To include:

- Common Chapters
- Youth Flag Football
- Youth Tackle Football

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# Recreation Enhancement

## *How to use this document*

The Williston Parks and Recreation District is striving to make our recreation program the best they can be. In order to do this we need your input. You have taken the first step by picking up this document.

Corrections – It is likely that there are a few typos in the document, it is a draft, please feel free to make on the actual pages of the document if an obvious typo is present. Then please mention that you corrected typos and what sections you found typos in, on the note part of the document.

Input – This is where we really need you. Please fill in your full name on the top of one or more of the note sheets. Then make all suggestions on the note sheets. **Please only mark typos only on the actually document pages.** When you return the document to the Raymond Center the staff will take out your note sheets. All information you give us will be kept private. A Williston Parks and Recreation staff member may contact you for the clarification of some of your suggestions

Please return this document to the Raymond Center in 24 to 48 hours so others can provide us feedback.

Thank you in advance for doing your part to improve the recreation programs at Williston Parks and Recreation.





# Table of Contents

## Common Chapters

1. Williston Parks and Recreation Mission Statement	Page	XXX	Policy # XXX
2. Purpose	Page	XXX	Policy # XXX
3. Communication	Page	XXX	Policy # XXX
4. Participation	Page	XXX	Policy # XXX
5. Player Code of Conduct	Page	XXX	Policy # XXX
6. Parent Code of Conduct	Page	XXX	Policy # XXX
7. Volunteer Coaches Contract	Page	XXX	Policy # XXX
8. Protocol for Coaching Concerns	Page	XXX	Policy # XXX

## Football Enhancement Chapters

9. Flag Football	Page	XXX	Policy # XXX
10. Tackle Football	Page	XXX	Policy # XXX

## Appendix Chapters

11. Flag Football Rules	Page	XXX	Policy # XXX
12. Flag Football Large Group Practice Drills	Page	XXX	Policy # XXX
13. Tackle Football Rules	Page	XXX	Policy # XXX
14. Tackle Football Day One Practice Plan	Page	XXX	Policy # XXX
15. Tackle Football Day Two Practice Plan	Page	XXX	Policy # XXX
16. Tackle Football Day Three Practice Plan	Page	XXX	Policy # XXX
17. Tackle Football Day Four Practice Plan	Page	XXX	Policy # XXX



# Mission Statement

*Policy # XXX*

The purpose of the Williston Parks and Recreation District is to provide programs and facilities in the areas of recreation, culture, and health enhancement, to meet the needs of all age groups and provide growth to individuals and various supporting organizations in Williston and the surrounding areas.



# Purpose

The purpose of this document is to:

1. Provide a resource for current and future Williston Parks and Recreation full time employees to use as an instructional guide for how to administer recreational programs.
2. Provide a resource for seasonal, part-time, and volunteer coaches and program supervisors for:
  - a. Responsibilities
  - b. Expectations
  - c. Instruction
3. Describe expectations of parents/guardians for each program.
4. Describe expectations of participants for each program.



# Communication

## *Policy # XXX*

### Williston Parks and Recreation Full Time Staff responsibilities:

1. Maintain website with updated roster, practice schedule, game schedule, cancelation, and parent meeting information.
2. Host parent's meeting prior to the beginning of the season and periodically throughout the season as need.
3. Communicate with program leader/coach regarding day to day operations.
4. Communicate with parents/guardians through any means necessary to make sure they have all the information they need.
  - a. Website
  - b. Email
  - c. Brochure
  - d. Phone calls

### Williston Parks and Recreation Program Leader/Coach responsibilities:

1. Communicate with the Williston Parks and Recreation Full Time Staff with any issues that are out of the ordinary:
  - a. Participant injury
  - b. Discipline issues
  - c. Facility/Equipment damages or malfunctions
2. Communicate with Williston Parks and Recreation Full Time Staff any days off requested in a timely manner.
3. Communicate with Williston Parks and Recreation Full Time Staff as soon as possible regarding any sick leave.
4. Communicate with parents through emails, phone calls, and hand outs.

### Parent/Guardian responsibilities:

1. Register for programs within the deadlines established by the Williston Parks and Recreation District. Upon registration provide the best method of communication to the Williston Parks and Recreation District, i.e. email.
2. Attend Parent's Meetings.
3. Communicate any planned absentee issues with Program Leader/Coach.
4. Communicate issues/concerns with Williston Parks and Recreation Full Time Staff within the structure of the 24 Hour Rule.



# Participation

## *Policy # XXX*

The Williston Parks and Recreation District provides recreational, instructional, and competitive opportunities for participants. Some of these opportunities will overlap in the same program. The program description will list what type of opportunity is intended for each program.

### Recreational Opportunities:

The goal of these programs is to provide an opportunity for participation and fun. All participants will receive equal opportunity for playing time. Every effort will be made to allow the participant an opportunity to play multiple positions while putting the participant in a position where they have the opportunity to succeed.

### Instructional Opportunities:

The goal of these programs is to develop knowledge and skill of the activity. Participants will be taught the knowledge and skill that is appropriate for their age. All participants will have the same opportunity to learn and develop.

### Competitive Opportunities:

The goal of these programs is to teach the participants to compete at their greatest ability. Participants will have to earn playing time through improved ability. While all participants will have an opportunity for playing time, not all participants will have equal playing time.



# Code of Conduct

## Players/Participants

Youth Sports play a vital role in encouraging physical, social and emotional growth of children. It is therefore essential for parents, coaches and officials to encourage participants to embrace the values of good sportsmanship, discipline and character development.

I pledge to...

- Have fun!
- Be a good sports (win or lose), be honest, fair and always show good sportsmanship to all coaches, players, officials and fans.
- Encourage teammates.
- Learn the value of commitment to the team.
- Put personal goals aside for the betterment of the team.
- Show courtesy and respect to teammates, opponents, coaches.
- Realize that athletic contests, including practice sessions are educational experiences and opportunities.
- Not engage in unsportsmanlike conduct.
- Not engage in rude behavior.
- Not use or possess alcohol, tobacco, drugs or drug paraphernalia.
- Treat everyone, including coaches, parents, players, officials, with respect regardless of race, creed, color, nationality, or gender.

I have read and will to the best of my ability abide by all of the above

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Parents Signature

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Participants Signature



# Code of Conduct

## Parents/Guardians

Parents are vital to the development of young athletes. Whether sitting in the stands or helping out as a volunteer, parents must set a positive example. Parents, and adults involved in youth sports, should be models of good sportsmanship and lead by example on and off the playing field.

1. Parents will never place the value of winning above instilling the highest desirable ideals and character traits in their children.
2. Give constructive criticism during a private moment, never in front of other parents, players, officials, spectators, etc.
3. Support your coach, and refrain from excessive "sideline coaching" from the stands.
4. Parents will treat all Williston team members and opposing team members with respect at all times.
5. Parents will cheer for team, not just your child.
6. Refrain from using profanity.
7. Abide by doctor's decision in all matters of players health and injuries, and physical ability to play.
8. Accept the decisions of officials on the field as being fair and called to the best ability of the officials. Parents must stay off the field and remain under control in order to set a good example for players and other spectators.
9. Do not criticize an opposing team, its players, fans, coaches or team, by words or gestures.
10. Support the coaches, players and officials and help teach the value of commitment to the teams, sportsmanship, ethical conduct, and fair play.
11. Inappropriate behavior is cause for immediate ejection from the stands. Repeat offenses will result in being barred from future games and league sponsored activities.
12. Parents will recognize the value, authority, and importance of our coaches and officials.
13. No competitive contest can be played without officials. Regardless if you feel the officials are not impartial or competent. Officials will receive respect and support from the parents.
14. Parents will not encourage their child, or any other person, to engage in unsportsmanship conduct with any coach, parent, player, participants, officials or any other attendee.

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Parents Signature



# Volunteer Coaching Contract

Policy # XXX

I understand that my responsibilities as a volunteer youth coach are of great importance and that my actions have the potential to significantly influence the young athletes whom I coach. Therefore, I promise to uphold the following rights of young athletes to the best of my ability.

1. The right to participate in sports.
2. The right to participate at a level appropriate to each child's maturity and ability level.
3. The right to receive qualified adult leadership.
4. The right to play as a child and not as an adult.
5. The right to share in the leadership and decision-making of their sport.
6. The right to participate a safe and healthy environment.
7. The right to proper preparation for participation in sports.
8. The right to an equal opportunity to strive for success.
9. The right to be treated with dignity.
10. The right to have fun in sports.

I also promise to conduct myself in accordance with the Code of Ethics for Coaches as given below.

1. I will treat each player, opposing coach, official, parent and administrator with respect and dignity.
2. I will do my best to learn the fundamental skills, teaching and evaluation techniques, and strategies of my sport.
3. I will become thoroughly familiar with the rules of my sport.
4. I will become familiar with the objectives of the youth sports program with which I am affiliated. And I will strive to achieve these objectives and communicate them to my players and their parents.
5. I will uphold the authority of the officials who are assigned to my sport, and I will assist them, in every way, to conduct fair and impartial competitive games.
6. I will learn the strengths and weaknesses of my players so that I might place them into situations where they have a maximum opportunity to achieve success.
7. I will conduct my practices and games so all players have an opportunity to improve their skill level through active participation.
8. I will communicate to my players & their parents the rights & responsibilities of individuals on our team.
9. I will protect the health and safety of my players by insisting that all the activities under my control are conducted for their psychological and physiological welfare, rather than for the vicarious interests of adults.
10. I will adhere to all Williston Parks and Recreation Department policies and procedures.

With my signature, which I voluntarily affix to this contract, I acknowledge that I have read, understood, and will do my best to fulfill the promises made herein.

**Signature of Coach:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_



# Protocol for Coaching Concerns

## *(24 Hour Rule)*

The Williston Parks and Recreation District recognizes that our community's most important commodity is its youth. We also understand that the most important thing in a parents/guardians life is their children. This combination can cause some strong emotions on both sides. For these reasons we will be utilizing a 24 hour rule

The 24 Hour Rule States:

1. Parents may not directly approach a coach with any complaint unless a simple, fair, and objective resolution of an issue can reasonably be expected to occur.
2. Parents who believe that they have a valid complaint about a coach should **first wait 24 hours** from the time of the incident and then bring their concern to the Williston Parks and Recreation full time staff responsible for the operation of that program.
3. Problem or concerns brought to the attention of the Williston Parks and Recreation full time staff will be addressed with the coach by the Williston Parks and Recreation full time staff.

The purpose of the 24 hour rule is to allow parents, participants, and coaches a cool down period so all parties can work together for a positive outcome for all included.



# Team Selection

*Policy # XXX*

All participants will be required to participate within the current grade they are in. Participants in 5<sup>th</sup> and 6<sup>th</sup> grades will be in tackle football. Participants in 3<sup>rd</sup> and 4<sup>th</sup> grade will be in flag football.

## **Team Selection**

All teams will be selected by the Williston Parks and Recreation full time staff responsible for the program.



# Flag Football

(3<sup>rd</sup> and 4<sup>th</sup> Grade)

Policy # XXX

Program Type:	Recreational & Instructional
Program Administrator:	Williston Parks and Recreation – Full Time Recreation Staff
	<b>Responsible for:</b>
	Hiring and training Program Supervisor
	Inventorying and ordering equipment and shirts
	Recruiting Volunteers
	Creating Roster and Schedules
	Creating Practice Plans for All Teams
	Assist with the Supervision of Day to Day operations.
	Coordinating with Parks Maintenance Staff
Program Supervisor:	Williston Parks and Recreation Seasonal Staff
	<b>Responsible for:</b>
	Pre-session meeting
	Post practice meeting
	Supervise Day to Day Operations
Coaches:	Volunteers
	<b>Responsible for:</b>
	Coaches schedule practices
	Coaching drills during practice days
	Coaching teams on game days.
Location:	Western Star, Grondahl Field, Davidson Park Practice Field
Start:	Second Tuesday of September
Duration:	Program last for 8 Weeks
Parents Meeting:	The week before Labor Day
Large Group Practice Days:	Two days of stations
Times/Dates:	5:30PM – 6:30PM/Tuesday after Labor Day and next Thursday
Third Practice:	Third Tuesday of September
Individual Team Practices:	Coaches schedule practices on their own
3 <sup>rd</sup> Practice:	Teams are announced; T-shirts are handed out, teams practice on their own. Break out to the game field or practice area
Game:	Each team will have <b>X</b> games. Games will be played on Tuesdays, Thursdays, and Saturdays
General Program Goals:	Have Fun



## Teach Positive Sportsmanship

### Basic Rule Goals:

Understand the concepts of Offence/Defense

Understand the concept of Downs (i.e. 1<sup>st</sup> Down, 2<sup>nd</sup> Down, etc)

### Throwing Mechanic Goals:

Learn how to throw a spiral. Throwing a spiral allows for more accurate passes with greater velocity. To throw a tight spiral, first hold the ball near the back with the fingers over the laces. Keep your throwing elbow tight to the body, with the ball held up near the ear. Point the non-throwing shoulder in the direction of the target. Throw the ball by allowing it to spin off the fingers. Be sure to follow through with the throwing motion for maximum efficiency.

### Catching Goals:

Learn how to properly catch the ball. Catch the ball with the hands, as opposed to letting the ball get to the body. When the ball is thrown above the waist the receiver puts thumbs and index fingers together forming a triangle. Watch the ball through the window (triangle) and catch it with the hands. When the ball is thrown below the waist or over the shoulder the receiver puts the pinky and ring fingers together and forms a basket. The receiver watches the ball until it gets to the hands and catches it with the hands only.

### Three Point Stance Goals:

Learn how to properly preform a three point stance. Crouch down into a comfortable squat position. The feet should be shoulder-width apart. Plant one hand on the ground straight down from the shoulder. Lean forward, but do not put a lot of weight on the hand. Must be able to pick the hand up and set it down again with falling. Put the other hand or elbow on the thigh. Keep head up. At the snap of the ball be able to drive forward and clearly see what you hit/where you are going.



# Flag Football Rules

Policy # XXX

1. All players must be registered with Williston Parks and Recreation.
2. The games will be played with 5 members of each team on the field.
3. No player can sit for more then 3 consecutive plays. **(Remember this is about participation, learning, and fun)**
4. The field will be 40 yards wide by 60 yards long.
5. The game will consist of two 20 minute halves, with a running clock. The clock will stop on all time outs. The clock will stop on all dead balls the last minute of the game if the score is within 8 points. Half time will be 5 minutes long.
6. Each Team will receive 3 time outs per game.
7. There will be no kick offs or punts. The offensive team will always start with the ball on the 10 yard line. The offensive team will then have four plays to advance the ball past midfield. Once across midfield the teams will then have four plays to score a TD. If the offensive team does not move the ball past the required positions, the opposing team will take the ball over at the 10 yard line. **Interceptions are the only way the offence does not start on the 10 yard line. After an interception, the intercepting team takes over the ball wherever the play ended.**
8. A touchdown is worth 6 points. The team will then receive an opportunity to try to score from the five yard line for one point or the ten yard line for 2 points.
9. The ball must be snapped by a center to a quarterback between the center's legs.
10. All players are eligible to go out for a pass.
11. The quarterback may not run the ball. He can either hand it off or throw it. If he hands it off the player receiving the hand off can either run the ball or throw the ball.
12. The quarterback has ten seconds to get rid of the ball.
13. The defense may not rush the quarterback.
14. If the ball is handed off the 10 second rule and the rushing the quarterback rule is no longer in effect.
15. A player is down when the player with the ball has his flag removed, his knee or butt touches the ground.
16. There is no diving / jumping.
17. One player may be allowed to go in motion at a time.
18. There are no fumbles, once the ball touches the ground, the play is dead and the offensive team receives the ball at the spot of the fumble.
19. A player may screen, like in basketball
20. **No quarterback/center sneaks**



# Flag Football Practice #1

Policy # XXX

6:00 – 6:10 Stretching Lead by Jake

6:10 – 6:15 Warm up, 10 yards  
High Knees  
Butt Kicks  
Kareoka  
Back Peddle  
Stride  
Sprint Full Speed

6:15 – 6:55 4 Stations 10 minutes each

## **Station 1 – Agility Drill**

Coach says command to sprint toward him or back pedal away from him  
Back pedal with knees bent and butt low and arms pumping

## **Station 2 – Running Back Drill**

Handoffs to Right and Left  
Quick Pitches to Right and Left

\*Have participants start in 3 point stance

\*Have participants run 5 yards past line of scrimmage

## **Station 3 – Wide Receiver Drill**

Teach to catch the ball with hands, NOT CHEST  
Teach thumbs together for balls above waist  
Teach pinkies together for balls below waist  
Run Routes: 5 yard out, 5 yard in, 10 yard button hook, Fly Pattern

## **Station 4 – QB Drills**

Have Receivers stand 5 yards wide and 5 yards deep  
Quarterback take three step drop  
Coach points to receiver  
Quarterback throws to the receiver coach points too

6:55 – 7:00 Break down



# Flag Football Practice #2

6:00 – 6:10 Stretching Lead by Jake

6:10 – 6:15 Warm up, 10 yards  
High Knees  
Butt Kicks  
Kareoka  
Back Peddle  
Stride  
Sprint Full Speed

6:15 – 6:55 4 Stations 10 minutes each

## **Station 1 – Running Back Cut Drill**

Set up cones 6 - 8 cones 8 yards apart. Set up multiple lines of cones depending on how many participants you have.

First player in each line will cut through each of the cones down and back. Once they get back to the start hand off ball to next player in line.

Switch ball to arm closest to sideline, cut on the outside foot and don't cross over legs when changing directions.

## **Station 2 – Square Drill (WR Drill)**

Set up cones 5 yards apart forming a square

Players get set into a WR stance at first cone

First player runs exploding to each cone and plants outside foot to cut to next cone.

Player must keep head up and arms pumping

Once through the drill coach starts throwing passes to players as they cut from the last cone.

Rotate through 3-4 times starting at different cone each time.

## **Station 3 – 4 Corner Drill (Defense Drill)**

The FIRST PHASE of the 4 corner drill is the straight ahead sprint. Your linebacker starts by freeze stepping and then sprints 10 yards, once reaching the 10 yard cone he then pivots around off his inside foot which will put him facing the coach.

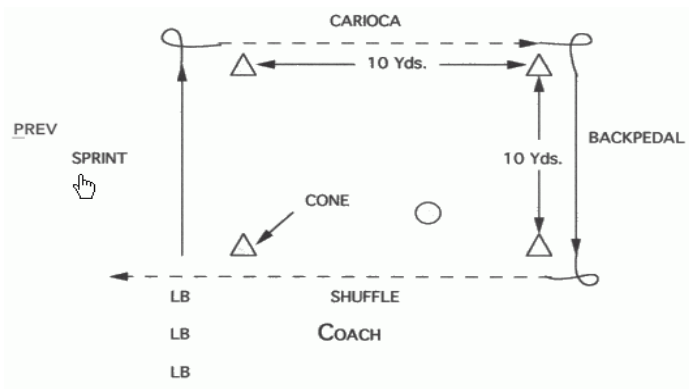
The SECOND PHASE of 4 corners is CARIOCA, once your linebacker comes out of his pivot he will then step with one foot and crossover with the other, then step again and crossover behind. Keep Shoulders square to the line of scrimmage while maintaining a "Z" in the knees and keep eyes focused on the coach. Go as fast as you can and stay low. Once reaching the second cone you come out of your carioca shuffle by pivoting and go into a back pedal.

The THIRD PHASE is a BACK PEDAL which requires your linebacker to begin backward movement with a good body lean with the chin in line with the knees. Make sure when back pedaling your weight is distributed over the knees and in line with the hips. Always keep arms pumping when back pedaling.

The FORTH PHASE of 4 corners is the shuffle, once reaching the third cone, pivot and keep shoulders square to the LOS. Shuffle for ten yards to the next cone by keeping feet shoulder widths apart, never allow the feet to come together or crossover. Keep the "Z" in the knees and shoulders square to the LOS while always maintaining eye contact with the coach.

When you reach the fourth and final cone turn and finish the drill with a hard 5 yard sprint.





#### Station 4 – Run and Gun (QB/WR Drill)

Divide team into three groups (on the left, middle, and right of your practice area)

First player in each group will be the quarterback, Second player will be a defender, and Third player will be a receiver. Outside receivers should run 10 yard square out patterns, while the inside receiver runs a buttonhook or 10 yard in. After quarterbacks make their pass switch positions. Quarterback to defender, defender to receiver, receiver to quarterback.

6:55 – 7:00 Break down



# Tackle Football

(5<sup>th</sup> and 6<sup>th</sup> Grade)

Policy # XXX

Program Type:	Recreational & Instructional
Program Administrator:	Williston Parks and Recreation – Full Time Recreation Staff
	<b>Responsible for:</b>
	Hiring and training Program Supervisor
	Inventorying and ordering equipment and shirts
	Recruiting Volunteers
	Creating Roster and Schedules
	Creating Practice Plans for All Teams
	Assist with the Supervision of Day to Day operations.
	Coordinating with Parks Maintenance Staff
Program Supervisor:	Williston Parks and Recreation Seasonal Staff
	<b>Responsible for:</b>
	Pre-session meeting
	Post practice meeting
	Supervise Day to Day Operations
Coaches:	Volunteers
	<b>Responsible for:</b>
	Coaches schedule practices
	Coaching drills during practice days
	Coaching teams on game days.
Location:	Western Star, Davidson Park, Rickard School, Cutting Field, Trinity Christian School Football Field
Start:	Tuesday Before Labor Day
Duration:	Program last for 10 - 12 Weeks
Parents Meeting:	Early August
Large Group Practice Days:	Four Days of Stations, the Fourth Day Stations specifically geared towards Tackling and Blocking
Individual Team Practices:	Coaches schedule practices on their own
Games:	Each team will have <b>X</b> games. Games will be played on Tuesdays, Thursdays, and Saturdays
General Program Goals:	Have Fun Teach Positive Sportsmanship
Basic Rule Goals:	Understand the concepts of running plays as a team.



Understand all of the positions, where they line up, and what their responsibilities are.

Tackling Goals:

**MOST IMPORTANT ALWAYS TACKLE WITH THE HEAD UP.** 1. The tackler is to drive his shoulder into the ball carrier's thigh pad, and *nowhere else!* His head should be across the runner's body and up. His hips should be under him. There should be no bend or arch to the tackler's back.

2. The tackler should fling his arms around the ball carrier's legs and pull the runner towards him with a sharp motion. His fingers should be grabbing cloth wherever possible.

3. The tackler should lift the ball carrier slightly (roughly an inch or so). This serves three purposes: it keeps the tackler on his feet, preventing dives and misses; it breaks the runner's balance and contact with the ground, and it makes the next point easier.

4. With short choppy steps the tackler should power the ball carrier across, rather than back along, his initial motion.

Blocking Goals:

**MOST IMPORTANT ALWAYS TACKLE WITH THE HEAD UP.** Begin in a proper stance with the head up and the eyes on the defender's number. The lineman's first step should be with the foot on the same side of the body as the shoulder he'll use to make the block. As the player explodes forward, be sure the eyes are focused on the target. After the initial step, the blocker should drop the opposite knee so their base remains low and they can charge "upward" and into the defender. Keep the head up, eyes on the defender's middle, then slide the head to the side as contact is made with the shoulder. At contact, the elbows should form a triangle for a good wide blocking surface. At this point, the offensive lineman should continue to keep the head upward as he lifts the defender up and away from the line. Take short steps and keep the feet wide for proper balance. It's very important to get on your players to keep the feet pointed forward. The tendency is to turn the toes out. This weakens the player's base and power.



# Tackle Football Rules

*Policy # XXX*

## 1. OBJECTIVE

- 1.1. The objective of the Williston Parks and Recreation 5<sup>th</sup> and 6<sup>th</sup> Grade Tackle Football Program is to inspire youth regardless of sex, race, color, creed, or national origin; to practice the ideals of health, citizenship, and character; to teach our youth sportsmanship and fair play; to bring to the game elements of safety, sanity, and intelligent supervision; and to keep the welfare of the player first, and foremost and entirely free of adult lust for glory.
- 1.2. Specific Purpose
  - 1.2.1. To acquaint the players with the fundamentals of game rules, running, kicking, blocking, and tackling.
  - 1.2.2. To teach, through the game, sportsmanship, love of the game, and discipline.
  - 1.2.3. To promote safe play throughout.
  - 1.2.4. To provide an opportunity for kids to have fun.

## 2. COACHES

- 2.1. Williston Parks and Recreation Football League is comprised of Adult Coaches who volunteer to assist in a capacity designated and approved by Williston Park and Recreation. Coaches can be removed, at any time, by any Parks and Recreation Administrative staff.
- 2.2. Each head coach and assistant coach must have completed a coach's code of conduct. All coaches are expected to know the rules of Federation Football and teach fair play and sportsmanship to their players through their good example and conduct while on the practice and game fields at all times.
- 2.3. Sportsmanship
  - 2.3.1. Coaches are responsible for assisting officials and Parks and Recreation staff with the sportsmanship of all playing and non-playing team members.
  - 2.3.2. Coaches are responsible for assisting officials and Parks and Recreation staff with the sportsmanship of parents and spectators.
- 2.4. Head Coaches are responsible for practice schedules and team compliance with respect to established practice policies.
- 2.5. Head Coaches are responsible for the care, maintenance and return of all equipment issued to their respective team.
- 2.6. All rules, regulations, policies and/or procedures apply equally to head and assistant coaches.

## 3. SPORTSMANSHIP

- 3.1. We operate under the premise that the most important facet of any youth sports program is the positive role it can play in the development of each individual participant.



- 3.2. Coaches have a great impact by directly helping them believe in themselves, learn how to deal with competition, how to prepare to succeed and how to handle a win or a defeat.
- 3.3. We must always remember that our ultimate goal is the development of our participants as individuals; we've just selected football as a fun and constructive way to impart these valuable life-lessons.
- 3.4. Williston Parks and Recreation regards poor and/or bad sportsmanship as unacceptable and completely intolerable.
- 3.5. Excessive celebration will not be tolerated.
- 3.6. Coaches, Participants and Spectators are required to demonstrate positive sportsmanship in respect to their players, opposing team players, parents, coaches and game officials. Coaches, Participants or Spectators who are unable to demonstrate proper sportsmanship will be suspended.
- 3.7. Any negative criticism directed towards coaches must be done before or after practice. Remember our parents are volunteer coaches. Please respect that and do not bother them at home or on their personal time.
- 3.8. No parent or spectator is allowed to bring any negative criticism to coaches or Parks and Recreation Staff for twenty-four hours after a game.
- 3.9. The below listed provisions, although documented as player specific, will be applied uniformly to encompass parents, spectators and coaches alike, relative to violation of league sportsmanship policies.
  - 3.9.1. Temporary Ejection: Officials may eject, temporarily, a player for any conduct they deem unbecoming of or unsafe for a league participant. It may be as brief as one (1) play, or as long as an entire half.
  - 3.9.2. Permanent Ejection: If a player is permanently ejected from a game, that player, coach, and parent will meet with a Williston Parks and Recreation Officials and determine the length and or severity of the suspension.

#### 4. PRACTICE

- 4.1. No player shall be permitted to participate in any practice, conditioning or other activity until they are registered and waiver is signed by parent or guardian with Williston Parks and Recreation.
- 4.2. Practice Regulations
  - 4.2.1. No practice will be longer than two hours.
  - 4.2.2. A minimum of two 5-minute breaks per hour for water is required for every practice. Be smart, if kids ask for water breaks or if it is hot out give them extra water breaks.
  - 4.2.3. No practice shall continue past 8:00 PM CST.
  - 4.2.4. Teams can have up to 4 football games or practices a week. (Scrimmages at halftime of Varsity games do not count as practices or games) A week is defined as Sunday through Saturday.
  - 4.2.5. Team parties, chalk-talks and other similar activities do count as practice sessions.
  - 4.2.6. Practice dates and times will be established by Head Coaches in accordance with these guidelines.
- 4.3. All practices where contact occurs must be conducted with full protective gear utilized.
- 4.4. It is required that a practice and game attendance log be maintained for future reference.
- 4.5. The first three practices will be devoted entirely to conditioning. During these practices the kids will wear athletic clothing and helmets only, no shoulder pads or lower body pads. The fourth practice will be devoted entirely to teaching the proper tackling and blocking techniques. During the fourth practice all pads will be worn.

#### 5. EQUIPMENT

- 5.1. Requirements/Allowed/Not Allowed



- 5.1.1. Only issued equipment by Williston Parks and Recreation will be permitted in all league sanctioned activities. Chin straps, commercially manufactured forearm and elbow pads approved for football use, gloves, a protective cup, rib protector pads and approved neckrolls will be the only allowable additions to the issued equipment. The only exceptions to this rule involve situations where a player might be required to utilize additional equipment in order to protect an injury, i.e., a knee brace, additional padding to protect a deep bruise, etc. Allowable additions must be approved by coaches and Williston Parks and Recreation staff.
- 5.1.2. Shoes must be of the molded cleat variety.
- 5.1.3. Glasses should preferably be athletically approved construction with non-shattering glass (safety glass) or contact lenses.
- 5.1.4. No helmet shield will be allowed.
- 5.1.5. Under no circumstances will any player be allowed to wear bandannas, scarves, or any other type of head covering under the helmet or on any part of the uniform at any time.
- 5.1.6. All players MUST wear a mouth protector at all times during practices were any form of contact is initiated.
- 5.1.7. The mouthpiece will be worn at all times during league play and must be attached to the helmet and cannot be clear.
- 5.2. Defacing Equipment
  - 5.2.1. Equipment is not to be altered or defaced in any way. This includes swapping facemasks, altering jerseys, attaching patches or writing on helmets.
  - 5.2.2. The NOCSAE Seal of Certification and Warning Label will not be removed from the helmet for any reason.
  - 5.2.3. Individual player names will not be permitted on league jerseys in any form.

## 6. RULES

- 6.1. All rules should be viewed as a means of providing a semi-controlled environment for the purpose of enhancing instruction of the players and developing their understanding for the fundamentals of the game. These restrictions should NOT be viewed as an opportunity to use bizarre and unconventional defensive and offensive schemes in an attempt to exploit the restrictions.
- 6.2. Except as provided herein, we will follow all rules and regulations as outlined in the current, official National Federation of State High School Associations Rule Book. In the event one of the listed rules is in direct conflict with the current published NFHS rules, our rules shall have preference.
- 6.3. The goal is to make the teams as even as possible. The Recreation Staff has the final say regarding team rosters.
- 6.4. Playing Field
  - 6.4.1. All games will be played on a field with the following dimensions:
    - 6.4.1.1. Length - Sixty yards
    - 6.4.1.2. Width - Forty yards
    - 6.4.1.3. End zones – Ten yards in depth
  - 6.4.2. While it is the responsibility of every player, coach, and fan to clean up all trash after themselves, it is specifically the responsibility of the coaches and players of the last game of the day to do a walkthrough of the field and pick up any trash. Remember that we are guests of Williston Public School District #1 and Trinity Christian School. Please help us leave the fields as we found them.
- 6.5. Game Length/Clock



- 6.5.1.** There will be two halves of play in each game, consisting of twenty-five minutes of continuous running time in each quarter. The continuous clock will stop for change of possession, an injury, official and team time-outs.
- 6.5.2.** Halftime will be five minutes in duration.
- 6.5.3.** During the last two minutes of each half, standard regulation time will be in effect. The scoreboard clock will be the official clock.
- 6.5.4.** A thirty-five second play clock will be in effect and strictly enforced for all games. First offense will be a warning; all violations thereafter will result in a five yard penalty.
- 6.5.5.** There will be no overtime. When the clock runs out the game is over.
- 6.5.6.** Each team is allowed three time outs per half, the duration of which will be one minute each.
- 6.6. Scoring**
- 6.6.1.** Touchdown - Six points
- 6.6.2.** Point After Try (P.A.T.)
- 6.6.2.1.1. P.A.T. from the two yard line – One point
- 6.6.2.1.2. P.A.T. from the five yard line – Two points
- 6.6.3.** Safety - Two points.
- 6.7. Coaching**
- 6.7.1.** Teams may have one coach on the field.
- 6.7.2.** All Head Coaches will submit a team roster to Williston Parks and Recreation. The roster will include, in order from left to right, the player’s jersey number, name, and grade level. Likewise, the roster will be arranged from the lowest jersey number to the highest.
- 6.7.3.** If a participant is not attending games or practices the coaching staff must report this information to Williston Parks and Recreation as soon as possible.
- 6.8. Defense**
- 6.8.1.** No defense may have more than five players on the line of scrimmage. Linebackers and Defensive Backs may not line up closer than 5 yards away from the line of scrimmage. The only exception to this rule is in goal line situations (five yards and in).
- 6.8.2.** When the ball is on or inside the defenders own five yard line, a goal line defense may be employed, with the mandatory yardage depth restrictions being reduced to three yards for linebackers and defensive backs. The maximum number of players on the line of scrimmage for a goal line defense is six.
- 6.8.3.** No Blitzing or Stunting: No blitzing is permitted by linebackers or secondary players. Once players “read” this movement, they may react accordingly. Defensive “stunts” are prohibited. Linebackers and Defensive Backs must be at least five (5) yards off the line of scrimmage and must play “read and react” to the flow of the play. Linebackers will be instructed that they may not immediately rush the line of scrimmage at the snap of the ball with no regard for the flow of the play.
- 6.9. Scrimmage Kicks (Punting)**
- 6.9.1.** The offensive team must notify the officials and defensive team that they are going to punt.
- 6.9.2.** No offensive players may cross the line of scrimmage while punting until the ball has been punted.
- 6.9.3.** No defensive players may cross the line for scrimmage until the ball has been punted.
- 6.9.4.** No fake punts
- 6.10. Kick Offs**



**6.10.1.** The ball will be placed on the 30 yard line of the team possessing the ball for kick offs.

**6.11. Participation**

**6.11.1.** The League strongly promotes the active participation of all players. Unless on disciplinary probation as dictated in the Code of Conduct.

**6.11.2.** All players will be required to play at least 40% every game.

**6.11.3.** All players must start at a position each game.

**6.11.4.** No one player can play in the offensive back field for more the 50% of the offensive plays.

**6.11.5.** 5<sup>th</sup> grade players must play at least 25% of the time at every backfield position.

**6.11.6.** Free substitution of players is in effect at all times.

**6.11.7.** Head Coaches will be held accountable and responsible for this provision. If a player's playing time is being limited for any reason, it is the Head Coach's responsibility to notify the player, officials, and Parks and Recreation Staff as to the reason/cause.

**6.11.8.** Reasons / Causes for limiting playing time may include:

**6.11.8.1.** Missing Practices: If a player repeatedly misses practice sessions, playing time may be reduced. Players must attend practices to safely and effectively participate.

**6.11.8.2.** Illness / Injury: The player may be ill or sustain an injury during the game.

**6.11.8.3.** Limited Preparation: If a player starts late and has not had adequate time to prepare for the rigors of participation.

**6.11.8.4.** Disciplinary Reasons: League or team imposed disciplinary measures.

**6.12.** Fumbles and Interceptions are live and may be returned.

**6.13.** Competitive Adjustment: This rule becomes effective when a team is twenty-four points ahead of an opposing team. When in effect, the winning team must run the ball exclusively between the tackles and may not pass.

**6.14.** Violations of rules during a game or scrimmage may result in an unsportsmanlike penalty being called with a five or fifteen yard penalty being called depending on the severity of the offense and the efforts or lack thereof of coaches to correct player conduct. Repeated and blatant offenses by the same player or coach may result in ejection from the game.

## **7. INJURIES**

**7.1.** In no event shall a league coach or representative treat injuries sustained by a participant unless of an extremely minor nature which necessitates very basic first aid applications; or, he/she is a licensed medical practitioner.

**7.2.** Any participant injured in a game must be withdrawn for at least one play. Any player sustaining a head and/or neck injury must be withdrawn for the remainder of the game.

**7.3.** Any injury in practice or game situations that results in the injured player missing a subsequent game must be reported to Williston Parks and Recreation by a member of the team coaching staff within twenty-four 24 hours. All coaches will be given injury report forms. This provision also applies to injuries deemed serious enough to require medical attention. In this case, the injury should be reported as soon after the occurrence as possible.

## **8. WEATHER**

**8.1.** In the case of extreme weather, for example: cold, rain, snow, wind, etc, the game will be called or delayed at the discretion of Williston Parks and Recreation administrative staff and/or in their absence, the officials on the field.



- 8.2.** In the case of a lighting sighting there will be an automatic minimum 20 minute suspension of the game. We will not begin playing again until at least 20 minutes pass without a lighting sighting.
- 8.3.** In the event of a game being canceled due to inclement weather Williston Parks and Recreation staff will contact all Head Coaches and all local radio stations.



# Tackle Football Practice Day 1

Policy # XXX

## Helmets Only

5:30 – 5:40 Tape Names on Helmets/Get Kids into Warm up Lines

5:40 – 5:50 Stretching Lead by Jeremy

5:50 – 5:55 Three Point Stance

5:55 – 6:10 Warm up, 10 yards x 2

High Knees

Butt Kicks

Kareoka

Back Peddle

Bear Crawls

Strides

Sprint Full Speed

6:10 – 6:15 Water Break

6:15 – 6:55 4 Stations 10 Minutes Each (TAKE A WATER BREAK AFTER 2<sup>ND</sup> STATION)

### Station 1- Offensive Line Drills

3 Point Stance

Coming Out of a 3 Point Stance Straight Ahead

Offensive Line Splits

Coming Out of a 3 Point Stance Straight Ahead Block Dummies

### Station 2- Receiver Drills

Teach the Correct Way to Catch a Ball

Play Catch

Turn Around Drills

Run Routes:

5 Yard In, 5 Yard Out, 10 Yard Button Hook

### Station 3- Running Back Drills

3 Point Stance

Coming out of a Three Point Stance Right/Left for a Q.P.

Hand Off Drill

Gauntlet Drill

Drigger Drill

### Station 4 – Defensive Back Drills

Back Peddle, 45 Degree Angle Cone Drill, Tip Drill

6:55 – 7:00 All Come Together – Break Down



## Offensive Line Drills

### 3 Point Stance



#### Description

- Feet parallel or close to parallel.
- Feet shoulder width apart.
- Some weight on your front hand.
- Head up.
- Back straight.

### Coming out of a Three Point Stance

#### Straight Ahead

- At a variety of snap counts by the coach have every player explode out of the three point stance and sprint ahead five yards.

### Offensive Line Splits

We want to teach the following during this drill.

- Name and location of following positions: Tight Ends, Tackles, Guards, and Center.
- Teach breaking a huddle. The quarterback (coach) says "Ready" the players say "Break" and clap in unison.
- HUSTLE to the line of scrimmage.
- At the line of scrimmage go to the correct position (use the fire hose as a guide) and get in a good 3 point stance.
- The quarterback will take the snap from the center on a variety of counts (On one, on two, on set, etc).
- The players will then explode out of the three point stance five yards down field.

### Coming Out of a 3 Point Stance Straight Ahead Block Dummies

Execute the drill as follows:

- Two lines, one dummy in each line.
- Player goes from a three point snap, comes out low, hits the dummy with two hands, extends hands, continues to chop feet the entire time.
- After hitting the dummy the play next becomes the dummy holder, and the dummy holder goes to the end of the line.



## Wide Receiver Drills

### Correct Way to Catch a Ball

Catch the ball with your hands, not your shoulder pads.

After the ball is caught, tuck the ball away every time.

Catching the ball when it is above the waist.

- Make a diamond by putting the tips of the thumbs and forefingers.
- Watch the tip of the ball come into the diamond.
- Catch the ball and tuck it away.

Catching the ball when it is below the waist or over the shoulder.

- Make a basket by putting together the tips of the pinky fingers.
- Watch the tip of the ball come into the basket.
- Catch the ball and tuck it away.

### Play Catch

Tell the players to practice the correct way to catch a ball, as described above.

### Turn Around Drill

#### **Purpose**

- To develop the players' quickness in turning their body around for the ball. The purpose is also to emphasize getting their head and shoulders around quickly.

#### **Procedure**

- "A"- A player lines up about 10 yards from the coach with his back to the coach. The coach then throws the ball towards the player and when the ball is halfway to the player the coach says "Left or Right". The player turns as quickly as possible and tries to catch the ball in his hands.
- "B"- Using the same procedure as "A" the player turns just his head and shoulders around as quickly as possible.

#### **Coaching Points**

Emphasize quickness to turning body or head and shoulders around catching

### Run Pass Routes

**5 yard in** – Sprint 5 yards, plant outside foot, cut to the inside, sprint parallel to the line of scrimmage, catch the ball, tuck it away, turn up field, and sprint for 10 yards.

**5 yard out** – Sprint 5 yards, plant inside foot, cut to the outside, sprint parallel to the line of scrimmage, catch the ball, tuck it away, turn up field, and sprint for 10 yards.



**10 yard button hook** – Sprint 10 yards, plant outside foot, turn towards the quarterback, catch the ball, tuck it away, turn up field, and sprint for 10 yards.



# Running Back Drills

## 3 Point Stance



### Description

- Feet parallel or close to parallel.
- Feet shoulder width apart.
- Some weight on your front hand.
- Head up.
- Back straight.

## Coming out of a Three Point Stance Right/Left for a Q.P.

### Going to the Right

- Get in a 3 point stance
- On the snap turn the left foot out parallel to the line of scrimmage.
- Step to the left with right foot.
- Catch the quick pitch and tuck the ball away.
- Plant with the left foot and run 10 yards up field.

### Going to the Right

- Get in a 3 point stance
- On the snap turn the right foot out parallel to the line of scrimmage.
- Step to the right with left foot.
- Catch the quick pitch and tuck the ball away.
- Plant with the right foot and run 10 yards up field.

## Hand off Drill

### Drill

- Two lines facing each other.
- First person in line A has a ball
- First person in each line run toward each other.
- The first person in line A hands off to the first person in line B who then in turn hands off to the second person in line A. And so on down the line.

### Goal

- Teach proper way to receive a hand off.



## Gauntlet

### Drill

- We will form 2 lines of players facing each other 1 yard apart.
- A QB will hand the ball off to the runner who will run between two lines.
- The runner will align at a depth and area he normally runs from.
- The players in the two lines will try to strip the ball from the runner.
- The runner will explore through the lines and sprint 10 yards past the defender.

### Goals

- Ball exchange.
- Protecting the ball.
- Body balance.
- Fighting through tackles.

## Digger Drill

- Set up four cones 5 yards apart, in a straight line.
- Running Back, while carrying the ball, weaves in and out of cones running and keeping weight on the hand with out the ball.
- Player should switch hand the ball is in when they get to the fourth cone, then turn around and come back weaving in and out of cones.

### Goals

- Ball control
- Keeping self from falling down by pushing self up with hand.



# Defensive Back Drills

## Back Peddle

### Technique

- Feet closer than shoulder width.
- Knees bent
- Bent over at waist.
- Head up.
- Arms pumping opposite legs, just like running.

### Drill

- Five yard back peddle walking, use proper technique
- 10 yard back peddle full speed – multiple times
- Back peddle, plant, and sprint forward- back peddle until the coach say “go” then plant hard with one foot and sprint forward.
- Back peddle, turn, and sprint- back peddle until the coach says “turn”, thrust elbow to force the body around and sprint.

## 45 Degree Angle Cone Drill

### Description

- Defender will backpedal, plant at 1st cone and drive laterally at a 45° angle forward, to the next cone and backpedal to cone and drive laterally 45° angle forward to cone and backpedal to last cone.

### Coaching Point:

- Stress driving laterally (to receiver), before looking at QB and center or mass forward.

## Tip Drill

### Description

- Two defenders will run towards the QB, one DB in front of the other. The QB throws the ball so the first defender tips the ball up in the air and the second defender catches the ball.

### Coaching Point:

- Stress interception high with arms, hands and fingers extended. Look the ball in and pit it away.



# Tackle Football Practice Day 2

Policy # XXX

5:30 – 5:40

Stretching

5:40 – 5:55

Warm up, 10 yards x 2

High Knees

Butt Kicks

Kareoka

Back Peddle

Bear Crawls

Strides

Sprint Full Speed

5:50 – 5:55

Three Point Stance

5:55 – 6:10

6:10 – 6:50

4 Stations 10 Minutes Each (TAKE A WATER BREAK AFTER 2<sup>ND</sup> STATION)

Station 1 – Defensive Line Drills - 3 Point Stance, 4 Point Stance, Off the Ball, Read and React

Station 2 – Quarterback Drills - 2 Knee Drill, 1 Knee Drill, Feet Parallel Drill, Down the Line, Individual Pass Routes (Five Yard In, Five Yard Out, 10 Yard Button Hook)

Station 3- Receiver Drills - Teach the Correct Way to Catch a Ball, Play Catch, Turn Around Drills, Run Routes (Fly pattern, catch over the shoulder, right/left)

Station 4- Linebacker Drills - Linebacker Stance, Step forward to stop a running play, Back pedal to Hook and Curl Zones, Read and React, High Knees Over Dummies, Shuffle Over Dummies, Shuffle Over Dummies and Recover the Fumble



# Defensive linemen

## Off the Ball

### Purpose

- To develop quick reaction on movement of the ball for defensive line.  
Description

### Description

- Defensive lineman assumes good stance on designated line. On movement of football defensive line comes off the ball with good pad level, sprinting 5 yds. Coach shall call out different signals to train defensive lineman to move only on movement of football.

### Coaching Points

- Proper stance, weight forward, pad level, good key on football.

## REACT AND READ

Two or three defenders take their respective stances at the line of scrimmage. A Center snaps a ball to a lone back who takes off at full sprint to either sideline. A coach calls out the snap count trying to draw the defenders offside. On the snap the defenders fire off the line and pursue the ball carrier.

When time and or manpower allow, two offensive linemen and an extra ball carrier can be used to perfect the defenders ability to "find" the football.



# Quarter Backs

## PASSING SKILLS

### 1. Two Knee Drill: ( 20 passes)

The purpose is to warm up the arm and, at the same time, teach concentration on target and ball release. Pair off about ten yards apart directly in line with each another, kneeling on both knees. Receiver will hold both hands up, giving the QB a target to throw to. Don't throw hard and concentrate on target.

### 2. One Knee Drill: (20 passes)

Put your knee on the throwing side down. Place the ball on the ground, grip it with just the throwing hand, lift it up with one hand, cock it high with two hands, and throw it to partner. Exaggerate follow through, pick up grass. Use the arm only and lead with elbow. Helps to develop stronger arm and wrist snap. Switch the down knee for variation.

### 3. Feet Parallel Drill: (20 passes)

Purpose is to warm up the arm, and at the same time, and at the same time, teach concentration on target and passing technique. Pair off about 10 yards apart directly in line with each other. Increase the distance as you warm up. Don't exceed 20 yards and do not take a step with your foot. Helps to develop stronger arm.

### 4. Down the Line: (200 yards)

Run the length of the field and back playing catch. Keep 10 yards apart. Release the ball quickly. Square the shoulders and hips to the target. Work to increase speed.

### 5. Individual Pass Routes Drill:

In addition to working on the passing drills that have been mentioned, it would obviously be to your advantage to throw to an end or a back running any of our individual pass routes. You should work the most on the routes that are the most difficult for you to hit constantly.



# Receivers

## Turn Around Drill

### Purpose

- To develop the players' quickness in turning their body around for the ball. The purpose is also to emphasize getting their head and shoulders around quickly.

### Procedure

- "A"- A player lines up about 10 yards from the coach with his back to the coach. The coach then throws the ball towards the player and when the ball is halfway to the player the coach says "Left or Right". The player turns as quickly as possible and tries to catch the ball in his hands.
- "B"- Using the same procedure as "A" the player turns just his head and shoulders around as quickly as possible.

### Coaching Points

- Emphasize quickness to turning body or head and shoulders around catching the ball with the hands.

## OVER THE SHOULDER

### Purpose

- the purpose of this drill is to get the receiver aquatinted with catching the ball over his shoulder using different methods.

### Procedure

- For best results, let the player run into the end zone to place emphasis on catching the ball for the touchdown. Players start to run at half speed toward the end zone looking inside for the ball. The ball is thrown in a high arc over the outside shoulder. The receiver has to adjust to the ball by either fading with the ball or turning his hips, shoulders, and head around to catch the ball.

### Coaching Points

- Emphasis is placed on body control, quick turning of the head, shoulders, and hips and to keep the arms up when turning around.



# Linebackers

## Linebacker Stance

Good Athletic Position

Feet shoulder width apart

Hands Up

Head Up

## Step forward to stop a running play

Center Snaps the Ball to the Quarterback(Coach)

Center takes a step forward (simulating a running play)

Quarterback receives the snap, puts the ball down to the side (simulating a hand off)

Two Linebackers, 5 yards off where the guards would be, watch the center/quarterback, take a step forward

## Back pedal to Hook and Curl Zones

Center Snaps the Ball to the Quarterback(Coach)

Center takes a step backward (simulating a passing play)

Quarterback receives the snap, brings the ball up (simulating a passing play)

Two Linebackers, 5 yards off where the guards would be, watch the center/quarterback, drop into pass coverage.

## Read and React

Center/Quarterback does either of the above and the linebackers read and react

## High Knees Over Dummies

## Shuffle Over Dummies

## Shuffle Over Dummies, Recover the Fumble

At any time during the drill the coach throws the ball out simulating a fumble. The player jumps on the ball and curls up around the ball.



# Tackle Football Practice Day 3

Policy # XXX

**Helmets Only**

5:30 – 5:45 Warm up, 10 yards x 2  
High Knees  
Butt Kicks  
Kareoka  
Back Peddle  
Bear Crawls  
Strides  
Sprint Full Speed

5:45 – 5:55 Stretching

5:55 – 6:40 4 Stations 10 Minutes Each (TAKE A WATER BREAK AFTER 2<sup>ND</sup> STATION)

Station 1- Defensive Backs

Station 2- Linebackers

Station 3- Running Backs

Station 4 – Offensive Line Drills

6:40 – 6:45 All Come Together

Reminders

Equipment-

If you need anything come by the rec center after school tomorrow.

Full gear on Thursday (MUST HAVE A MOUTH GUARD TO PRACTICE)

Break Down



## Defensive backs

### 5 Yard Back Peddle

#### Description

- This drill is a full speed backward drill in a 5 yd. Area. Defenders will place toes on the line in a good stance and the body position (chin over toes). On command "GO", defenders will backpedal and plant foot again and sprint past the line.

#### Coaching Point:

- Stress chin over the toes, vigorous arm movement, leverage foot and head up as they sprint forward.

### 45 Degree Angle Cone Drill

#### Description

- Defender will backpedal, plant at 1st cone and drive laterally at a 45° angle forward, to the next cone and backpedal to cone and drive laterally 45° angle forward to cone and backpedal to last cone.

#### Coaching Point:

- Stress driving laterally (to receiver), before looking at QB and center or mass forward.

### Tip Drill

#### Description

- Two defenders will run towards the QB, one DB in front of the other. The QB throws the ball so the first defender tips the ball up in the air and the second defender catches the ball.

#### Coaching Point:

- Stress interception high with arms, hands and fingers extended. Look the ball in and pit it away.



# LineBackers

## Linebacker Stance

Good Athletic Position

Feet shoulder width apart

Hands Up

Head Up

## Step forward to stop a running play

Center Snaps the Ball to the Quarterback(Coach)

Center takes a step forward (simulating a running play)

Quarterback receives the snap, puts the ball down to the side (simulating a hand off)

Two Linebackers, 5 yards off where the guards would be, watch the center/quarterback, take a step forward

## Back pedal to Hook and Curl Zones

Center Snaps the Ball to the Quarterback(Coach)

Center takes a step backward (simulating a passing play)

Quarterback receives the snap, brings the ball up (simulating a passing play)

Two Linebackers, 5 yards off where the guards would be, watch the center/quarterback, drop into pass coverage.

## Read and React

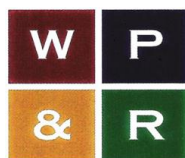
Center/Quarterback does either of the above and the linebackers read and react

## High Knees Over Dummies

## Shuffle Over Dummies

## Shuffle Over Dummies, Recover the Fumble

At any time during the drill the coach throws the ball out simulating a fumble. The player jumps on the ball and curls up around the ball.



# Running Backs

## Gauntlet

### Drill

- We will form 2 lines of players facing each other 1 yard apart.
- A QB will hand the ball off to the runner who will run between two lines.
- The runner will align at a depth and area he normally runs from.
- The players in the two lines will try to strip the ball from the runner.
- The runner will explore through the lines and sprint 10 yards past the defender.

### Goals

- Ball exchange.
- Protecting the ball.
- Body balance.
- Fighting through tackles.

## Digger Drill

- Set up four cones 5 yards apart, in a straight line.
- Running Back, while carrying the ball, weaves in and out of cones running and keeping weight on the hand with out the ball.
- Player should switch hand the ball is in when they get to the fourth cone, then turn around and come back weaving in and out of cones.

### Goals

- Ball control
- Keeping self from falling down by pushing self up with hand.

## Hand off Drill

### Drill

- Two lines facing each other.
- First person in line A has a ball
- First person in each line run toward each other.
- The first person in line A hands off to the first person in line B who then in turn hands off to the second person in line A. And so on down the line.

### Goal

- Teach proper way to receive a hand off.



# Offensive Line Drills

## 3 Point Stance



### Description

- Feet parallel or close to parallel.
- Feet shoulder width apart.
- Some weight on your front hand.
- Head up.
- Back straight.

## Coming out of a Three Point Stance

### Straight Ahead

- At a variety of snap counts by the coach have every player explode out of the three point stance and sprint ahead five yards.

## Offensive Line Splits

We want to teach the following during this drill.

- Name and location of following positions: Tight Ends, Tackles, Guards, and Center.
- Teach breaking a huddle. The quarterback (coach) says "Ready" the players say "Break" and clap in unison.
- HUSTLE to the line of scrimmage.
- At the line of scrimmage go to the correct position (use the fire hose as a guide) and get in a good 3 point stance.
- The quarterback will take the snap from the center on a variety of counts (On one, on two, on set, etc).
- The players will then explode out of the three point stance five years down field.

## Coming Out of a 3 Point Stance Straight Ahead Block Dummies

Execute the drill as follows:

- Two lines, one dummy in each line.
- Player goes from a three point snap, comes out low, hits the dummy with two hands, extends hands, continues to chop feet the entire time.
- After hitting the dummy the play next becomes the dummy holder, and the dummy holder goes to the end of the line.



# Tackle Football Practice Day 4

Policy # XXX

## Full Gear

5:30 – 5:40     Stretching

5:40 – 5:55     Warm up, 10 yards x 2  
High Knees  
Butt Kicks  
Kareoka  
Back Peddle  
Bear Crawls  
Strides  
Sprint Full Speed

5:50 – 6:10     Partner Form Tackling

6:10 – 6:15     Water Break

6:15 – 6:55     4 Stations 10 Minutes Each

Station 1- Tunnel of Love

Station 2- Schuffle, Hand Shiver, Tackle

Station 3- Tackle Going to the Right/Left

Station 4- Blocking

Proper Way to Run Block

From Guard Position Pull Around Tackle and Block Dummy

6:50 – 7:00     All Come Together – Break Down



## Tunnel of Love

Players line up in two lines. Players in individual lines stand shoulder to shoulder. The lines should be 5 yards apart with the players facing in.

X	T
X	X
X	X
X	X
X	X
B	X

The tackler "T" runs around the outside out the players in his/her line, then runs into the tunnel and attempts to tackle the ball carrier "B".

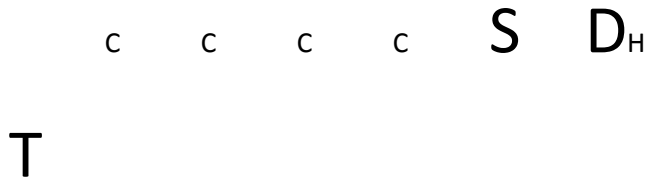
The ball carrier "B" runs around the outside of the players in his/her line, then runs into the tunnel and attempts to avoid getting tackled.

Needs to run the drill:

One Ball



## Shuffle, Hand Shiver, Tackle



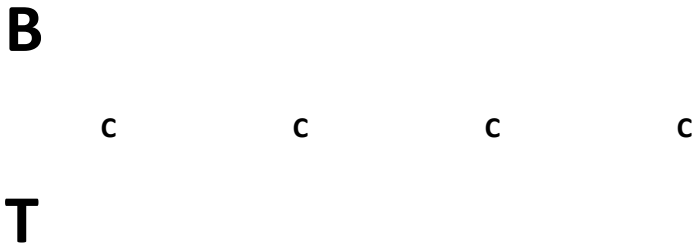
Have a player hold the shield "S". Have a player hold the dummy "D"

The tackler "T" shuffles parallel to the cones "C", does a two hand shiver to the shield "S", then tackles dummy "D". The tackle should tackle the dummy with their head "H" on the outside. In the example above, their head would be on the right side of the dummy.

Once everyone has gone through the drill a couple times, do the same drill to the opposite direction.

Needs to run the drill: One Shield, One Dummy, Four Cones

## Tackle Going to the Right/Left



THIS DRILL IS NOT DONE AT FULL SPEED

Cones should be placed about 2 yards apart.

The ball carrier "B" runs parallel to the cones, and cuts up one of the holes. The ball carrier is not trying to avoid getting tackled.

The tackler "T" shuffles parallel to the cones. The tackler needs to stay a tiny bit behind the ball carrier "B". When the ball carrier cuts up a hole the tackler needs to form tackle (without taking the call carrier to the ground) the ball carrier. When tackling he head should be on the outside. In the example above the outside is to the right.

Needs to run the drill:

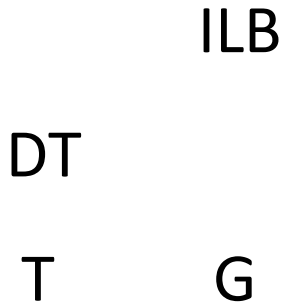
One Ball

Four Cones



# Blocking

**Proper Way to Run Block – Blocking for a dive for the hole between the guard and tackle.**



The defensive tackle “DT” is a dummy held by a player.

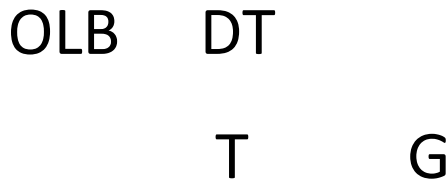
The inside linebacker “ILB” is a shield held by a player.

The coach says “Set Hut”.

On hut, the tackle “T” comes out of a three point stance, gets their head on the inside (in the example above the head should be to the right) and attempts to drive the dummy “DT” back and out. Tell the tackle “T” to keep chopping his/her feet.

On hut, the guard “G” comes out of a three point stance, gets their head on the outside (in the example above the head should be to the left) and attempts to drive the shield “ILB” back and in. Tell the guard “G” to keep chopping his/her feet.

**From Guard Position Pull Around Tackle and Block Dummy- Blocking for an off tackle run.**



The defensive tackle “DT” is a dummy held by a player.

The outside linebacker “OLB” is a shield held by a player.

The coach says “Set Hut”.

On hut, the tackle “T” comes out of a three point stance, gets their head on the outside (in the example above the head should be to the left) and attempts to drive the dummy “DT” back and in. Tell the tackle “T” to keep chopping his/her feet.

On hut, the guard pulls to the outside (in the example above, to the left), gets their head on the inside of the shield “OLB” (in the example above, to the right) and attempts to drive them to back and out.

Needs to run the drill: One Shield, One Dummy

