

# 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.

