



2019 COACHES GUIDANCE DOCUMENT

League Philosophy

To use flag football as a means to teach valuable sport and life skill lessons to children in a fun, spirited environment.

Comment:

We feel that sport is a powerful tool in society. Most leagues just play games, but we think sport can do so much more. If coaches are given the guidance to teach life skill lessons – they will. If not, then they'll just coach the sport.

Two more things, 1) we really do want the kids to have fun, so keep it light and make sure that fun comes through; 2) competition is fun, but too much isn't – that's why we use the term "spirited".

Age Groups

Divisions

FRESHMAN 8 to 11 years old

- 4 teams of 12-13 players
- 6 aside

JUNIOR 12 to 13 years old

- 4 teams of 12-13 players
- 6 aside

SENIOR 14 to 15 years old

- 4 teams of 8-9 players
- 5 aside

Equipment

Player Equipment

- Recommended
 - Soccer Cleats
- Mandatory
 - Mouth Guard (without toggle)

Coach's Equipment

- Whistle
- Notebook & Pen or Pencil
- Play Book
- Provided (you keep for entire season)
 - Cones
 - Balls (half the number of players)
 - Kicking Tee
 - 2 End Zone Pylons
 - QB Wrist Band (Juniors and Seniors)

Key Dates & Times

- May 14 – Practice
 - 7:00 – 8:30pm
- May 21 – Kick-Off
 - 7:00 – 7:25pm – Practice
 - 7:30 – 8:30pm – Game
- May 28 – Practice
 - 7:00 – 8:30pm
- June 4 – Resume Games
 - 7:00 – 7:25pm – Practice
 - 7:30 – 8:30pm – Game
- June 11 – Start of Featured Game of the Week
- July 9 – Rivalry Day
- July 30 – Championship Day

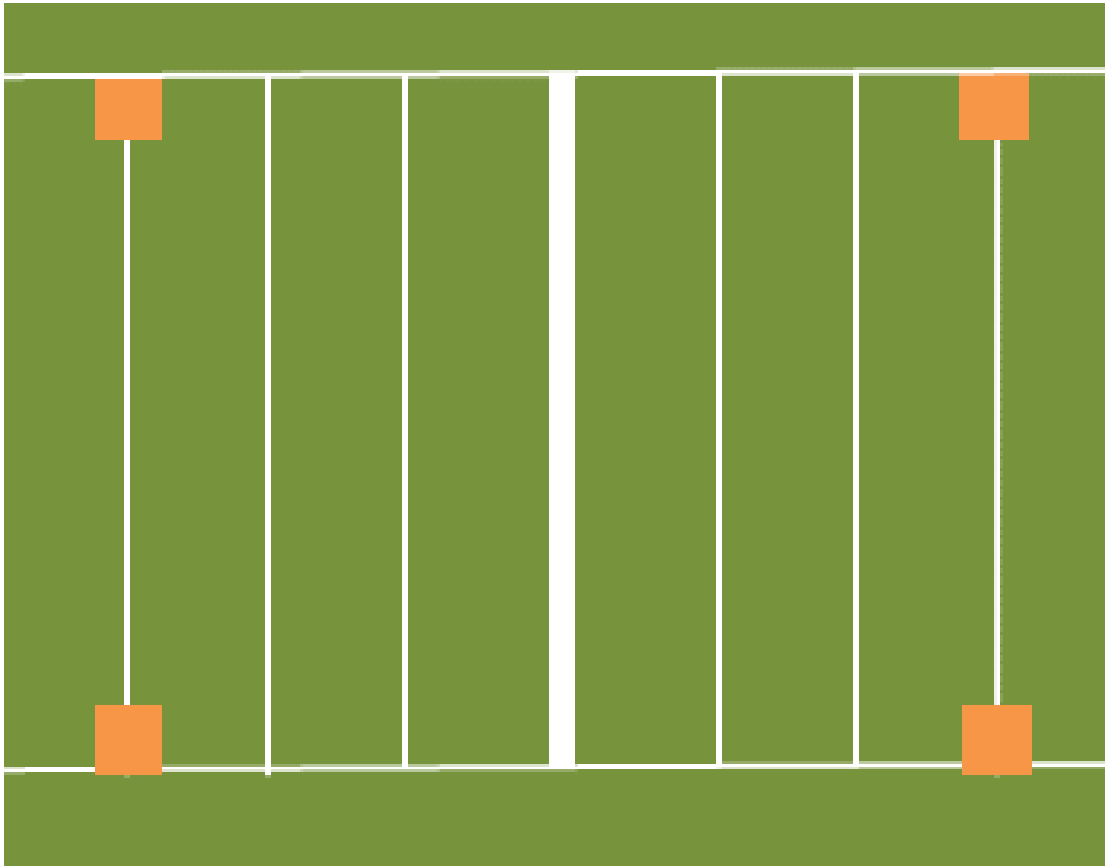


Comment:

Here are some key dates/times for you. Remember, they dates are located on our web site - <https://mentorflagfootball.ca/key-dates>

We've added a second practice after the first game. It's a good time for a full practice after you have had a chance to see your team in action.

We'll provide you more details about the Featured Game of the Week and Rivalry Day separately.



Game Day

- Practice & Game
 - Place your two orange foam pylons on each side of the touchdown line
 - Mentor Tip of the Week – gather your players and give them the tip of the week
- Practice – 7:00 – 7:25
- 1st Half – 7:30 – 8:00
- Half – 3 minutes
- 2nd Half – 8:03 – 8:33

Game Day

Plays

- Plays must be called....go get open is not enough!

Playing Time

- Equal playing time is so important
- Coaches need to monitor play to ensure all players are being thrown to
 - We provide a tool to help you with that (see next page)
- Quarterbacks play one full half and will be changed at half

Player Name	On-Field				Passed To
James	X		X		X
Frank	X		X		
Gerry	X		X		X
Don	QB	QB	QB	QB	
Tony	X		X		
Sarah	X		X		X
Kevin		X		X	
Mel		X		X	
Paul		X		X	X
Vicki		X		X	
Andrea		x		X	

Game Day

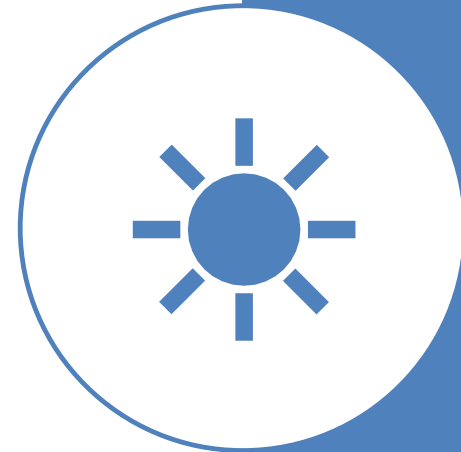
Comment:

- You will find a copy of this at document <https://mentorflagfootball.ca/interested-in-coaching> (see bottom of web page).
- Each column represents a "shift". "X" indicates that a player is on the field. Move to the next column for the next shift and place "X" for those players on the field. Start at the top of the column and go down.

Game Day

Weather

- We play rain or shine, so be prepared!
- Severe weather
 - Prior to Game – check web site, look for email
 - During Game – Air Horn will indicate that you need to evacuate the field
 - Missed games will be made up with Doubleheader



Practices

Comment:

Practice lesson plans have been prepared for you. It is your option to use them or created your own. These plans are located on our web site. -

<https://mentorflagfootball.ca/interested-in-coaching>

Passing

Catching

Running

Kicking

Route Running

Defensive Coverage

Offense

Defense

Kick Cover

First Day

- Come on time!
- Go to assigned field of your team.
 - Assignments will be at the tent
 - Fields will be clearly marked
- Jersey issues
 - They have to be major issues – you will NOT have a perfect fit
 - Major Issues?
 - Player keeps jersey
 - Do not wear the jersey during practice or game
 - Send them to the tent after the practice



First Day

Parents

Introduce yourself

Communicate your plans

Issues will be brought to their attention after it is addressed with the player first

Address any Food Allergies

Establish Team Rules with your players

No fooling around

Listening

Sportsmanship

Encouraging Teammates

Effort

Everybody plays all positions

Equal playing time

Getting the ball to all players

Past Issues

Comment:

- Here is a list of issues we have seen in the past. Let's try to avoid them.
- One more – encounters with referees – if you want to address the ref you need to call them over to the bench.

Unequal Playing Time

Unequal Ball Distribution

Not wanting to play QB – place them closer to the end of the season

Coaches are too Competitive and take it out on refs or team

Incompatible objectives between Coach and Team – team wants to have fun / coach wants to improve

Other Information

Contact with Families

- DO NOT REQUEST FAMILY EMAILS
- Coach's email will be available on the web site.
- Contact and activities outside of league game days are NOT allowed and not covered by league insurance.

Refs

- They will try their best!
- As long as they are trying, give them the benefit of the doubt.
- If you want to address them – call them over to the bench.

All injuries should be reported to the tent where there is first aid available.

Hydration

- Athletes often arrive dehydrated.
- Urge parents and players to monitor hydration level before they arrive.
 - Monitor Urine
 - Dark = Dehydrate
 - Light = Hydrated
- Urge parents and players to bring their own bottles with water or a sports drink.
- Urge players to drink when they arrive and throughout the game.
- Tent will have water for sale. However, we will never turn away a player requesting water.

Injuries



Questions



Give me a call! 905-830-7774 (Gerry)



Thank You!

Thanks for coaching this season. It's a lot of work. We'll try and assist to make it easier for you.

Remember to make sure the kids have fun and that you do too!

