



# Coaches Training Session

May 7, 2025



## **The 4 Pillars of Our Mission:**

**Character: it's not about winning,  
but trying your best**

**Experience: make each session  
fun**

**Play Equity: equal play time & play  
involvement**

**Safety: keeping players safe from  
physical & emotional harm**



Winning isn't everything, it's the only thing.

(Vince Lombardi)



**“Winning is not everything – but  
making the effort to win is.”**



**Sport is about building character, when  
teams win and when they lose.**





**2/3 of players  
contribute & sport  
is great, fantastic,  
fun...**



**1/3 of players  
don't contribute &  
sport is not great,  
not fantastic, not  
fun...**





**Coaches must ensure  
all players are involved  
& contribute so they  
can have fun.**

# 2025 NFL FLAG SCHEDULE

Day	Date	Activity						Comments
Tuesday	07-May	COACHES TRAINING						EG Sports Complex
Tuesday	14-May	LEAGUE MEETING, MEET THE COACHES & JERSEY PICK-UP						EG Sports Complex
Tuesday	20-May	PRACTICE WEEK						Brenner Park
		AWAY		HOME	AWAY		HOME	
Tuesday	27-May	Atlanta Falcons	vs	Carolina Panthers	LA Chargers	vs	Jacksonville Jaguars	Brenner Park
Tuesday	03-Jun	LA Chargers	vs	Atlanta Falcons	Jacksonville Jaguars	vs	Carolina Panthers	Brenner Park
Tuesday	10-Jun	Atlanta Falcons	vs	Jacksonville Jaguars	Carolina Panthers	vs	LA Chargers	Brenner Park
Tuesday	17-Jun	Carolina Panthers	vs	Atlanta Falcons	Jacksonville Jaguars	vs	LA Chargers	Brenner Park
Tuesday	24-Jun	Atlanta Falcons	vs	LA Chargers	Carolina Panthers	vs	Jacksonville Jaguars	Brenner Park
Tuesday	01-Jul	OFF WEEK						Brenner Park
Tuesday	08-Jul	PRACTICE WEEK						Brenner Park
Tuesday	15-Jul	Jacksonville Jaguars	vs	Atlanta Falcons	LA Chargers	vs	Carolina Panthers	PLAYOFFS
Tuesday	22-Jul	1st Place	vs	4th Place	2nd Place	vs	3rd Place	PLAYOFFS
Tuesday	29-Jul	Winner 1 vs 4	vs	Winner 2 vs 3	Lost Game 1 vs 4	vs	Lost Game 2 vs 3	CHAMPIONSHIP DAY

[Link to Schedule](#)



# General Guidance on Coaching

- Many of our players are new to flag football.
- All are new to NFL Flag Football.
- We recommend that you prepare for coaching this summer by following this sequence:
  - Familiarize yourself with the rules
  - Understand how to coach the basic skills
  - Understand the route-tree
  - Understand the probability of passing success
  - Plan your play introduction for the entire season
    - Start with 5 plays
    - Add 1 play every week or every other week
      - Make sure to practice the new plays for two sessions before placing them in rotation
    - Don't be afraid to dump plays that are not working or have because you have too many





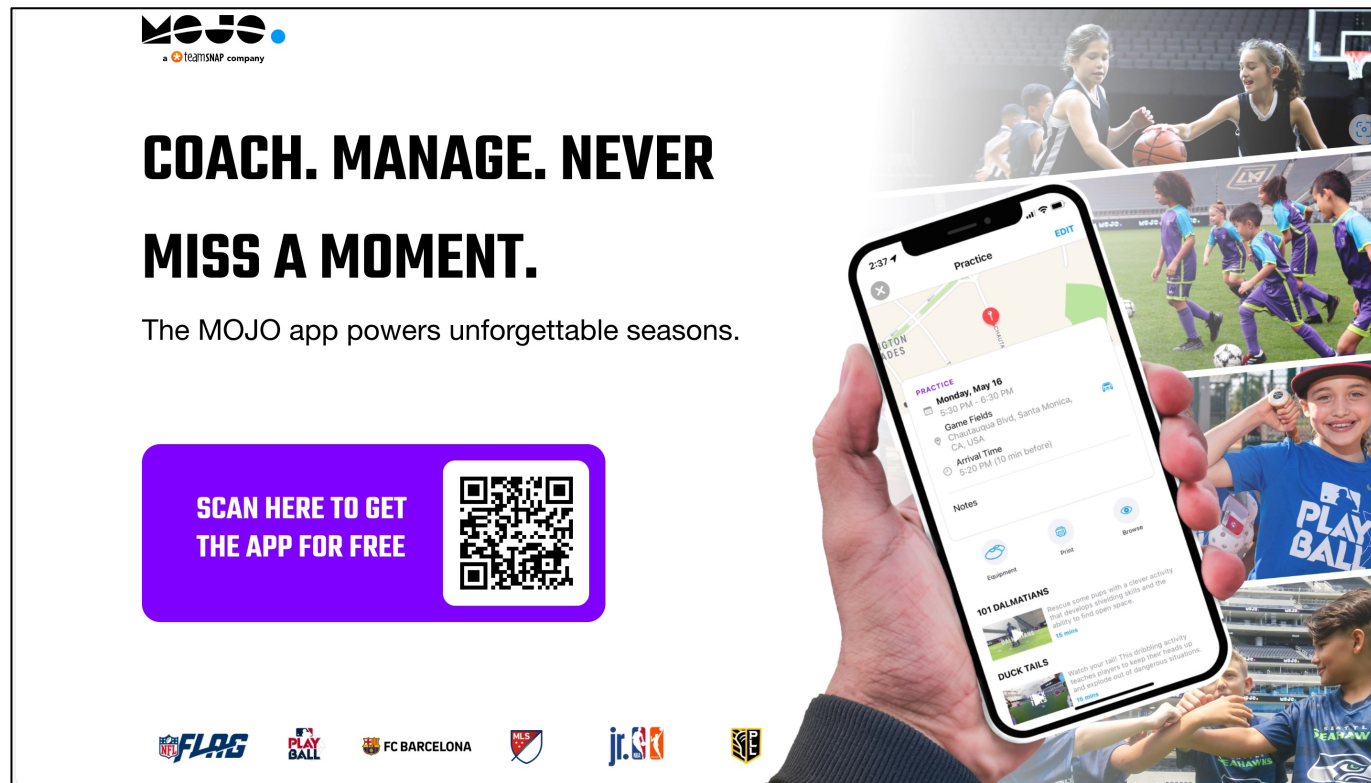
# General Guidance on Coaching

- We will provide you with weekly guidance using the following sites:
  - [Skill & Position](#)
    - How to catch a football
    - How to throw a football
    - How to snap a football
  - Position Drills
    - Wide receiver
    - QB
    - Running Back
  - General Drills
    - Flag pulling
    - Football conditioning
    - Football agility
  - [Playbook I](#)
  - [Playbook II](#)



# General Guidance on Coaching

- Here is another cool free resource that you can use to prepare for the upcoming season. Click on this [link](#) and go to the bottom of the page:




**MOJO**  
a TOGETHSNAP company

## COACH. MANAGE. NEVER MISS A MOMENT.

The MOJO app powers unforgettable seasons.

SCAN HERE TO GET THE APP FOR FREE



The smartphone screen displays the MOJO app interface with the following details:

- Time: 2:37
- Location: OTON RICES
- Activity: PRACTICE
- Date: Monday, May 16
- Time: 5:30 PM - 6:30 PM
- Game Fields: Chubbuck Blvd, Santa Monica, CA, USA
- Arrival Time: 5:20 PM (10 min before)
- Notes: Equipment, Print, Bronze
- Activity: 101 DALMATIANS (15 mins)
- Activity: DUCK TAILS (15 mins)

Logos at the bottom of the advertisement include:

- NFL FLAG
- PLAY BALL
- FC BARCELONA
- MLS
- jr. NBA
- NFL



# Two Types of Practice Sessions

## Practice Only Sessions

- Each practice only session will run from 7:00 – 8:30pm

## Practice & Game Sessions

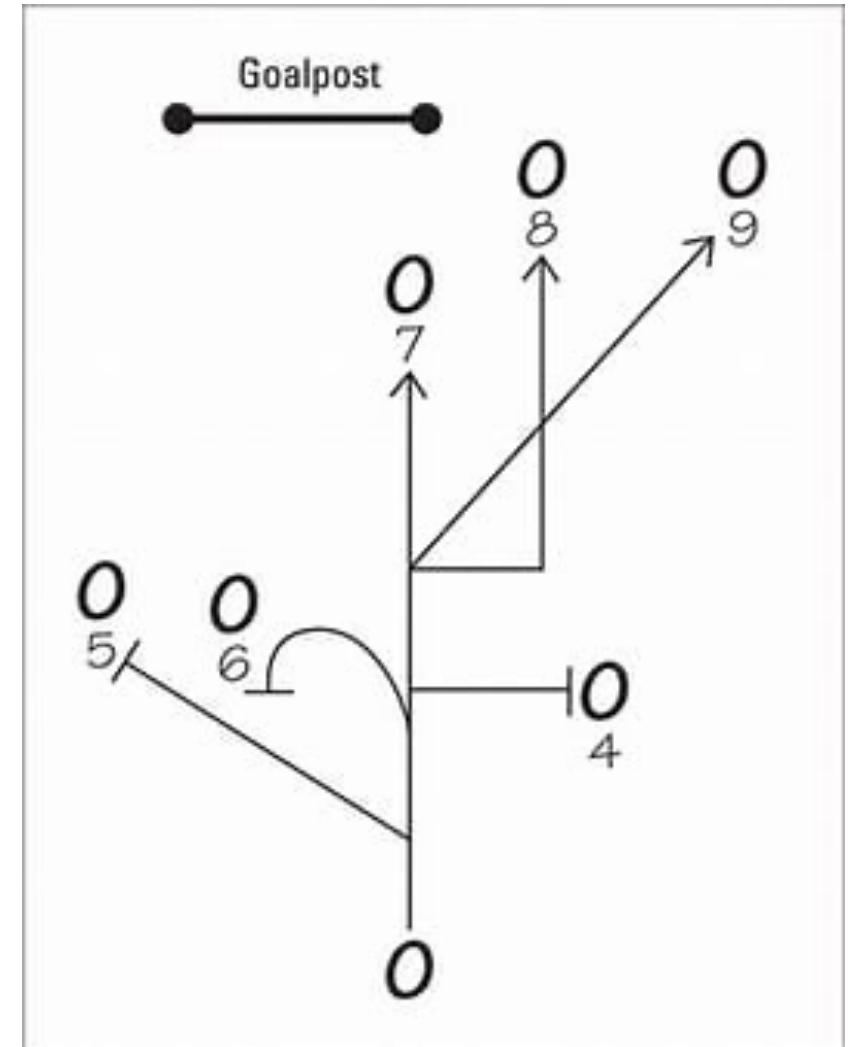
- Each practice will run from 7:00 – 7:40pm
- In reality you should plan for a 30 minute practice with 5 minutes on either side. For example:
  - 7:00 – 7:05pm      waiting on players to gather
  - 7:05 – 7:35pm      practice
  - 7:35 – 7:40pm      get ready to play game
- Games will be 2 x 24 minute halves with a 2 minute halftime





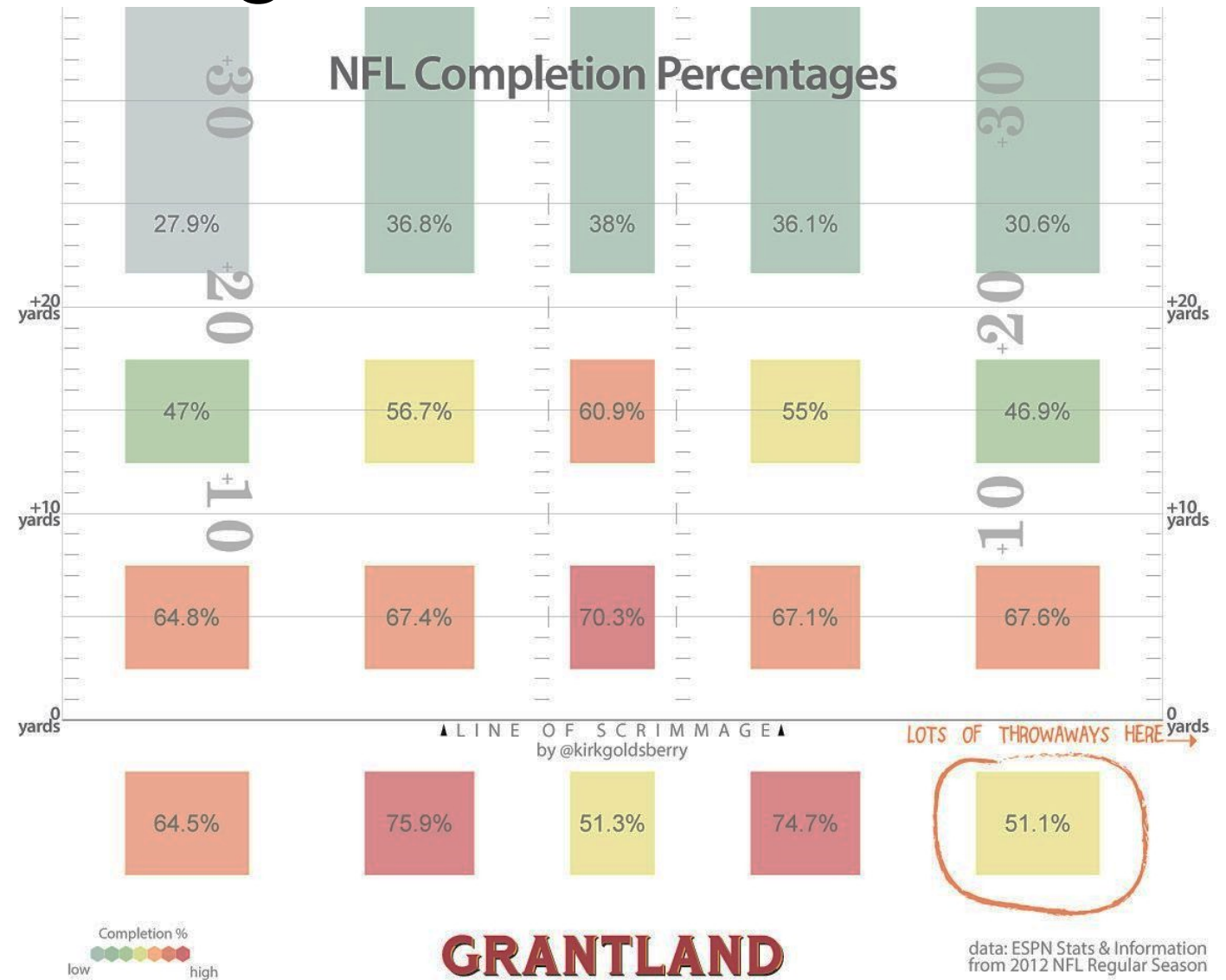
# Route Tree

- A route tree is a diagram used in football that shows the various routes a receiver can run
- It consists of a single straight line with other lines branching off it, depicting the different possible routes
- The route tree is referenced in the "NFL Play Book" – see next section



# Completion Percentages

- Know your probability of success
- Sprinkle in lower percentage passes to keep the defense guessing
- Remember the power of the outlet/throwaway passes



# The Rules

- We will play 5 v 5
- We will snap the ball. There are no repercussions for fumbling the snap.
- Download and review the Quick Field Rules document or you can review the full NFL Flag Rulebook - both documents can be found by clicking on this [link](#)
- New QB each half. You cannot use same QB until everyone has played.
- Can only question Referee on application of rule.

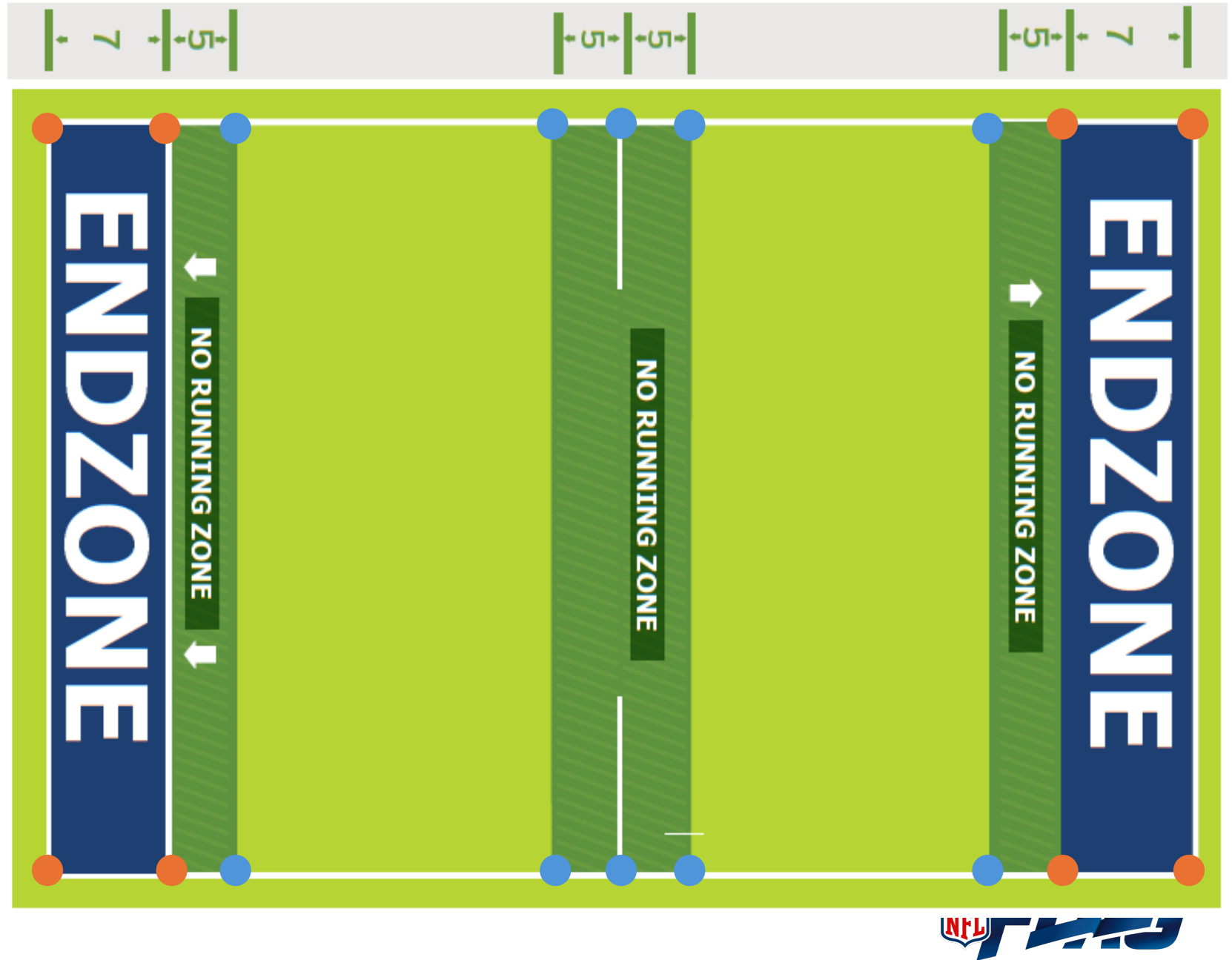
Rule	8-10	11-12	13-15
Steamboats & Rush	10 seconds, rush	5 seconds, rush	0 sec, 1-2 rushers 7 yards out can rush on snap
Coaches On-Field	Yes – all season	Yes – must leave before snap	No
No Run Zones	None	Yes	Yes
Huddle	45 sec	30 sec	30 sec





# The Field

- 4 end zone pylons
- Other pylons will mark the No Run Zones



# Equipment

- Coach's Equipment

- Whistle (bring your own)
- We Provide (you keep for entire season)
  - T-shirt (please wear it)
  - Cones
  - Footballs
  - 4 End Zone Pylons
  - QB Wrist Band (11-12 and 13-15)

- Player Equipment

- Mandatory – mouth guard
- Recommended - soccer cleats



# May 20 – What to do

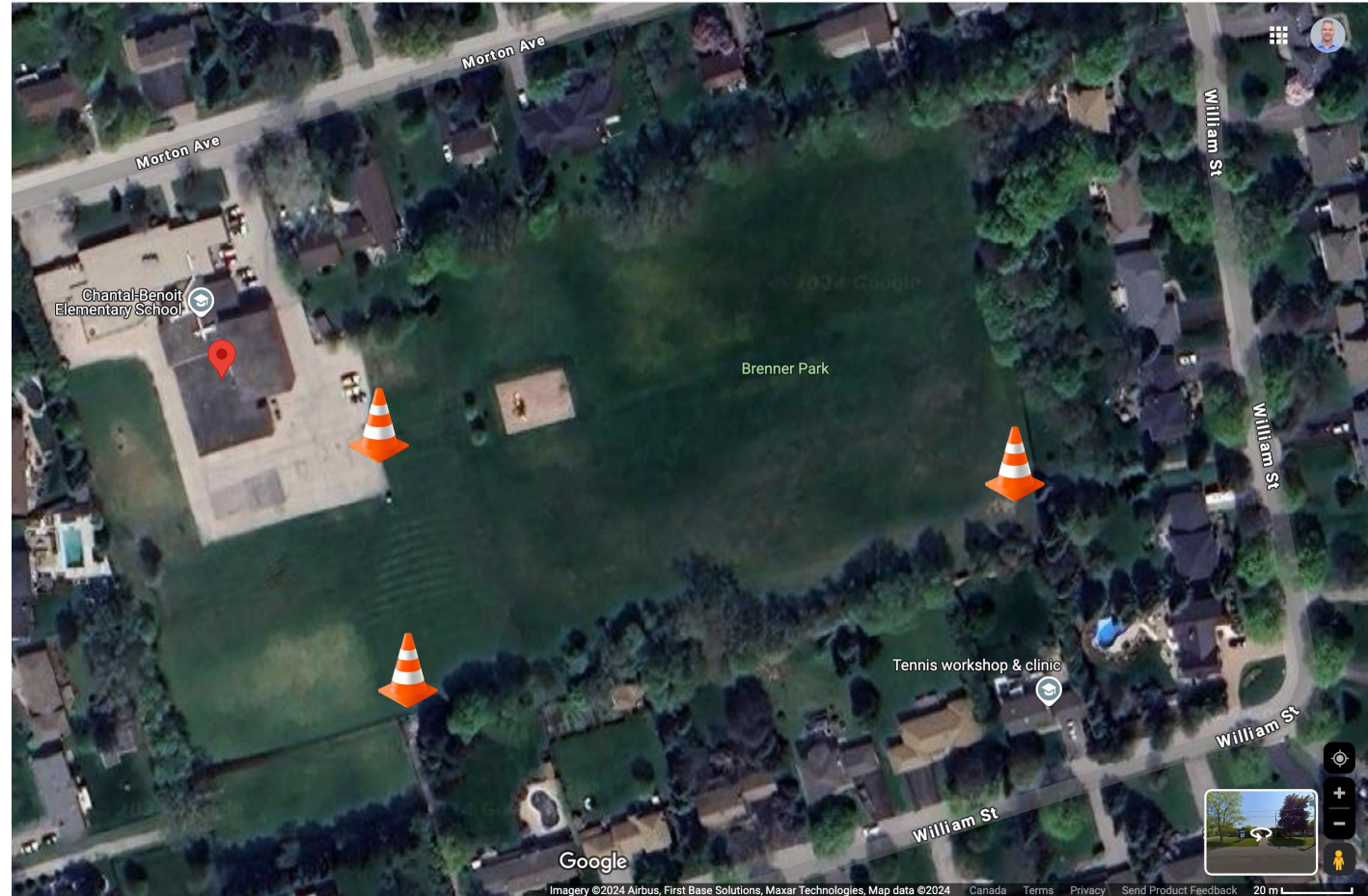
- May 20 is our first of two Practice Only sessions
- Be Prepared – know the rules / know what you are going to coach
- Come Early
  - The first day is our busiest day where most families come to the tent
  - Come at 645pm
- Go to assigned field - assignments will be at the tent
- Fields will be clearly marked (#s 1-6)





# Weather & Evacuation Exits

- 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
  - There are 3 evacuation exits 🚧
  - Missed games will be made up with Doubleheader



# Player Safety

## Dehydration

- 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

- All injuries must be reported to the tent
- Do not move an injured player
- Our first aid personnel will come to the player

## Coach & Player Interaction

- Contact and activities outside of the league sessions are **NOT** allowed and not covered by league insurance
- Do not request family emails
  - Coach's email will be available on the web site



# Thank You

- Thank you for taking on the role of Coach!
- We appreciate everything that you will do to make this season a success for your players.
- Remember success is measured not by wins, but by the enjoyment and growth (character & skills) of your players.
- Please feel free to reach out with any questions.

Gerry Aloise

[mentorflagfootball@rogers.com](mailto:mentorflagfootball@rogers.com) / 905-830-7774

