



Practice Session 1

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



Practice Session Summary

Segment	Who is Included	Rationale
Welcome	Parents & Players	Get's everyone on the same page
Ice Breaker	Players	Gets players off on a "fun foot" and get to know each other
Route Intro	Players	Allows you to intro terminology to be used during season
Skill Development	Players	Introduce and practice each skill required for season
Play Development	Players	Introduce 5-6 plays for next week's game
Rules Knowledge	Players	Introduce players to basic key rules

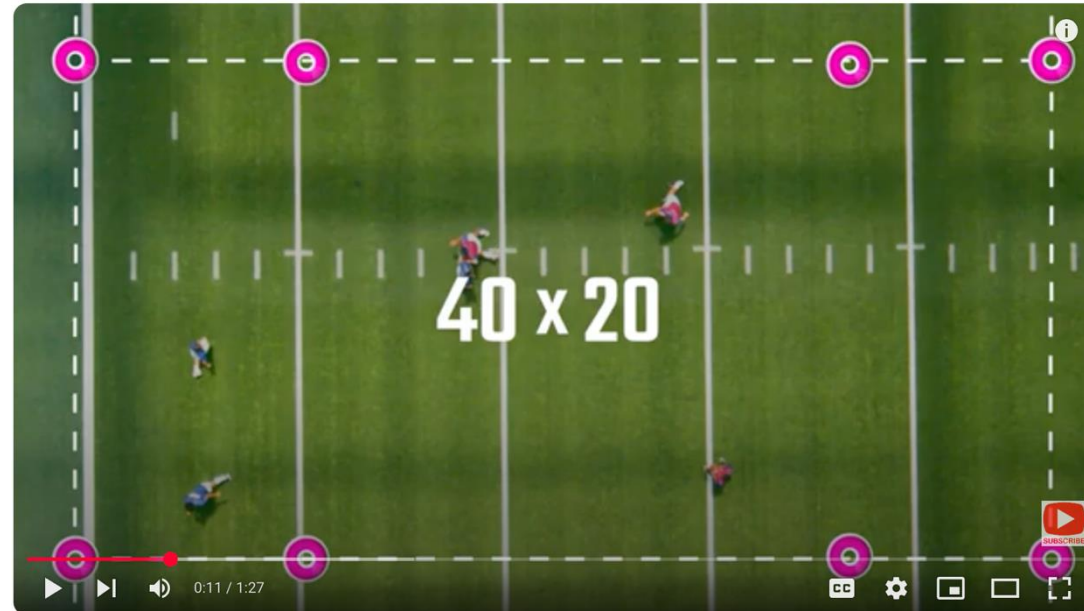


Welcome Segment

Activity	Who is Included	Rationale
Introduction	Parents & Players	<ul style="list-style-type: none">• Bring all parents and players together• Introduce yourself• Communication with the team will occur via the league
Get an Assistant	Parents & Players	<ul style="list-style-type: none">• Ask for a parent to be an assistant (helps out coach)• Someone who is comfortable with sports• Ensures things run smoothly• Will help with line changes• May step in if late or unable to attend
League Mission	Parents & Players	<ul style="list-style-type: none">• NFL Flag – Mentor is a house league• It's mission is as follows:• 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• Competition is OK as long as it does not negatively affect the delivery of the league's 4 main mission points

Ice Breaker Segment

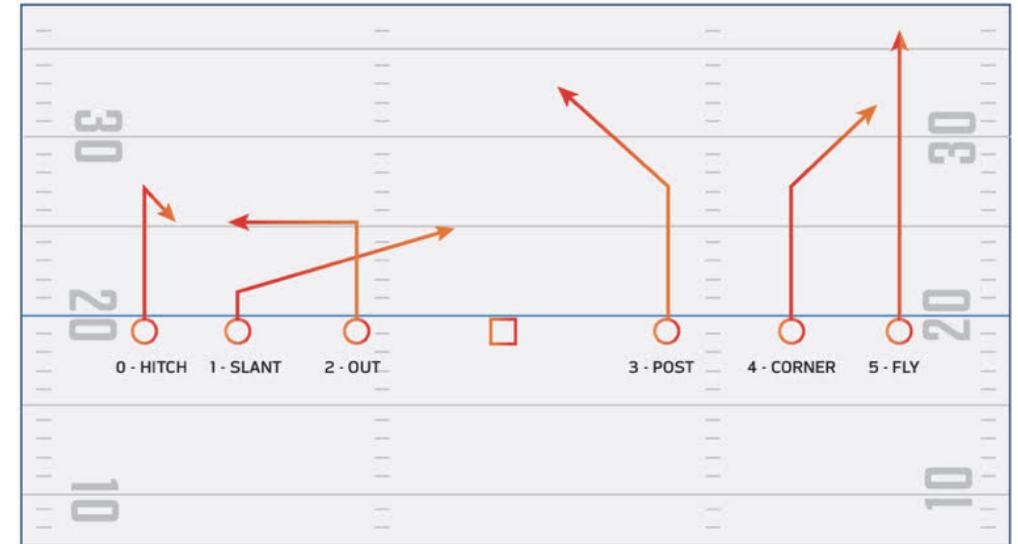
Activity	Equipment Required	Details
Ultimate Football	8 cones 1 football	<ul style="list-style-type: none">• Split team into two groups by using the reversible jersey• Place 4 cones to create a large rectangular space• Use 4 additional cones to mark an endzone at each end• This video will explain how to run the game - LINK



Route Segment

Activity	Equipment Required	Details
Route Intro	Cones	<ul style="list-style-type: none">• Use all your cones to mark out the different routes (one at a time). Don't teach all, just pick some.<ul style="list-style-type: none">○ Slant○ Comeback/Hitch/Button○ 5-Yard Out○ Post/Corner○ Fade○ Fly• Descriptions – Link• Stress that cuts be quick, tight & clean (not rounded)

NFL FLAG ROUTE TREE

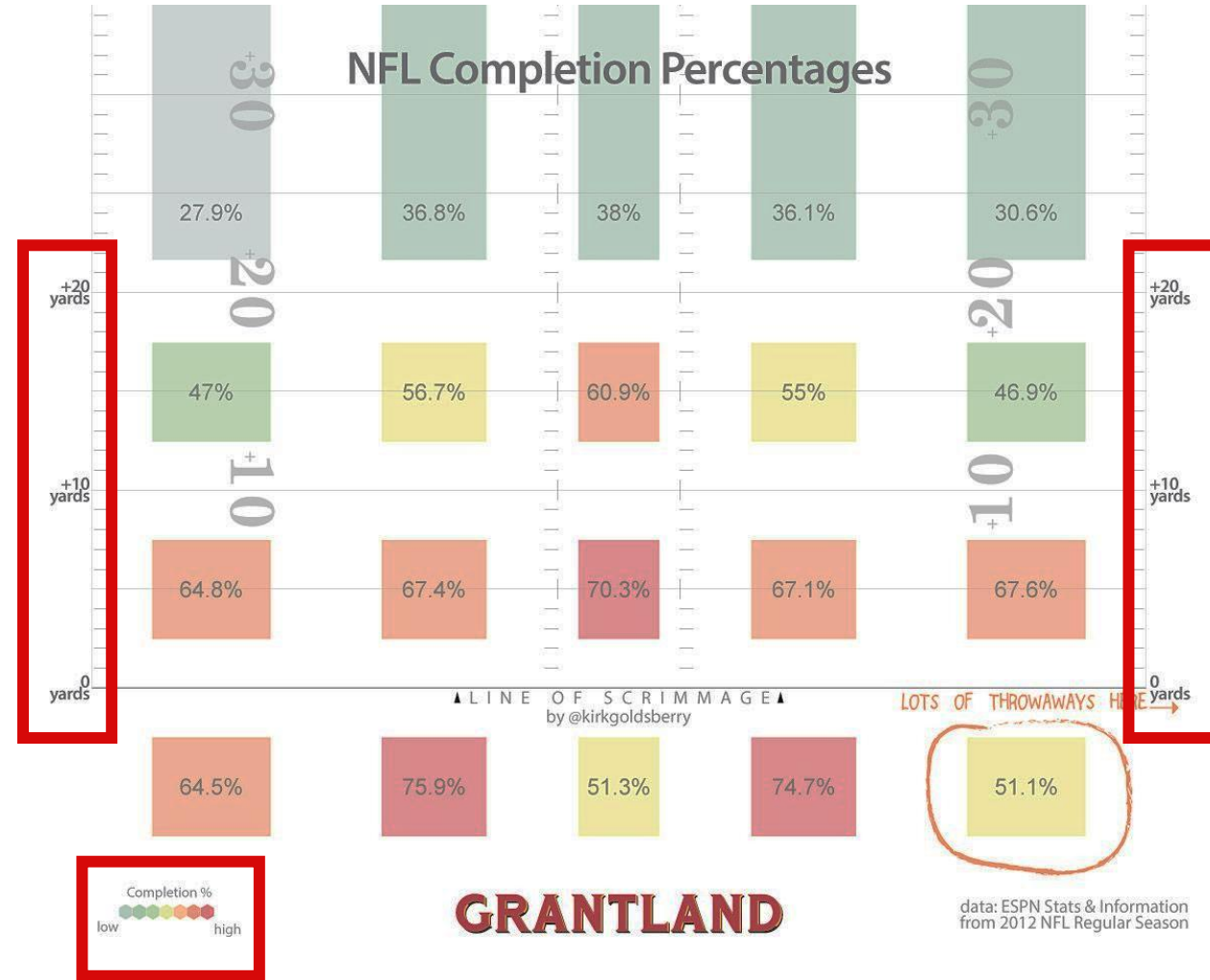


Skill Development Segment

Activity	Equipment Required	Details
Skill Development	Cones Balls Flags	<p>Here are a few basic skill development videos. Please use those appropriate for your age group.</p> <ul style="list-style-type: none">• How to Snap• How to Throw• QB Drills• How to Catch• Flag Pulling• How to Handoff (2-step)

Play Development Segment

Activity	Equip Required	Details
Play Development	Cones Balls Flags	<p>Here are a number of formations and plays. Please use those that are appropriate for your age group - Link</p> <p>Please keep in mind completion percentages.</p>



Rules Knowledge Segment

Activity	Equipment Required	Details
Rules Knowledge		Basic yet key rules will be sent out under separate cover on May 19