

Eagan Flag Football

Coaches Summary Information

Recommended run/pass play mixes to put the kids in position for success.

GRADE	OFFENSE	DEFENSE	QB	RUN	PASS
1ST	5	5	Coach	80-90%	10-20%
2ND	5	5	Coach	70-80%	20-30%
3RD	6	5	Player	60-70%	30-40%
4TH	6	6	Player	50-60%	40-50%
5TH	6	6	Player	30-40%	60-70%
6TH	6	6	Player	20-30%	70-80%

Ideally, we would like to have a flag pulled on 75% of the plays. Try to avoid 75% of the plays being an incompleton.

FAQs

- Players
 - 1-2 grade - 5 on offense vs 5 on defense (coaches are QB)
 - 3rd grade - 6 on offense vs 5 on defense (players are QB)
 - 4-6 grade - 6 on offense vs 6 on defense
- QBs can run side-to-side but cannot run with the ball past the line of scrimmage
- Starting possessions
 - 1st grade - all possessions start at midfield, no first downs
 - 2-6th grade - start the ball on their own 5 yard line or spot of turnover on downs/interceptions
 - If the offensive team crosses mid field, change of possession occurs at the spot of the ball
 - If the offensive team does not cross mid field, change of possession occurs back at mid field
 - Midfield is a 1st down
 - 4-6 grade - may not run within 5 yards of midfield or endzone (including extra points)
- Pitches and toss plays are only allowed starting in 3rd grade
- Motion is only allowed starting in 3rd grade
- Sacks and blitzing are only allowed starting in 4th grade
 - 1-3 grade - ball is dead if QB still has ball after 7 seconds
 - 4-6th grade - sacks can occur if QB still has ball after 6 seconds
- Interceptions
 - 1-2 grade - ball is dead at spot of interception
 - 3-6 grade - interceptions are live and can be run back. QBs can pull intercepting players flag

- Teams must field a roster of 5 players for a game. For 3rd grade and above, a team that has 5 players will play 5 on defense vs 6 on offense and 5 on offense (including QB) vs 4 on defense (the team that has 6+ players)
 - a team may borrow another player that is part of the 4-6th grade flag football program

Points of Emphasis:

1. Improved pace of play
 - a. Coaches **CANNOT** bring a whiteboard into the huddles
 - i. Have plays drawn up beforehand
 - ii. Avoid changing positions during a possession
 - iii. strive for 30 second huddles
 - b. Encourage no more than 1 fake per play (maximum 2 fakes per play)
2. Safety
 - a. there are no fumbles, fumbles are deemed dead ball and end of play but not a turnover
 - b. No offensive blocking
 - c. No flag guarding - Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey
 - d. If a player's flag inadvertently falls off during the play, the player is down immediately and the play is over
 - e. No covering flags with jerseys, jerseys should be tucked inside flag belts
3. Equal playing time
 - a. Goal is to get the ball into each players hands each game
 - b. Goal is to get each player a touchdown or extra point each season
 - c. Every player that would like to try QB should be provided an opportunity during the season to play QB either in a game or scrimmage.
 - i. It is not required that every player play QB equally.
 - ii. It is not required that every player play QB during the season

Reminder

- All penalties should be first considered teachable moments on how to play the game correctly and loosely applied, whenever possible, correct them before they occur or consider them "do-overs", however acts that are clearly committed to gain an advantage need to be dealt with immediately by coaches
- We are all Eagan Football - treat each other with respect and fairness. Your "competition" today will one day be your teammate.

Practice Format – skill development time mixing players between 2 teams

- 10 minutes to warm up, passing lines, let the kids have some fun.
- Skill development time; players are to be mixed between teams on the same field into small groups to rotate through stations:
 - 1st and 2nd: 20-30 minutes; 2-4 stations.
 - 3rd, 4th, and 5th/ 6th : 30-45 minutes; 3-5 stations.
- 20-30 minutes of team time to run plays.

Know what you are doing, Hustle and have Fun!

EAA FOOTBALL EXPECTATIONS

- 1. WE WILL HAVE FUN** – Its ok to be sad or angry or frustrated if things aren't going well, but remember that this is a game and we play for fun
- 2. WE WILL LEARN** – Both how to play the game and the strategy of football. You will learn that the skills and strategies you will practice are not all that different than how high school, college or professional players play.
- 3. WE WILL GET BETTER** – When we learn something new, we are often not very good at it at first. Our goal isn't perfection, it's to be better at the end of the day than we were at the beginning
- 4. WE WILL TRY** – To get better, we must try. Your effort will determine how fast you improve.
- 5. WE WILL ENCOURAGE** – We are all playing for the same team and have the same goals. Help each other. Cheer for each other. Treat your teammates like you want to be treated.
- 6. WE WILL FOCUS** – The strongest muscle of any football player is their brain. Stay in 'football mode' from the moment you step onto the field to the moment you step off of it. Your concentration will ensure...
- 7. WE WILL PLAY FAST** – Our goal is to score as much as possible. To do that we need to use every second to our advantage. If we are goofing off and not watching/listening even when we aren't doing a drill or have the ball, we cannot play fast and we cannot get better. We will not spend time talking about every play that just happened, however...
- 8. WE WILL CELEBRATE** – Touchdowns are a big deal and a team effort. Your route, your fake, your throw or your catch all play a part in scoring and when score we will celebrate loud and proud!
- 9. WE WILL CONTROL WHAT WE CAN CONTROL** – We cannot control the other team, only ourselves, so we are not going to worry about what they did right or wrong, or if they did or did not have a penalty, etc. We will not break the rules, taunt or hurt the other team and we won't react if they try to do any of those things to us.
- 10. WE WILL BE GOLDFISH** – The greatest thing about a goldfish is it has a 5 second memory. If we make a mistake (which if we are learning and trying then we will) its ok. We'll think about it for 5 seconds, learn from it, and then forget it and focus on the next play.