



*Coach's Manual*  
*2011*



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## Philosophy

This section will give you a better overview of the LMAA organization as well as Wayzata Plymouth Youth Football. We have included the LMAA philosophy, a letter from our Area Director, and a few reminders that we think can help all coaches from time to time.

## LMAA Philosophy

The Lake Minnetonka Athletic Association (LMAA) is a youth football organization established in 1961. It presently consists of eight areas, which correspond to the school boundary lines of Hopkins, Minnetonka, Westonka (Mound), Orono, St. Louis Park, Armstrong/Cooper, Wayzata and new as a provisional member Maple Grove. Each of the eight areas selects an Area Director who coordinates the activities in his or her area and reports to the LMAA Board of Directors.

The LMAA sponsors a football program each fall to offer young people in grades four through eight the opportunity to learn more about the fundamentals of football and to have fun doing it. The program has been designed for all players to enjoy the benefits of participation in youth football.

Spirit of the Rules: Coaches, Players and Parents must remember the rules are defined to create the most beneficial experience for the players. Coaches must remember that the games are to be played for the players and not for the coaches or parents creating the Spirit of the Rules.

Visit the LMAA website at: [www.lmaa.org](http://www.lmaa.org)

## Letter from Area Director

Dear Coaches of Wayzata/Plymouth Youth Football for the 2011 season:

Thank you for taking time out of your busy schedules to help make our program one of the finest in the state.

The attached coach's book is designed as a reference and how-to guide for all coaches in all grades. It has been assembled by coaches involved in our program for years and reflects what we as a program value and promote.

Our program is an instructional one that focuses on the fundamentals of the game. Our program is designed for kids to play football rather than to watch football. The primary goal of the program is straightforward; we want as many kids possible to be playing football.

We measure the success of our program in how many kids come back the next year. With the assumption being, they will return only if they had a positive experience in the prior years. While winning is certainly a factor in a positive experience it is not the primary factor for kids, parents or our program.

We take significant measures to ensure each player gets to play as much as the rules provide. We do not have elite or traveling teams for a couple of reasons. One is simply the "top players" in fourth grade may not be the "top players" in 8th grade. Secondly, evaluating players is subjective at best. One only needs to look to the highest level of players (those in the NFL) to notice that on any given Sunday on any given play, over 50% of the players on the field were drafted after the 3rd round in a 7 round system. If the pros can't evaluate talent, how can part-time, volunteer coaches look at a 4th grade player and predict how they will perform.

We also have come to learn that **kids learn more than offensive and defensive football skills** in our program. Our players learn **how to work together in a team setting** and they learn **how to resolve conflicts** by observing how adults (referees, coaches and parents) resolve conflicts. As a WPYF coach, your leadership will provide great examples for these kids to learn from and emulate for years to come.

We believe this book will provide you with ideas and some of the mechanics of how to facilitate your roles. Thank you again for your contributions of time and your willingness to develop these kids. We wish you a successful season or seasons for you and your players.

Best regards,

Curt Illikainen & WPYF Board Members

# Reminders

## Do(s):

- Make the experience **FUN** for every player!
- Have season plan to install your offense and defense before the first practice. Youth FB is a running game, passing teams lose consistently.
- Identify two likely centers and a third candidate by the end of the second practice. You may want to consider taller players so QBs don't have to reach as far. Centers must be at least an average player.
- Identify two likely QBs and a third candidate by the end of the third practice. Rotating QBs is a good idea in regards to development not to mention a backstop against injury or scheduling conflicts.
- Winning teams block well. Every player should be a blocker.
- Have a Parent meeting before end of third Practice. We highly encourage you to name a "team" Parent to assist in scheduling and other issues.
- League Rules require you to have at least two groups of players. These groups must be balanced with stronger and weaker players.
- Have a plan for your Defense.
- Coach your team to be disciplined. The Players will get "lazy" and fail to execute the techniques properly. Don't let them get away with poor technique and more importantly lack of trying.
- Always praise good effort even if the result is not what you wanted.
- Teach the players the "fundamentals".
- Teach the players their assignments. (Who does what on Offense, Defense and Special Teams).
- Use a high number of Repetitions of plays and assignments. Players must know how to react and what to do without having to think.
- Have a plan for what you will do if any player is hurt or missing. Even the toughest player in the league will miss a few plays during the season.
- Start and End Practice on time as per your schedule.
- Have players pick up all trash and equipment after every practice and game.

**Don't(s):**

- Never use profane language and don't allow it coming from the kids either.
- Never grab a player by the facemask. If you need to have the player's complete attention say, "Look me in the eye". Never put player safety second.
- Don't forget to work on special teams.
- Don't forget to teach the players the rules. Some may know very little about the rules.
- Don't forget to tell players WHY they are doing a drill, skill, tactic, etc.
- Don't forget to plan each practice.
- Don't act like a Drill Sergeant!
- Don't make it complicated
- Don't forget to coach the entire team. Players of all abilities need your attention.
- Don't waste time on excessive conditioning. Work fast on football skills to condition your players.
- Don't forget to insist that the players drink water. Bring extra water for the players that forget.
- Don't scrimmage too much.
  1. Risk of Injury is greater.
  2. Reduces the number of Reps you can get in due to "un pile time".
  3. Difficult to see blown assignments or poor technique.
- Don't practice after dark (for safety reasons).
- Don't do hitting drills with too much space. The players should not have room to get up a full head of steam. All hitting drills need to have restricted space.
- Don't mismatch players in drills. Be sure to match them up by size and ability.

## General Information

This section includes the Web sight address, Key Dates, and checklist of things needed for your first game.

## Wayzata Plymouth Youth Football (WPYF) Web sight

We encourage you to visit the area web sight for a variety of information: including weather cancellations and updates. In addition, you will find important dates, rules, schedules, and field locations.

The web site is: [www.wayzatafootball.com](http://www.wayzatafootball.com)

## Key Dates and Event Descriptions\*

**\*Please check web site for changes or updates to key dates and schedule**

Aug 8-10	6:30-8pm	<b>Trojan Clinic</b> Central Middle School (CMS) fields
Aug 11	6-8pm	<b>Roster Read off &amp; Team Meetings (4<sup>th</sup> graders)</b> West Middle School (WMS)
Aug 14	6-8pm	<b>Season Kick-off</b> (Coaches all grades) at the Medina Ballroom. There will be an opportunity to sit with the other coaches by grade and with the grade coordinator.
Aug 15	6-8pm	<b>First Practice (5<sup>th</sup>)/ Evaluations 6-8<sup>th</sup></b> CMS
Aug 16	post practice	<b>Equidraft (6<sup>th</sup>-8<sup>th</sup> grade coaches)</b> at Medina Ballroom. One head coach and one assistant per team.
Aug 17	5:30	<b>Mandatory Coaches Meeting-</b> all grades at CMS Auditorium The meeting is put on by LMAA to orient coaches with rules and expectations for the coming season. Coach's pictures will be taken immediately following the rules session. <i>Those who attended the meeting</i>

on July 28th need not attend. **Attendance at one of the meetings is a requisite to coach.**

Aug 18	6-8pm	<b>Team Announcements and First Team practice</b> (6-8 <sup>th</sup> graders)
Aug 20	8-11am	<b>Pancake Breakfast at <u>Joe Sensor's</u> Restaurant</b>
Aug 24	6-8pm	<b>Varsity Practice and Mentor Night</b> at CMS
Aug 25	5:30-	<b>Weigh In and Picture Night</b> at Central Middle School (8 <sup>th</sup> grade goes first)
Aug 29	6-6:45	<b>Black Stripers Event (5<sup>th</sup>-8<sup>th</sup> grade)</b> at Central Middle School
Aug 30	6-8:30pm	<b>Eighth Grade Jamboree</b> at Central Middle School
Sept 6		<b>First Game</b> (most teams)
Sept 16	6:30	<b>Youth Football Night</b> at Wayzata Senior High
Oct 29	9-12am	<b>Equipment Return by Coaches-</b> Central Middle School

## Checklist

Must have at every game:

- ✓ First Aid Kit
- ✓ LMAA Official Roster signed by LMAA Official and Coach.
- ✓ LMAA Rule Book
- ✓ Player phone list (cell phones preferred) and Medical Info.
- ✓ Team Playbook
- ✓ Depth Chart/Game plan
- ✓ Referee should be present 30 minutes before game time.
- ✓ If HOME night game, should lights not be turned on contact:  
*Plymouth Park & Rec @ (Ph) 612-490-1532 or 612-282-6863*
- ✓ First down chains and field markers should be present

## Season Preparation

### Equidraft Advice

- Be fair, your fellow coaches will remember next year if you take advantage of them this year.
- The Goal is for all Wayzata teams in each grade with an "Equidraft" have equal talent.
- Draft a balanced team  
Minimum of: two linemen, one QB, one RB
- Balance the pools for size and speed. Balance the pools for low and highly rated players. Each pool should have a Center and QB candidate.
- Don't only rate players on last year's performance. A very good player that hasn't grown since last year may be an average player this year, while others may see marked improvement year to year. Our objective is to keep all athletes interested in football.

### Parent/Player Meeting Example

The following is an example as to what you may want to include in your parents meeting. The content is up to you but we strongly recommend that you have a meeting following the first or second practice once your teams are in place.

- Introduce Coaches
- Players Introduce themselves
- Set Expectations:
  - When Coaches Talk Players Listen
  - Players should pay attention during drills, and watch and learn from others when not involved in a drill.
  - Parents and players are encouraged to ask questions.
  - EFFORT and ATTITUDE critical to getting better as a team
  - SPORTSMANSHIP is expected from all: Coaches, Players and Parents
  - Player to call ahead if late or missing practice or game
  - Ask players to bring water only
  - The playing time requirement is 50%, not equal
  - It is critical that parents be on time or schedule alternative pick-up of child
  - No equipment or trash left on the field following practices or games

- Go over planned schedule (practice times)
- All equipment must be present and in good repair or the child can not practice or play
- Ask for volunteer parent coordinator to assist with communication/scheduling changes
- Encourage players and parents to read the rules at: [www.lmaa.org](http://www.lmaa.org)

## Practice Plan: Example

At a minimum a coach should always hit the field with a plan. It allows for the practice to move much smoother when the activities are thought through in advance. The basics of any plan include: time for warming up, basic technique work (stance, blocking, tackling) time for working on position specific drills, offense/defense/special teams as a team. *Remember to keep the “black strippers” involved in more than blocking drills...today’s black striker may be tomorrow’s tight end, receiver or quarterback.* Make every practice FUN!

TIME	Practice Schedule	17-Aug-10
6-610	WARMUPS WAYZATA Jumping Jacks High Knee running (Butt kickers) Heel to Rear end running Toe Kick Running (Walter Payton) Back Peddle Karaoke	
610-620	Stance Balance Hand off knee Able to go any direction: 1. Left lead 2. Right lead	
620-630	Center Snap/QB	
630-635	Shoulder loosening (Top of Pads)	
635-700	Blocking with Linemen 1. Stance 2. Fire/ Stay Low 3. Lead Step 4. Arm Swing 5. Roll Hips 6. Drive Block 7. Trap Block	Drills for Backs 1. Handoff/Carry Position 2. Stance 3. Number System 4. Blocking LBs 5. Intro to First Series of Plays
700-720	Pit Drill: DT vs. G one Back w/Coach handing off	
720-750	Run offense/Scrimmage	
750-800	Rip, Smash and Score Drill (fun conditioning drill)	

# Season Plan Example

Don't get hung up on the Season plan example below. The point is that you think about what needs to be accomplished before the first game and begin to map out the season. By doing this you your team will be better prepared and your daily practice plan will be easier to write.

- |   |   |
|---|---|
| <p>Practice #</p> <p><b>1</b> Set tone for season, talk to players about expectations<br/>Basic skill drills, Blocking. Evaluate players<br/>Start finding Centers and QBs<br/>Introduce Basic Offensive Formation, Cadence, and Huddle.</p> <p><b>2</b> Try Center and QB candidates, Narrow to 3 of each.<br/>Basic skill drills, Blocking. Evaluate players<br/>Refresh Huddle, and Basic Offensive Formation<br/>Introduce First Series of 3 plays<br/>Try several players at kickoffs (if applicable)</p> <p><b>3</b> Basic skill drills, Blocking! evaluate players<br/>Reinforce first series of three plays<br/>Introduce Next Series of two or three plays<br/>Introduce Base Defense, Cover Roles and Responsibilities<br/><b>Parent Meeting</b></p> <p><b>4</b> Offensive Positions for First Game Identified<br/>Basic skill drills, Blocking. Evaluate players<br/>Punt Receiving (if applicable)<br/>Tryout long Snappers<br/>Review 6 plays</p> <p><b>5</b> Basic skill drills, evaluate players<br/>Review Defense Resp. and Reads<br/>Introduce next three plays<br/>First Scrimmage<br/>Kickoffs and Kick Receiving or Punt and Punt Receive</p> <p><b>6</b> Basic skill drills, evaluate players<br/>Review 9 plays, add next 3<br/>Review Defense<br/>Second Scrimmage<br/>Kickoffs and Kick Receiving or Punt and Punt Receive</p> | <p><b>7</b> Defensive Positions for First Game Identified<br/>Review Offense add up to 3 plays<br/>Basic skill drills, Blocking. Evaluate players<br/>Review Defense<br/>Kickoffs and Kick Receiving or Punt and Punt Receive</p> <p><b>8</b> Basic skill drills, evaluate players<br/>Review Offense, Modify plays if needed based on skills and scrimmages<br/>Review Defense<br/>Special Teams Review<br/>Scrimmage Including some Special Teams</p> <p><b>9</b> Basic skill drills, evaluate players<br/>Review Offense, Add one or two new plays<br/>Review Defense<br/>Special Teams Review<br/>Scrimmage Including Special Teams not done in Prac. # 8</p> <p><b>10</b> Basic skill drills, evaluate players<br/>Review Offense<br/>Review Defense<br/>Special Teams Review<br/>Scrimmage<br/>Equipment Check</p> <p><b>First Game</b></p> <p>Rest of Season<br/>Keep working on Blocking and Tackling<br/>Add one or two plays per week Maximum<br/>Cover Scouting reports with team<br/>Shorter Practices and less Scrimmage time every week.<br/>Make minor adjustments to Defense and Offense as needed.<br/>Give every player a second position on O and D before the 3rd game<br/>Get every non-black striper a chance to carry ball<br/>Throw every black striper a pass by seasons end</p> |
|---|---|

## Depth Chart Example

It is recommended that you establish a minimum of two deep depth chart (blue and gold) that will allow the kids to learn specific assignments and assist you with a substitution plan. Below is an example of a depth chart.

### Offense:

<b><u>End</u></b>	<b><u>Tackle</u></b>	<b><u>Center</u></b>	<b><u>Tackle</u></b>	<b><u>End</u></b>	
Davis	Hendrickson	Hill	Bailey	Olson	Blue
Brady	Simonett	Olson	Jackson	Nelson	Gold
					<b><u>Wing</u></b>
					Jones
					Smith
		<b><u>Qb</u></b>			
		Johnson			
		Anderson			
	<b><u>Hb</u></b>		<b><u>Hb</u></b>		
	Egan		McSparron		
	Onken		Egan		

### Defense:

	<b><u>DE</u></b>	<b><u>DT</u></b>	<b><u>DT</u></b>	<b><u>DE</u></b>	
<b>Blue</b>	Bailey	Hendrickson	Olson	Hill	
<b>Gold</b>	Simonett	Jackson	Anderson	Egan	
	<b><u>OLB</u></b>		<b><u>MLB</u></b>		<b><u>OLB</u></b>
	Davis		Egan		Johnson
	Brady		Olson		Nelson
		<b><u>S</u></b>		<b><u>S</u></b>	
		McSparron		Jones	
		Onken		Smith	

# Scouting Report Examples

This is a tool that can be utilized to gain a better understanding of the teams you will play in advance. In order to get any benefit out of the process it is important to fill out the information and to communicate it to the other coaches in your grade. We recommend the coaches and grade coordinators determine if this is something you want to do as a group.

## Scouting Report

Date of Game:

Wayzata \_\_\_ vs. Team \_\_\_\_\_

Final Score      Wayzata                      Opponent

### *OFFENSE*

Best Offensive Players:

Best Offensive Plays:

Tendencies:

Type of Offensive system:

Comments:

### *DEFENSE*

Best Defensive Players:

Did they stunt:

What plays work best against them:

Comments:

### SPECIAL TEAMS

### OTHER

Any thing to be concerned about or special plays to tell the others about:

Describe what you would do to prepare for this team:

# Offense

## General Advice

- **Run the ball.** Youth Football is a running game. 4 passes a game is plenty and don't forget a pass is a good way to get a "black striper" the ball.
- Offense is "strength on weakness" and weakness on strength.
  - a. Your best players on their weak players.
  - b. Size on lack of size, speed on slow.
  - c. More of your players at point of attack than the defense.
  - d. Your weaker player occupying their strong players. Use double teams, cross and trap blocks.
  - e. Continue to run plays that are working until the Defense adjusts to stop them
- Less is more, run a few plays well. 8 to 10 plays are enough for the first game.
- Run a mix of Speed, Power and Deception plays
- Do not solely rely on drive blocking
  - a. Use double team blocks
  - b. Use pulling blockers
  - c. Use Trap and Cross Blocks (use the angles alignment provides)
- Consider using two weaker players on double team blocks on most plays.
- Play action passes work better than Drop back passes.
- Run "series" of plays

A series is a set of plays where the blocking and backfield motion are similar.  
Example: RB Dive, Lead Off-tackle, Fake Off-tackle QB Bootleg, and Bootleg Pass
- Where to play your players

*Most Talented*  
#1 Blocking at the point of attack  
#2 Running with the ball.

*Lesser Talented*

#1 Wing/Split End (Do not run Reverses with a less talented player)

#2 Away from point of attack.

During the season give every eligible player a chance at RB using Dive or Lead plays or for strikers a chance to catch a pass.

- Most offensive teams run to their right, especially if it is the wide side. Try running left and to the short side of the field
- Coach your team to not tip-off the plays. Use your scrimmage opponents to help you know if plays are being tipped off.
- On Pass plays give the QB two receivers maximum to read. (any others are decoys).
- Use one of your best players as a backup Center. You must have good C-QB exchanges. A talented player will not need many repetitions to be a competent backup.

## **Play Code Example**

Set the plays in order for the play calling coach to easily find. In this example, the coach's favorite plays are represented by two numbers (see plays 51, 12, 41 and 25)

Plays numbered with both digits zero thru 5 to make it easy to use hand signals to call plays.

51	WL 21 BUCK TRAP	20	WL 24 DOUBLE TAKE
12	WR 20 BUCK TRAP	54	WR 25 DOUBLE TAKE
33	WL 39 BUCK SWEEP	15	WL 34 TAKE OPTION
45	WR 38 BUCK SWEEP	31	WR 35 TAKE OPTION
24	WL 18 BUCK BOOT	10	WL 23 TAKE COUNTER
52	WR 17 BUCK BOOT	22	WR 22 TAKE COUNTER
13	WL 11 QB SNEAK	50	WL 34 TAKE PASS
34	WR 10 QB SNEAK	11	WR 35 TAKE PASS
41	WR 20 BUCK TRAP	43	WR 34 WHAM
25	WL 21 BUCK TRAP	40	WL 35 WHAM
53	WR 38 FAKE REVERSE	21	WL WHAM PASS
14	WL 39 FAKE REVERSE	44	WR WHAM PASS
35	WL 34 TAKE	30	WL BUCK PASS
42	WR 35 TAKE	55	WR BUCK PASS

Plays in numerical order for QB wrist band (copied from above then sorted on Excel by ascending order).

10	WL 23 TAKE COUNTER	34	WR 10 QB SNEAK
11	WR 35 TAKE PASS	35	WL 34 TAKE
12	WR 20 BUCK TRAP	40	WL 35 WHAM
13	WL 11 QB SNEAK	41	WR 20 BUCK TRAP
14	WL 39 FAKE REVERSE	42	WR 35 TAKE
15	WL 34 TAKE OPTION	43	WR 34 WHAM
20	WL 24 DOUBLE TAKE	44	WR WHAM PASS
21	WL WHAM PASS	45	WR 38 BUCK SWEEP
22	WR 22 TAKE COUNTER	50	WL 34 TAKE PASS
24	WL 18 BUCK BOOT	51	WL 21 BUCK TRAP
25	WL 21 BUCK TRAP	52	WR 17 BUCK BOOT
30	WL BUCK PASS	53	WR 38 FAKE REVERSE
31	WR 35 TAKE OPTION	54	WR 25 DOUBLE TAKE
33	WL 39 BUCK SWEEP	55	WR BUCK PASS

## Defense

## General Advice

- **Stop the run.** Very few teams pass well.
- Defense is "strength on strength".
  - a. Your best players on their best players.
  - b. Size on size, speed on speed.
  - c. Number of players at point of attack
  - d. Take away their best plays.
- Most teams rely on sweeps. Be prepared to stop them.
- Stop the fake sweep/ halfback pass
- Backside players must be disciplined to stop reverse/counter plays
- At grades allowing motion practice reacting to it.

- Where to play your players  
*Most Talented*
  - #1 MLB/ILB
  - #2 Left side DE
  - #3 Right DE (Must be coachable to play reverse)
  - #4 NT at 7th and 8th grade level

*Lesser Talented*

DTs, one Safety (not both), Short side of the field

- Most offensive teams run to their right, especially if it is the wide side.
- Most teams will tip-off their plays. Teach your players to read the tips. Use code words so your opponent doesn't know you are reading their plays.

*Example:* They only run a reverse from a certain formation, call out a color. They only run a pass play from another formation, call out a state.

- LB and DBs must move forward on the snap. Move then read the offense. If they read first they trail every play.

## Reads and Responsibilities Example

### 4-3-2 (4 Linemen, 3 Linebackers, 2 Safeties)

*DE*

- Resp. 1. Contain sweeps / first step with inside foot  
 2. Contain Reverse and bootleg  
 3. Penetrate 2 yards every play  
 4. Sack QB on Pass plays

- Reads 1. Tight End  
 2. QB

*Tackles*

- Resp. 1. Penetrate and go to the football, TACKLE any back that might have the ball  
 2. Gap between OG and TE

- Read 1. Guard

*MLB*

- Resp. 1. Go to the football  
 2. Gaps between Guards and Center  
 3. Pass coverage Middle of the Field

- Read 1. Flow

## *OLB*

- Resp. 1. Contain Sweep / first step with outside foot  
2. Contain reverse and bootleg  
3. Passes a. Strong side covers inside receiver  
b. Weak side cover QB or RB
- Read 1. Strong side OLB reads Inside receiver and QB  
2. Weak side OLB reads QB and nearest RB

## *Safety*

- Resp. 1. Pass a. Strong side cover outside Receiver  
b. Weak side covers End  
2. Plays pass FIRST, Watch for trick plays  
3. Runs, Go to Football
- Read 1. Strong side reads Outside Receiver then QB  
2. Weak side reads End then QB

## *CB*

- Resp. 1. Think pass first  
2. Come up hard when you know it is a run
- Read 1. Wide receiver, QB, and flow

## **5-3-3 (5 Linemen, 3 LBs, 3 DBs)**

- DE* Resp. 1. Contain sweeps / first step with inside foot  
2. Contain Reverse and bootleg  
3. Penetrate 2 yards every play  
4. Sack QB on Pass plays
- Reads 1. Tight End  
2. QB

- DT* Resp. 1. Penetrate, go to the Football, TACKLE any back you can reach  
2. Gap between G and T  
3. Sack QB on passes
- Read 1. Tackle

- NT* Resp. 1. Go to the football  
2. Gaps between C and Gs  
3. Sack QB on pass plays
- Read 1. C

- MLB* Resp. 1. Go to the football  
2. Gaps between Guards and Center  
3. Pass coverage Middle of the Field
- Read 1. Flow

**OLB** Resp. 1. End Tackle Gap/ first step with outside foot  
2. Contain reverse and bootleg  
3. Passes a. RB their side  
b. Weak side QB on "sweep pass" or RB their side  
Read 1. RB and QB

**CB** Resp. 1. Covers outside Receiver  
2. Plays Pass First  
3. Supports DE on Sweeps  
4. Stays home to prevent Reverse/Bootleg  
Read 1. Outside Receiver

**S** Resp. 1. Pass Covers inside Receiver, covers motion once past TE  
2. Plays pass FIRST, Watch for trick plays  
3. Runs, Go to Football  
Read 1. Inside Receiver

## Special Teams

### General Advice

- Minimize chance for turnovers.
- Field position is less important in youth football.
- Most returners are right handed and will run to their right.

#### Kickoffs

1. The easiest way to give up a TD is to Kickoff deep to your opponent's best and fastest player.
2. Consider squib (ground ball) and onside kickoffs every time unless you have a comfortable lead.

#### Kick Receiving

1. Teach your players to fair catch a short one "in the air".
2. Cover up onside kicks on the ground.
3. No Clipping

#### Punting

1. Have a good punt fake.
2. Punts are another way to give up an easy TD.
3. Consider not punting unless you have a comfortable lead.

4. Put a talented athlete at long snapper.
5. Cover the backward bounce.
6. Punt away from the returner.

**Punt Receiving**

1. Assume your opponent is faking the punt.
2. One good athlete Medium deep is enough.
3. Teach all players to leave the punt alone unless they have a lot of room.

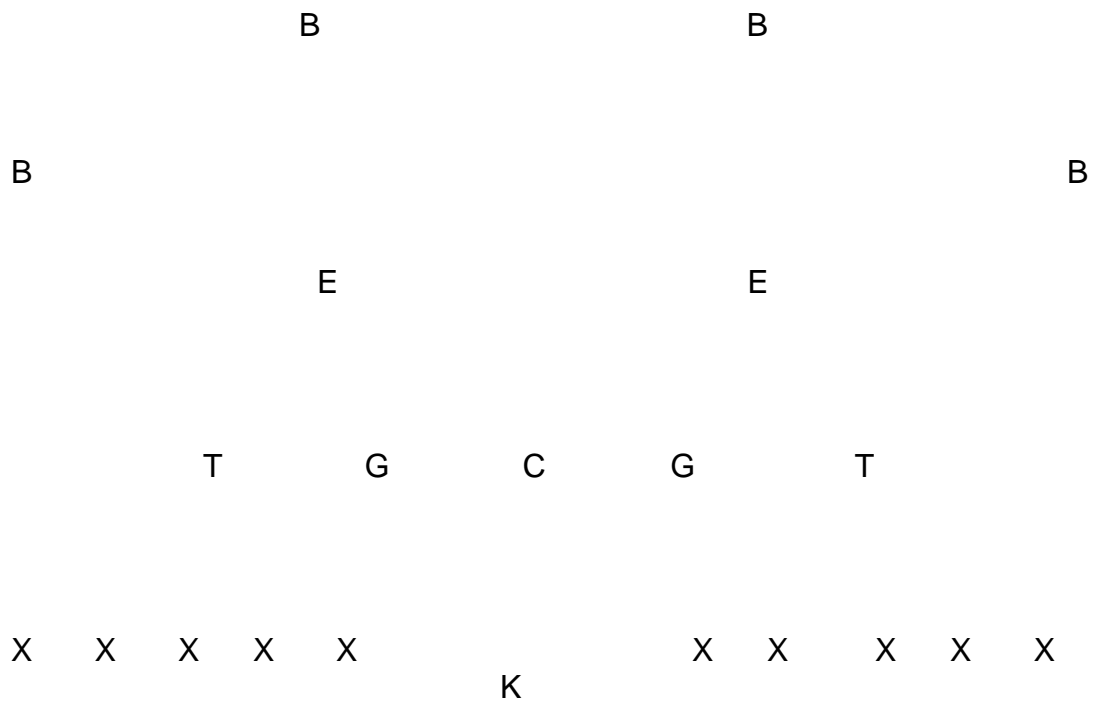
**Kickoff/Kickoff receiving situations to practice:**

Weekly	Monthly
1 yard kick	Reverse by receiving team
8 yard kickoff untouched	Dropped pass/lateral
8 yard kickoff touched by receiving team	Fake reverse
Pop-up kickoff to front line	Free kick after safety
Squib kick	Out-of-bounds rule
Walk thru stay in lanes	Fair catch
Muff by receiver	Hold ball on tee on windy days
	Onside kick right, left, middle
	Backward pass/lateral by receiving team

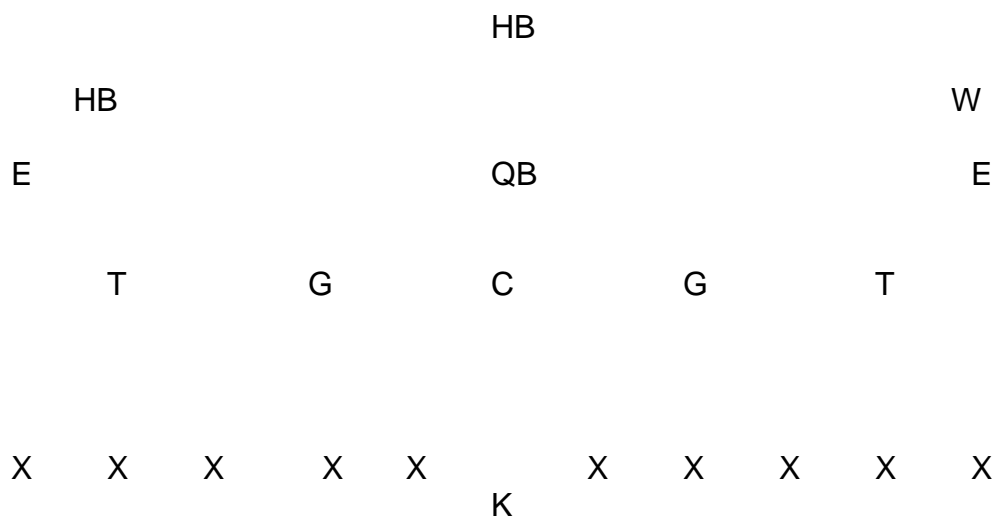
**Punt/Punt receiving situations to practice:**

Weekly	Monthly
Bad snap	Pooch punt
Blocked punt	Fumble
Fake	Accidental touch (not downed) by punt team
Punt out of bounds	Out-of-bounds rule
Let it bounce, down it	Ball is rolling towards end zone
Walk thru fan-out to cover the entire field	Intentional safety
Fair Catch	Fair Catch fumble
Uncovered wide receiver	
Long count to draw you offside	

**Kickoff Template/Positions**



**Kickoff Receive Template/Positions**



## Bibliography

Use the usafootball.com website as a resource for drills, practice planning and play templates.

Here is a list of books for those looking for additional coaching material.

<u>Title</u>	<u>Author</u>
<i>Coaching Youth Football</i>	John T. Reed
<i>Coaching Youth Football Defense</i>	John T. Reed
<i>Gap-Air-Mirror Defense for Youth Football</i>	John T. Reed
<i>Football Drill Book</i>	Doug Mallory
<i>New Coach's Guide to Youth Football Skill and Drills</i>	Tom Bass
<i>Coaching Football Technical and Tactical Skills Program</i>	American Sport Ed.
<i>Coaching Football for Dummies</i>	National Alliance for Youth Sports
<i>101 Special Team Drills</i>	Paul McCord

## Final Thoughts

Coaching youth football is a tough but rewarding job. It takes dedication and patience. One of the greatest challenges for a youth Coach is how to improve the skills and build the confidence in the weaker players on your team. Every team has a few of those gifted athletes; the player who loves to learn, loves to hit and hangs on to the Coaches every word. However, the best Coach, and often with the most successful team, is the Coach who figures out how to improve and motivate the bottom half of the roster.

***The greatest compliment a coach can receive is to see every one of their players return to the league the next year!***

### Coaching Tips

Teaching a technique:

- 1) Describe what needs to be done and why.
- 2) Show the player how to do it (role-play).
- 3) Ask the player to practice it (drill for improvement).
- 4) Review the technique and critique (build confidence).

How to critique a player “the compliment sandwich”:

- 1) Compliment the player on something they did well,
- 2) Review what you want them to correct or improve,
- 3) Compliment their efforts, improvement or attitude.

Example: “Billy that’s a great job of getting your head in front and making a form tackle. Now, I would like you to do the same thing but keep your feet driving through the tackle. You are going to be a great hitter Billy-keep up the great effort!”

### **Common Mistakes**

Not holding a parent meeting at which you explain your policies on position assignments, playing time, practice attendance and asking for parent assistance.

Wasting practice time on conditioning. An efficient practice with minimal standing-around time will take care of the conditioning better than pure conditioning drills.

Placing all good players in the backfield and all weak players on the line.

Failing to give centers, long snappers and quarterbacks enough reps so they can master their assigned skill.

Too many offensive or defensive plays or formations. It is not about the X’s and O’s, it is about where you place the players to best fit their abilities and how well can they can block and tackle.

Taking too much time to explain or run plays in practice, while players are standing around being bored.

Neglecting to spend time on special teams each week (6<sup>th</sup>-8<sup>th</sup> grades).

Killing drives by throwing incomplete passes or interceptions. Control the ball.

Failing to work on form tackling and blocking at least ten minutes each every practice.

Letting players hit full speed and tackle to the ground in practice. Form tackling can be instructed with a two to three step lead.

Not containing the corners on defense. Position good tacklers to stop the outside play.

### **What should be expected?**

In addition to the WPYF Associations goals of our coaches contributing to the development of the young person's:

- Sense of Achievement
- Leadership Skills
- Positive Self-Image
- Social Skills
- Teamwork

### **4th & 5th Grade Coaches Goals and Objectives**

- 1) To teach every player that football is fun!
- 2) To teach the fundamentals of football; offense vs. defense, offense blocks, defense tackles, positions...
- 3) To teach every player the proper football stances
- 4) To teach every player how to block (blocking drills should be for every player)
- 5) To teach every player how to form tackle and do it every practice
- 6) Allowing every player to contribute and by the end of the season, have the team's weakest players are the most improved players on your squad.

Remember:

The game of football has only one QB at a time, however; practice can provide an opportunity for every player to touch the ball!

If every 4th & 5th Grade player finished the season having learned the proper football stances, became proficient at blocking and tackling and had fun learning it- this was a successful season!

### **6th, 7th & 8th Grade Coaches Goals and Objectives**

- 1) Coaching the team so that football continues to be fun for every player
- 2) The expectation that every player will improve on the contact skills (blocking and tackling).
- 3) Develop the specific skill sets required to play the various positions.
- 4) By the end of the season having each player more confident in themselves and their teammates than when the season began.

**Remember:**

Not all players mature at the same level or time of their lives. Do not ask more of your players than they are capable of- it is your task to train and find those tasks that each player can succeed at. Enjoy the game and experience!