

North Kingstown Flag Football

IMPORTANCE OF EQUAL PLAYING TIME

NFL FLAG recommends you do your best to provide equal playing time for each child. Remember, NFL FLAG is a platform for young athletes to learn the basics of football and every player should have the opportunity to better their skills equally. Coaches should strive to ensure that every player leaves a game feeling as though they were part of the outcome, for better or worse. No child athlete deserves to feel left out or worse, unwanted, because the coach decided to play the more skilled players in a quest to win.

The idea of equal playing time and offering the players the opportunity to live their dream is so much more important than “the win” or “the great play”. When the whole issue of winning becomes primary, then participation suffers. Let the players win as a team, and also let the players lose as a team, either way it’s a character building opportunity that we can’t afford to keep from the young athletes.

Playing Time

All players should have equal playing time. Ideally players should play offense and defense, so they can learn both aspects of the game. Coaches can rotate their players at their own discretion as long as the kids get equal playing time. A few suggestions for rotating your players are given below.

Ten Player Rotations

Divide your team into two relatively balanced squads of 5 players (i.e. black and gold).

Half-time Rotation: Black squad plays offensive for first half of game and defense for second half. Gold squad plays defense for first half of game and offense for second half.

Alternate Rotation: Black squad plays one offensive series and the subsequent defensive series. Gold squad comes in for next offensive series and subsequent defensive series. Continue rotation throughout game.

Rotations with Less than Ten Players

Number your players 1-x, making sure that # 1 and #6 are QBs (that guarantees you will always have a QB on the field). Follow these rotations, depending upon how many players you have:

9 PLAYERS	Defense 1-2-3-4-5	
Offense 1-2-3-4-5	8 PLAYERS	7 PLAYERS
Defense 6-7-8-9-1	1-2-3-4-5	1-2-3-4-5
Offense 2-3-4-5-6	6-7-8-1-2	6-7-1-2-3
Defense 7-8-9-1-2	3-4-5-6-7	4-5-6-7-1
Offense 3-4-5-6-7	8-1-2-3-4	2-3-4-5-6
Defense 8-9-1-2-3	5-6-7-8-1	7-1-2-3-4
Offense 4-5-6-7-8	2-3-4-5-6	5-6-7-1-2
Defense 9-1-2-3-4	7-8-1-2-3	3-4-5-6-7
Offense 5-6-7-8-9	4-5-6-7-8	REPEAT
Restart rotation	REPEAT	