



COACHES MEETING

Spring
2026

Boise and
Meridian
Leagues

AGENDA

- Introductions
- FNF Programs
- Season Schedule
- Sponsorship
- Code of Conduct
- Coaching Tools
- New Coaches

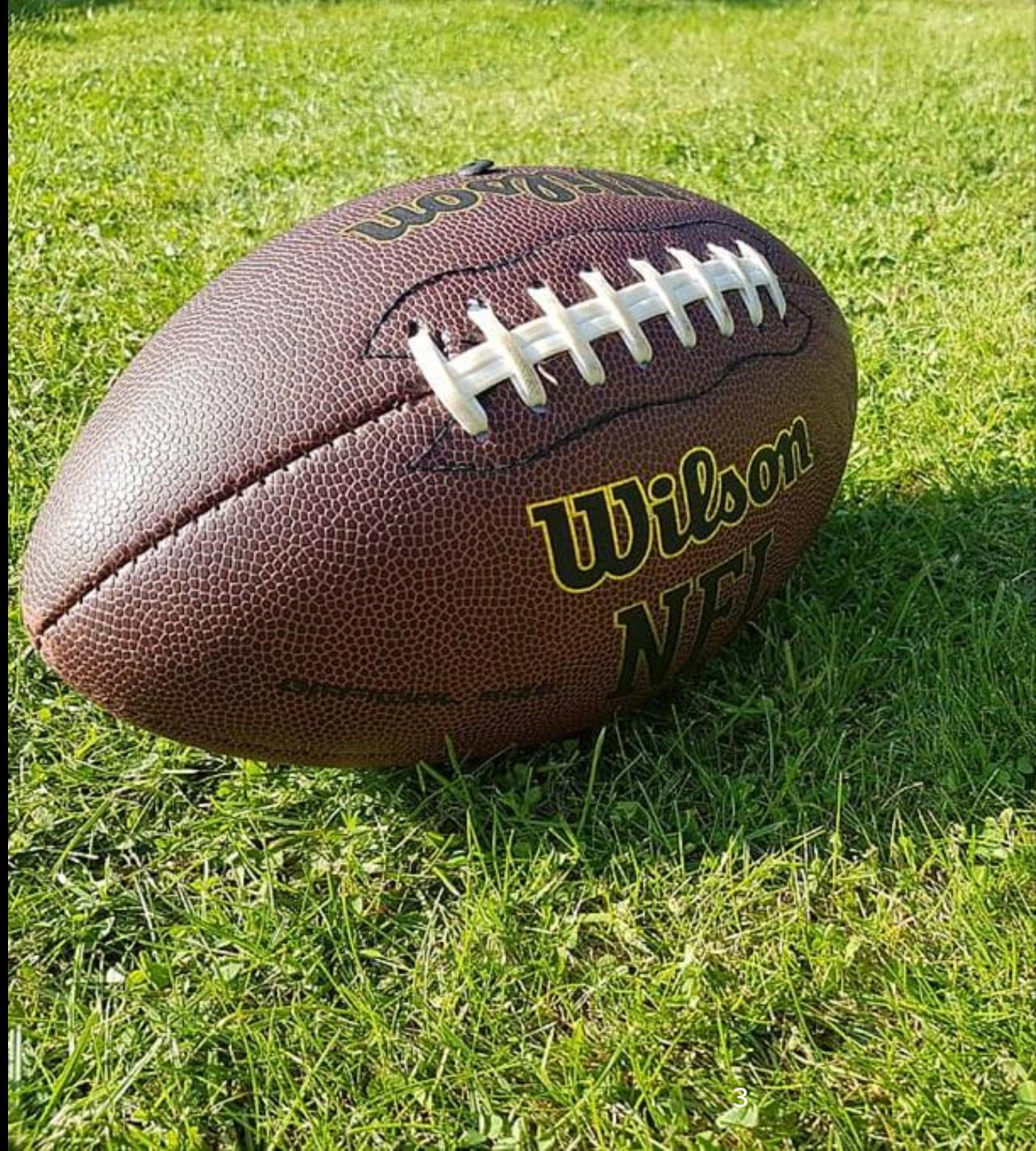


INTRODUCTIONS

OWNER: Trevor Huish
(480-266-8874)

LEAGUE OPERATOR: Asa Shepherd
(208-283-8512)

FIELD MANAGERS: Holden, Rob,
Justin, and Tom



COACHES CLINIC



- August 11th
- 11:00 am-12:30am
- Mt. View Park Boise -7006 W Ustick Rd (Park off of Kingston lane/ North side of park)
- If weather is bad, you will be notified of a new location
- Drill Demonstrations, coaching tips, plays, Offense/ Defense Discussions

If interested in attending, scan the QR to sign up!



Spring Break Camp

DATES: March 17th-19th

SESSION 1 TIME: K-6th 11-12:30pm

SESSION 2 TIME: 7th-10th 1:15-3:15

LOCATION: Boise High Football Stadium

- Learn from current and former Boise State players
- Featured NFL players Scott Matlock, Avery Williams, and Alexander Mattison
- Speed and agility training
- Interactive drills
- **LOOKING FOR VOLUNTEERS**
- **Coach DISCOUNT CODE: 550781**



FRIDAY NIGHT FLAG PRESENTS
SPRING BREAK
KICK-OFF FOOTBALL CAMP

Kick Off the 2026 Gridiron Dreams x Friday Night Flag Spring Season
With a Three-Day Camp Coached by Current and Former Boise State Broncos

Featuring Alexander Mattison - Miami Dolphins
Scott Matlock - LA Chargers Avery Williams - Atlanta Falcons

Boise High School Stadium
1010 W Washington St, Boise, ID 83702

March 17-19, 2026

K-6th Grade 11:00 AM - 12:30 PM	7th-10th Grade 1:15 PM - 3:15 PM	REGISTRATION FEE \$199
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Registration Is Live At FRIDAYNIGHTFLAG.COM

KENDALL In Collaboration With: **GRIDIRON DREAMS FOOTBALL ACADEMY**

Overtime Skills Camp

- Settlers Park: June 2nd-5th
- Heroes Park: June 9th-12th
- Renaissance Park: June 16th-19th
- Settlers park (2): June 23rd-26th



7v7 Passing League

- 4 week season May- June 18th
- Limited Practices
- Great competitive fun
- Supports comprehensive football growth, particularly for skill-position players
- Great introduction into competitive 7v7

A promotional graphic for the Treasure Valley 7v7 Passing League. The top half features a photograph of a player in a white jersey jumping to catch a football. The background is a grassy field with trees. The text is overlaid on the image in various colors and fonts. At the top, 'TREASURE VALLEY' is in red. Below it, '7v7' is in large white letters, and 'PASSING LEAGUE' is in white on a red banner. A red banner below the photo says 'END OF MAY-JUNE 2026'. Further down, 'TUESDAYS | THURSDAYS' and '4 WEEK SEASON' are in red. Below that, 'BUILD STRONG FOOTBALL SKILLS' is in red. At the bottom, 'INDIVIDUAL PLAYER OR FULL TEAM SIGNUPS AVAILABLE' is in white. A red banner at the very bottom contains a globe icon and the website 'WWW.FRIDAYNIGHTFLAG.COM' in white.

TREASURE VALLEY

7v7

PASSING LEAGUE

END OF MAY-JUNE 2026

TUESDAYS | THURSDAYS

4 WEEK SEASON

BUILD STRONG FOOTBALL SKILLS

INDIVIDUAL PLAYER OR FULL TEAM
SIGNUPS AVAILABLE

WWW.FRIDAYNIGHTFLAG.COM

Tournaments

Friday Night Frights



Turkey Bowl

BOISE LEAGUE



Games played at Expo Idaho Fields—5610
Glenwood Blvd. (next to Boise Hawk
Stadium)

Field Support: Asa (208) 283-8512

Game Times range from 5:15 to 8:15pm

Multiple divisions in each grade

K: 10 Teams

1-2: 26 Teams

3-4: 34 Teams

5-6: 24 Teams

**7-8: 16 Teams (Meridian
and Boise)**

BOISE LEAGUE SCHEDULE

GAME TIMES: 5:15, 6:15, 7:15, & 8:15

GAME NIGHTS

Week 1: April 3rd

Week 2: April 10th (Picture Day)

Week 3: April 17th (Picture Day)

Week 4: April 24th

Week 5: May 1st

Week 6: May 8th (Play-offs)

Week 7: May 15th (Championships)

MERIDIAN LEAGUE



Games played at Tree City Church—3852 N Eagle Rd. (between Ustick and McMillan)

Field Support:

Trevor (480)266-8874

Holden (480)567-2872

Game Times on Thursdays and Fridays range from 5:15 to 8:15pm- Opening Night on Wednesday

K: 12 Teams

1-2: 36 Teams

3-4: 40 Teams

5-6: 30 Teams

7-8: 16 Teams

Girls Only FLAG

3rd_5th 14 Teams

6th_8th 6 Teams

MERIDIAN LEAGUE SCHEDULE

GAME TIMES: 5:15, 6:15, 7:15 & 8:15

GAME NIGHTS- THURSDAY or FRIDAY

Week 1: April 1st (Wednesday) or 2nd (Thursday)

Week 2: April 9th or 10th

Week 3: April 16th (Picture day) or 17th

Week 4: April 23rd or 24th (Picture days)

Week 5: April 30th or May 1st

Week 6: May 7th or 8th (Playoffs)

Week 7: May 14th or 15th (Championship)

CREATING TEAM DIVISIONS

- Different Grades split into divisions based on skill, grade level, coach requests
- Feedback from coaches (Do you have a QB? Do you have players that can catch? Pull Flags? How many returners?)
- Put into divisions for playoffs based on point differential not win loss record
- All teams make playoffs, separate into multiple playoff skill groupings

PRACTICES

SCRIMMAGES

One scrimmage is allowed pre-season. This is optional and can be an addition to weekly practices. Coaches can schedule their own scrimmages. We will also use scrimmages to train officials.

- Practices begin the week of March 9th
- One practice per week; Four practices during pre-season
- Can be an hour and a half or less
- You pick Location, Day, and time for practice

JERSEY PICK UP

Coaches pick up jerseys. You are welcome to pick up at either location.

MONDAY, MARCH 23TH

- 5:00—7:00pm
- Dick's Sporting Goods
- 3415 N. Eagle Rd.
Meridian, ID

WEDNESDAY, MARCH 25TH

- 5:00—7:00pm
- Dick's Sporting Goods
- 131 N. Milwaukee
Boise, ID

TEAM SPONSORS- REQUIRED

**\$250 TEAM Sponsorship
Required at time of Jersey pick**

Team Sponsors Receive:

- Logo on FNF Website for six months
- Logo printed on banner that is displayed on the field
- FNF emails will include Sponsor Logos for six months
- Ability to do booth or other promotion at field if interested

Sign up to be a sponsor at
www.fridaynightflagsponsors.com

FIELD SPONSORS -OPTIONAL

\$800 Field Sponsorship for...

- Field named after Business
- Large, 8-foot feather banner with Business name next to Field
- Recognition on Friday Night Flag Schedules



REFEREES

CONTACT: Asa or Holden with refereeing issues so we can correct them.

Boise:

ashepherd@fridaynightflag.com

Meridian:

holden@fridaynightflag.com



Respect for Referees:

Please remember that most referees are young and developing officials. Coaches and fans are expected to treat them with respect at all times. Disrespectful behavior will result in a warning and may lead to further action if it continues.

Rule Challenges:

One referee will have the official rulebook downloaded on their phone. Each team may call **one timeout** to challenge a call **only if a rule has been misapplied**.

- If the challenge is correct, the team will **retain their timeout**.
- Challenges **cannot** be used for judgment calls (e.g., spot of the ball, pass interference, etc.).

Field Managers:

Field Managers will rarely overturn judgment calls. Their role is to ensure proper **rules enforcement and correct procedural issues**, not to re-officiate subjective decisions.

- Judgment calls stand
- Procedural errors may be corrected

REFEREES (CON)

- Referees are assigned to a field by experience level and age
- Every year we lose referees because coaches and parents yell at them
- Creates a cycle where we have less experienced referees who are more prone to make mistakes
- Our referees are better paid and trained than any other flag football league, but we need to retain them!
- A referee who completes one season will have done 28 games
- Aleigh, Redford- 5 years~252 games

CODE OF CONDUCT

- Review and practice the Friday Night Flag Rules.
- Organize practices that are fun and challenging.
- Place the well being of players ahead of desire to win.
- Treat each player as an individual; emotional/physical development may be different for each child.
- Lead by example, demonstrate fair play and sportsmanship.
- **Do not harass referees or other team members.**

CODE OF CONDUCT (CON)

- Provide each child with equal play time during practice and games.
- Refrain from cursing, yelling or using negative language at practice and games.
- Provide a safe playing situation for players free of drugs and alcohol.
- Make sure all players are picked up after practice and games.
- You are a youth sports coach, this game is for the children, not adults.
- Encourage parents to read and obey the code of conduct



COACHES CODE OF CONDUCT (CON)

Disciplinary Actions:

- 1st instance- Email warning from Trevor
- 2nd instance- 1 game suspension
- 3rd instance- Suspended for rest of season
- This does not include physical contact which will result in immediate suspension of at least one game and possibly the rest of the season

- Having a conversation with a referee different then berating referee (only Head Coach should be talking to referee. If head coach is gone then one assistant can talk to referee).
- If having problems have a parent get Asa, Trevor, Holden, or Justin to watch game

PLAYING TIME LINEUP

11 players- (Mid quarter subs must be used)

- 4 players play 1.5 Q's, 7 play 2 Q's

10 Players- (No mid Q's Necessary)

- 10 players play 2 Q's

9 Players

- 2 players play 3 Q's, 7 play 2 Q's

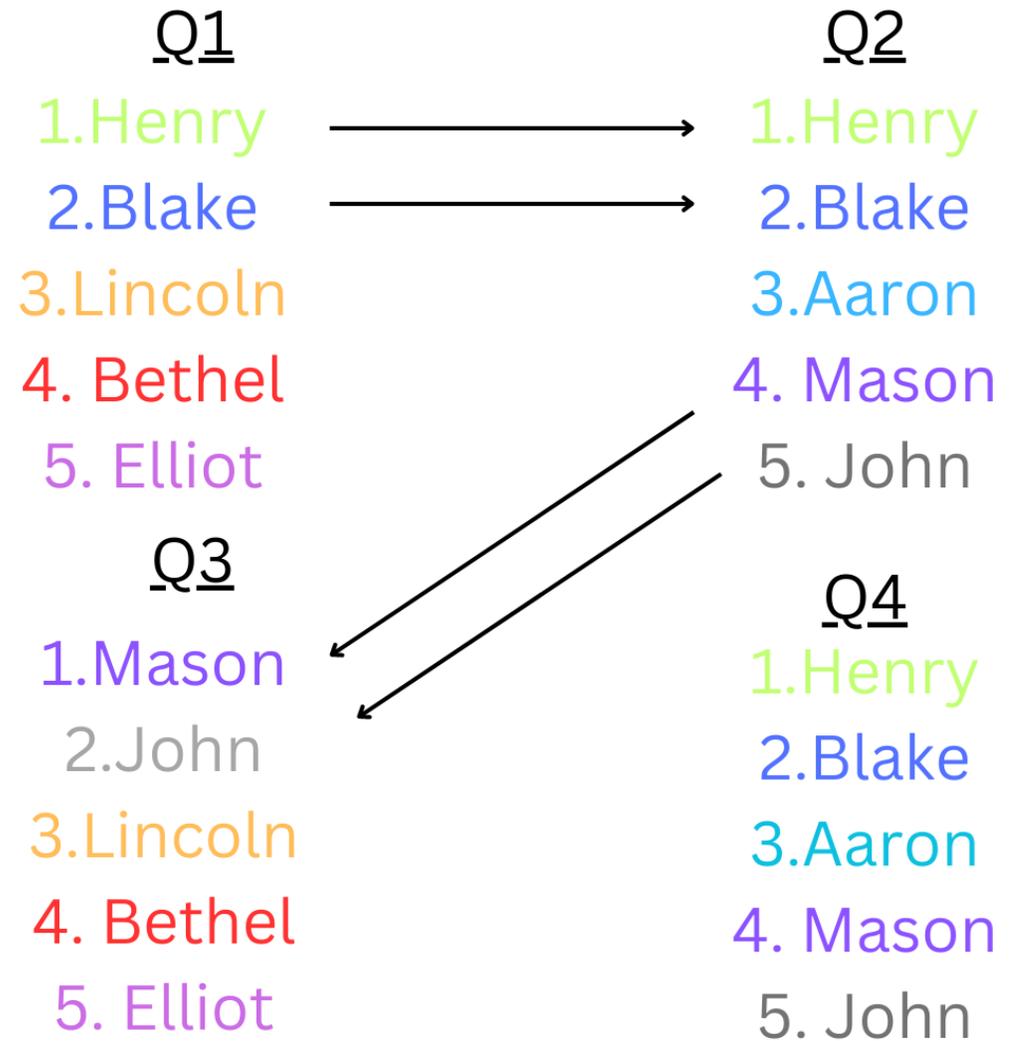
8 Players

- 4 players play 3 Q's, 4 play 2 Q's

7 Players

- 6 players play 3 Q's, 1 plays 2 Q's

*No players play 4 full Q's (unless 6 players or less)



CHANGES TO THE RULEBOOK

- Snap can be dropped by QB if immediately picked up, play is not dead unless a legal defender is in proximity. 7 second rule is in affect
- 4th down option
- No hurtling or diving to advance the ball, jumping/ jump cuts is allowed
- Winner of coin toss chooses to take the ball in the first or second half loser chooses direction
- 1-2, 3-4, 5-6, 7-8: Offensive Coach allowed to be behind Offense during play, Defensive coach can never be on field except pre-snap
- Penalties issued if coach is on the field and impedes the play
- 1st and 2nd Grade division- Defensive coaches must be off the field during plays- too many issues
- Kinder defensive coaches can still be on the field but please stay out of the way

COACHING TOOLS— COACHING CORNER ON WEBSITE

COACHES CORNER ON FNF WEBSITE

[Coaches' Corner \(fridaynightflag.com\)](http://fridaynightflag.com)

- Friday Night Flag Rulebook
- NFL Flag playbooks
- Playmaker X- custom playbooks with monthly fee
- Free printable FNF playbooks

Mojo Coaching is partnered with NFL Flag...

- Videos of all the NFL flag plays
- Tailors your team age and skill level to help plan practices

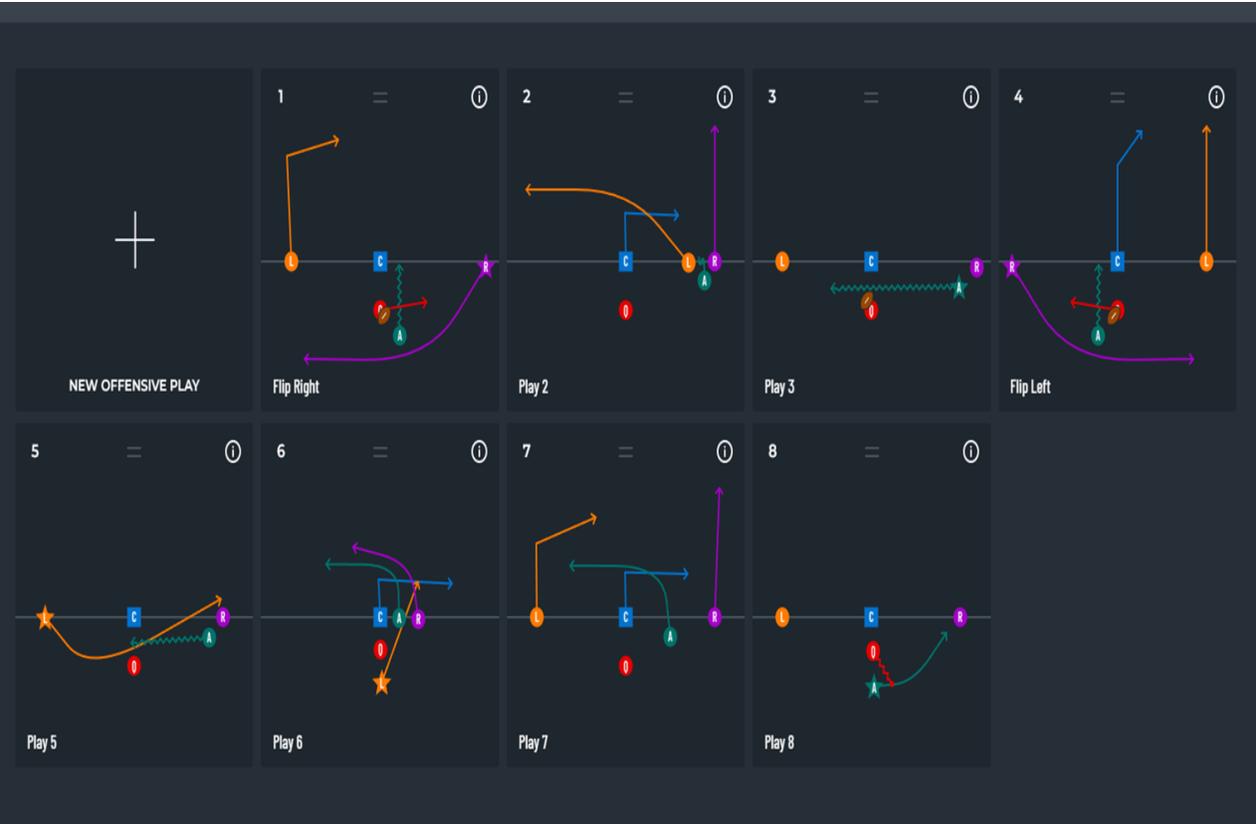
COACHING TOOLS— COACHING CORNER ON WEBSITE



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MOMENT.**

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THE APP FOR FREE



MOJO Sports App

Playmaker X

NEW COACHES

As coaches, our focus is on building football fundamentals and athletic skills through flag football, all while keeping the game fun for the kids.

- **Emphasize practice reps:**
Maximize repetitions in practice by using game-like drills, competitions, and challenges. Winning games is a bonus, but development comes first.
- **Positive experience for families:**
Parents value having an engaged coach and an environment where their child is active, learning, and having fun.
- **Equal opportunities:**
Make a conscious effort to give every child a chance to handle the ball, especially at the **K–4th grade** level.
- **Position rotation:**
Rotate players at the center position when possible, unless your system requires designated plays.
Note: Running back is often a good position for developing or less-skilled players, aside from center.

NEW COACHES (CON)

Keep plays/ Formations simple. As the season progresses and your team advances you can add more.

- **Kinder- One formation (run play concepts dive, sweep), one passing play, one fake handoff, one defense**
- **1/2 Division- 1-2 Offensive formations, multiple fakes, 3-4 passing routes, 1-2 defensive formations, Zone Defense concept, Play concepts (start mixing play concepts), easy trick plays**
- **3/4 and up- Use a Playbook (wrist band, no huddle), Multiple Defensive concepts (zone and man), trick plays**

LEAGUE BASICS EQUIPMENT

- Jerseys (NFL Flag, supplied by league)
- Flags (supplied by league)
- Black shorts or pants—no stripes or belt loops (1 pair supplied by league)
- Mouthguard (optional)
- Cleats (not required but recommended)
- Wristbands for plays (optional, NOT supplied by league)
- **Team Sponsorship Required to receive jersey. Must have sponsorship form/payment at Jersey Pickup**

LEAGUE BASICS GAMES



- 5 vs. 5
- 10 min quarters: subs at quarter and mid-quarter
- Offense starts at 5-yard line (no kickoff)
- 2 No-Run zones
- 4 plays to Mid-Field; 4 plays to Score
- Non-Contact (NO blocking, jamming, pushing)

LEAGUE BASICS GAMES (CON)

- Coaches on field during play
 - Kindergarten can have 2 coaches the entire play O and D
 - 1-2, 3-4, 5-6, 7-8: Offensive Coach allowed to be behind Offense during play, Defensive coach can never be on field except pre-snap
- No more than half an hour for game day “warm up”

RULEBOOK HIGHLIGHTS



- Scoring: front foot, not the ball location (Run through the endzone)
- Quarterback: 7 seconds to throw, not a penalty, loss of down only. QB cannot “Run” the ball.
- Equal playing time (Earlier Example)
- Blocking, screening, impeding a flag pull- not allowed

RULEBOOK HIGHLIGHTS (CON)

- Most common penalties- Flag guarding and tackle (last defender)
- Ball Carriers must avoid defenders, they can't run through them
- No fumbles- Exception is the QB dropping the snap
- Injured players, substitutions

PAT-Coaches pick a 1-point (5 yards out-pass only) or 2-point conversion (10 yards out- run or pass)

NEW COACHES PRACTICE PLAN EXAMPLE

- Warmup- 5 mins
- Agility- 3 stations of 4-3 players- 10 mins
- Individual Offensive Skills (Split players up by position)- 10 mins
- Water Break- 2 mins
- Team O against air (Handoffs, Qb footwork, Route combos)-20 minutes
- Water Break- 2 mins
- Flag Pulling 1v1- 8 mins
- Team Flag pulling (2v1, 3v1) -10 mins
- Team D Pursuit or drop backs – 6 mins
- Water Break- 2 mins
- Scrimmage O vs D – 15 mins (Run 4 plays and switch)
- If Extra Time play a fun Game



QUESTIONS?





THANK YOU

Trevor Huish

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www.fridaynightflag.com