



COACHES MEETING

Spring 2026

Flex League

AGENDA

- Introductions
- League Basics
- FNF Programs
- Season Schedule
- Code of Conduct
- Coaching Tools



INTRODUCTIONS

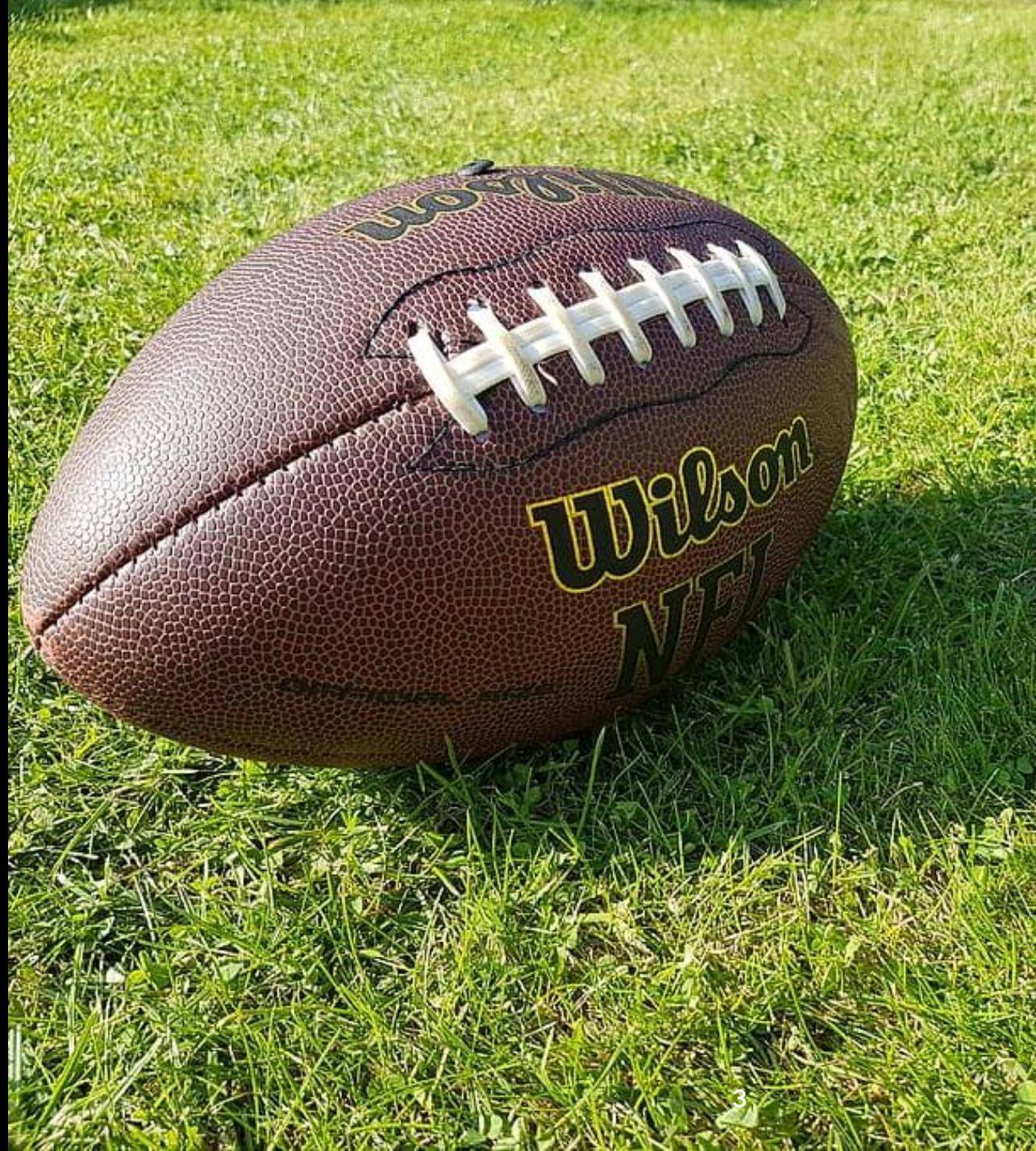
OWNER: Trevor Huish

(480-266-8874)

LEAGUE OPERATOR: Holden

(480-567-2872)

FIELD MANAGER: Asa and Rob



COACHES CLINIC



- August 11th
- 11:00 am-12:30am
- Mt. View Park Boise -7006 W Ustick Rd
(Park off of Kingston lane)
- 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**

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 background is a photograph of a player in a white jersey jumping to catch a football. Other players in blue and white jerseys are visible in the background on a grassy field. The text is overlaid on the image in various colors and fonts.

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



FLEX LEAGUE

3-4: 6 Teams

5-6: 8 Teams

Games played at Lewis and Clark Middle School- 4141 E Pine Ave

Field Support: Asa & Tom

Game Times range from 5:15 to 7:15pm



FLEX LEAGUE SCHEDULE

GAME TIMES

5:15pm, 6:15pm, 7:15pm

GAME NIGHTS- Thursdays

Week 1: April 2nd

Week 2: April 9th

Week 3: April 16th

Week 4: April 23rd

Week 5: April 30th

Week 6: May 7th (Playoffs)

Week 7: May 14th (Championship)

LEAGUE BASICS PRACTICES

- 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

SCRIMMAGES

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

LEAGUE BASICS EQUIPMENT

- **HELMETS AND SOFT SHOULDER PADS-**
purchased by player
- **TEAM SPONSORSHIP REQUIRED** to
receive jersey. Must have
sponsorship form/payment at
Jersey Pickup



LEAGUE BASICS EQUIPMENT (CON)

- **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 (required)**
- **Cleats (not required but recommended)**
- **Wristbands for plays (optional, NOT supplied by league)**

JERSEY PICK UP

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

MONDAY, MARCH 23RD

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

WEDNESDAY, MARCH 25TH

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

TEAM SPONSORS-REQUIRED

\$250 TEAM Sponsorship Required at time of Jersey pick up.

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**

RULE CHANGES

- **Coin toss- winner of coin toss gets to choose whether they want the ball to start, first or second half**
- **Third and fourth grade now 7 vs 7**
- **Overtime in playoffs, teams can always go for 1 or 2 in all overtime periods**
- **Lineman Eligible?**

REFEREES

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

ashepherd@fridaynightflag.com

- **One referee will have the rulebook downloaded to his/her phone. You can call a time out, challenge the call (if they have mistaken a rule) and if you are right, you will keep timeout. This will not work with judgement calls.**
- **Please remember most of these referees are young kids who need to be treated with respect from coaches and fans. If you do not show them respect, you will receive a warning.**

COACHING TOOLS—COACHING CORNER ON WEBSITE

COACHES CORNER ON FNF WEBSITE

[Coaches' Corner](#)
[\(fridaynightflag.com\)](#)

- Friday Night Flag Rulebook
- NFL Flag 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

NEW COACHES



Our goal as coaches is to teach the basics of football and athleticism through Flag Football, all while making the experience FUN for the kids.

- Lots of practice Reps, refraining from yelling at referees, playing games in practice, competing/challenge them in practice—Winning games is a plus
- Parents are happy to have a coach and have their kid play/ be active
- Please give every kid a chance with the ball
- Try to rotate kids at the Center position (Unless you have designated plays for them) **RB is a good place to put less skilled players besides center

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 cussing, 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

- **Love that people want to win and love that it is a big deal, but we need to make sure we don't take it too far.**
- **Every year we lose referees because coaches and parents yell at them**
- **This creates a cycle where we have less experienced referees who are more prone to getting yelled at**
- **Our referees are better paid and trained than any other flag football league, but we need to retain them!**



COACHES CODE OF CONDUCT (CON)

- **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, Elijah, or Rob to watch game**

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**

QUESTIONS?





THANK YOU

Trevor Huish

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www.fridaynightflag.com