



COACHES MEETING

Fall 2025

**Boise and
Meridian
Leagues**

AGENDA

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



INTRODUCTIONS

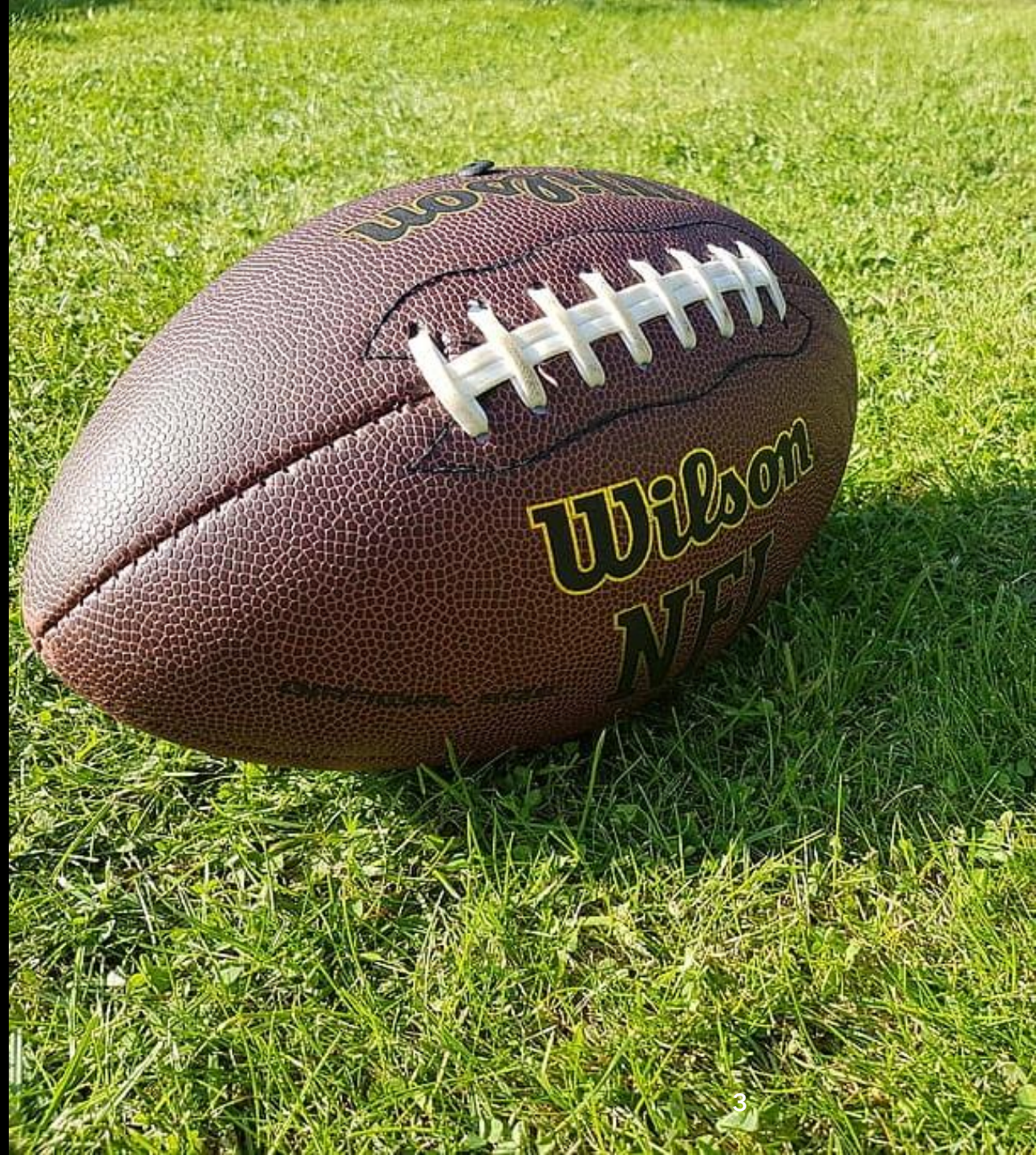
OWNER: Trevor Huish

(480-266-8874)

LEAGUE OPERATOR: Asa Shepherd

(208-283-8512)

**FIELD MANAGERS: Holden, Rob,
Justin, and Tom**



COACHES CLINIC



- August 9th
- 10:00- 11:30
- Mt. View Park Boise, ID

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



HALLOWEEN BOWL



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: 8 Teams
1-2: 24 Teams
3-4: 36 Teams
5-6: 26 Teams
7-8: 8 Teams (Meridian
and Boise)

BOISE LEAGUE SCHEDULE

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

GAME NIGHTS

Week 1: September 5th

Week 2: September 12th

Week 3: September 18th (Thursday) (Picture Day #1), September 19th (Friday)

Week 4: September 26th (Picture Day #2)

Week 5: October 3rd (Playoffs)

Week 6: (No Games)

Week 7: October 17th (Championship)

MERIDIAN LEAGUE



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

Field Support: Trevor (480)266-
8874 and Holden (480)567-2872

Game Times on Thursdays and
Fridays range from 5:15 to
8:15pm

K: 10 Teams

1-2: 34 Teams

3-4: 44 Teams

5-6: 32 Teams

7-8: 8 Teams

(combined)

Girls Only FLAG

3rd-5th 8 Teams

6th-8th 5 Teams

MERIDIAN LEAGUE SCHEDULE

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

GAME NIGHTS- THURSDAY or FRIDAY

Week 1: September 4th or 5th

Week 2: September 11th (Picture Day #1) or 12th

Week 3: September 18th or 19th (Picture Day #2)

Week 4: September 25th or 26th

Week 5: October 2nd or 3rd

Week 6: October 9th or May 10th (Playoffs)

Week 7: October 16th or 17th (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
- Reseed for playoffs

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 August 11th
- One practice per week; Four practices during pre-season
- Can be an hour and a half or less

JERSEY PICK UP

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

MONDAY, AUGUST 25TH

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

WEDNESDAY, AUGUST 27TH

- 5:00—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



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 a call once (if they have mistaken a rule) and if you are right, you will keep timeout. This will not work with judgement calls.
- Field Managers: We rarely overturn judgment calls, we will fix procedures. Examples
- Please remember most of these referees are young and need to be treated with respect from coaches and fans. If you do not show them respect, you will receive a warning.

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!

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 (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

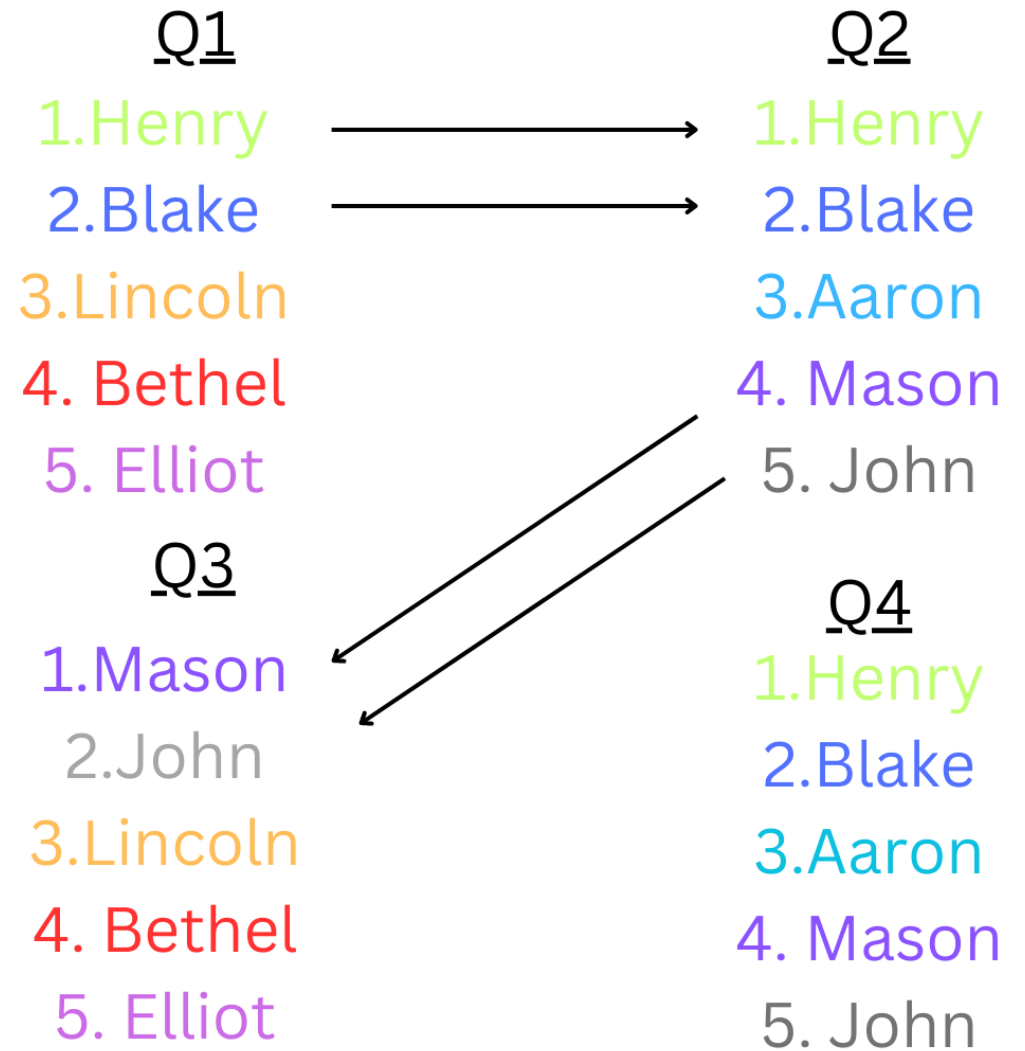
9 Players

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

8 Players

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

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



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- Ball is spotted where its dropped (not forward)
- Injured players, substitutions

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

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
- 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 (Not updated in Rulebook)
- Penalties issued if coach is on the field and impedes the play
- Proposed Change??: Parent Scorekeepers, Lineup Card for playoffs/Championships

COACHING TOOLS—COACHING CORNER ON WEBSITE

COACHES CORNER ON FNF WEBSITE

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

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

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

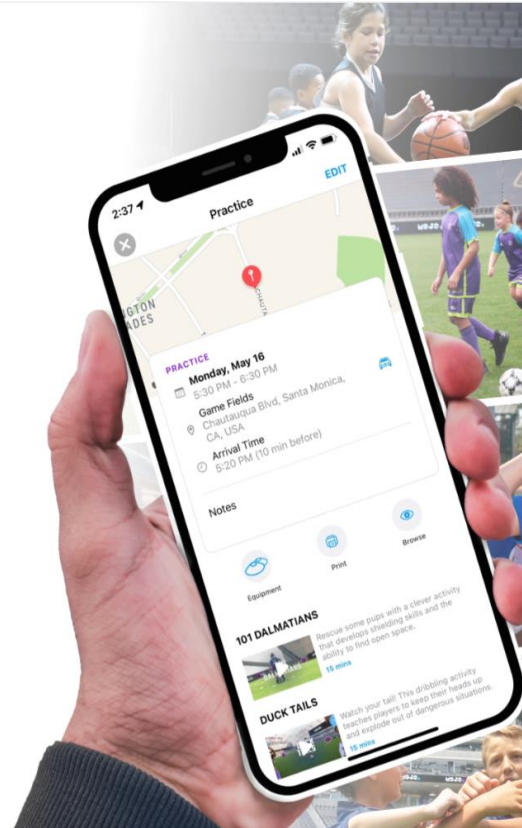
COACHING TOOLS—COACHING CORNER ON WEBSITE



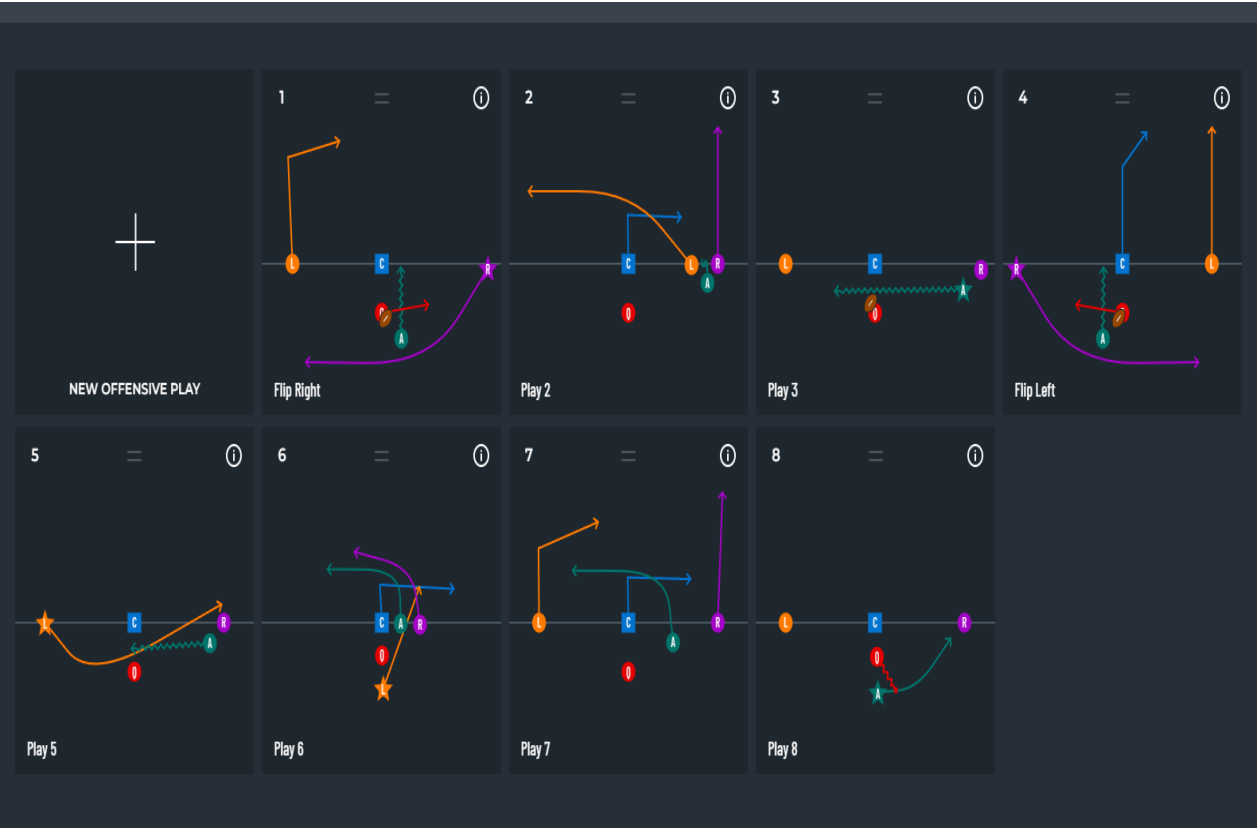
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Playmaker X

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
- 3 plays to Mid-Field; 3 plays to Score

LEAGUE BASICS GAMES (CON)

- All teams make playoffs
- No more than half an hour for game day “warm up”
- Coaches on field during play
 - K, 1-2: Allowed on entire play O and D
 - 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



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**

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, 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 (Especially K-4th grade)
- 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

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**

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