



COACH MEETING

CACHE VALLEY, UT – MONDAY, AUGUST 4



PRACTICES – May begin the week of August 10

Coaches determine practice time and location.

You may hold up to 4 practices before Opening Night, August 29.

During our game season, practices continue once a week for 1.5 hours or less.

SCRIMMAGES

Each team is allowed one optional pre-season scrimmage.



JERSEY PICKUP

FOR HEAD COACHES ONLY

SATURDAY,
AUGUST
16

MOUNTAIN VALLEY ATHLETICS
CHEER | DANCE | FITNESS
776 W 1940 S
BUILDING 22, UNIT 105
MILLVILLE, UT 84326

9:30 AM - 11:00 AM (DROP IN ANYTIME)

COACHES WILL PICK UP JERSEYS,
FLAGS, AND EXTRAS. PLAYERS WILL
GET THEIR GEAR AT PRACTICE.



6th-8th Grade



2nd-5th Grade

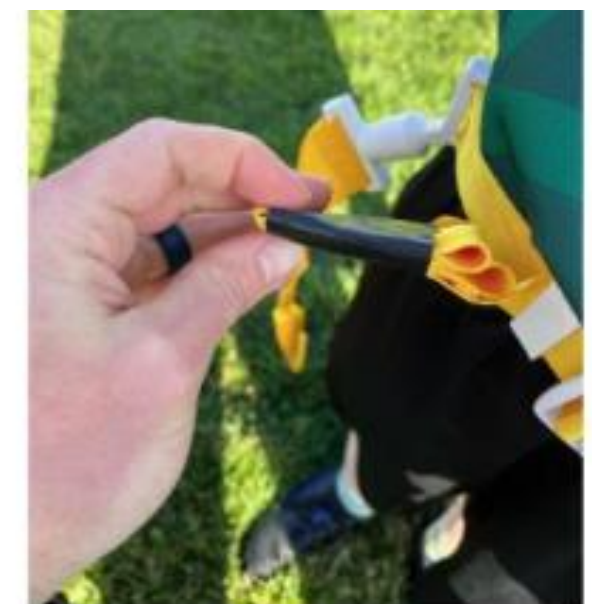


Kinder & 1st Grade



TEAM SPONSORS DUE SATURDAY, AUG 16

Team sponsorships are \$175. If your team doesn't already have a sponsor, we ask that you discuss this with your team at the first practice.





Willow Park Sports Complex

500 W 700 S, Logan, UT 84321

GAME TIMES

5:15, 6:15, 7:15, 8:15

GAME NIGHTS

Week 1: August 29 (regular game)

Week 2: Sept. 5 (regular game)

Week 3: Sept. 12 (regular game)

Week 4: Sept. 19 (regular game)

Week 5: Sept. 26 (regular game)

Week 6: Oct. 3 (Playoffs)

Oct. 4 (Playoffs & Championships)

Team Photo Night – Sept 5



Mountain Valley Athletics – Sept 19



Playoffs & Championship – Oct 3 & 4

All teams play in the playoffs

Overtime only happens during the playoffs. In regular games, teams can be tied.

Playoff Seeding

-Standings

-Win-Loss

-Points Against

Championship night will be SATURDAY, Oct 4.

Games kick off at 5:15 PM, 6:15 PM, and 7:15 PM on Fields 1 & 2

Championship rings & runner-up medals



NEW RULES!!!!

- Snaps may be recovered by QB on any fumbled snap if recovered before blitz is within flag pulling distance
- Holding calls are now spot fouls
- Mercy rule: Winning team has to punt on 4th down.
- Spot fouls in endzone: Defensive (spotted at 1 yard line and AFD), Offensive (Safety).
- “No Run Zone” for Kinder division not enforced.
- Laterals are no longer allowed beyond the LOS
- Clarification
 - If rusher leaves rush line early, they can’t blitz.

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

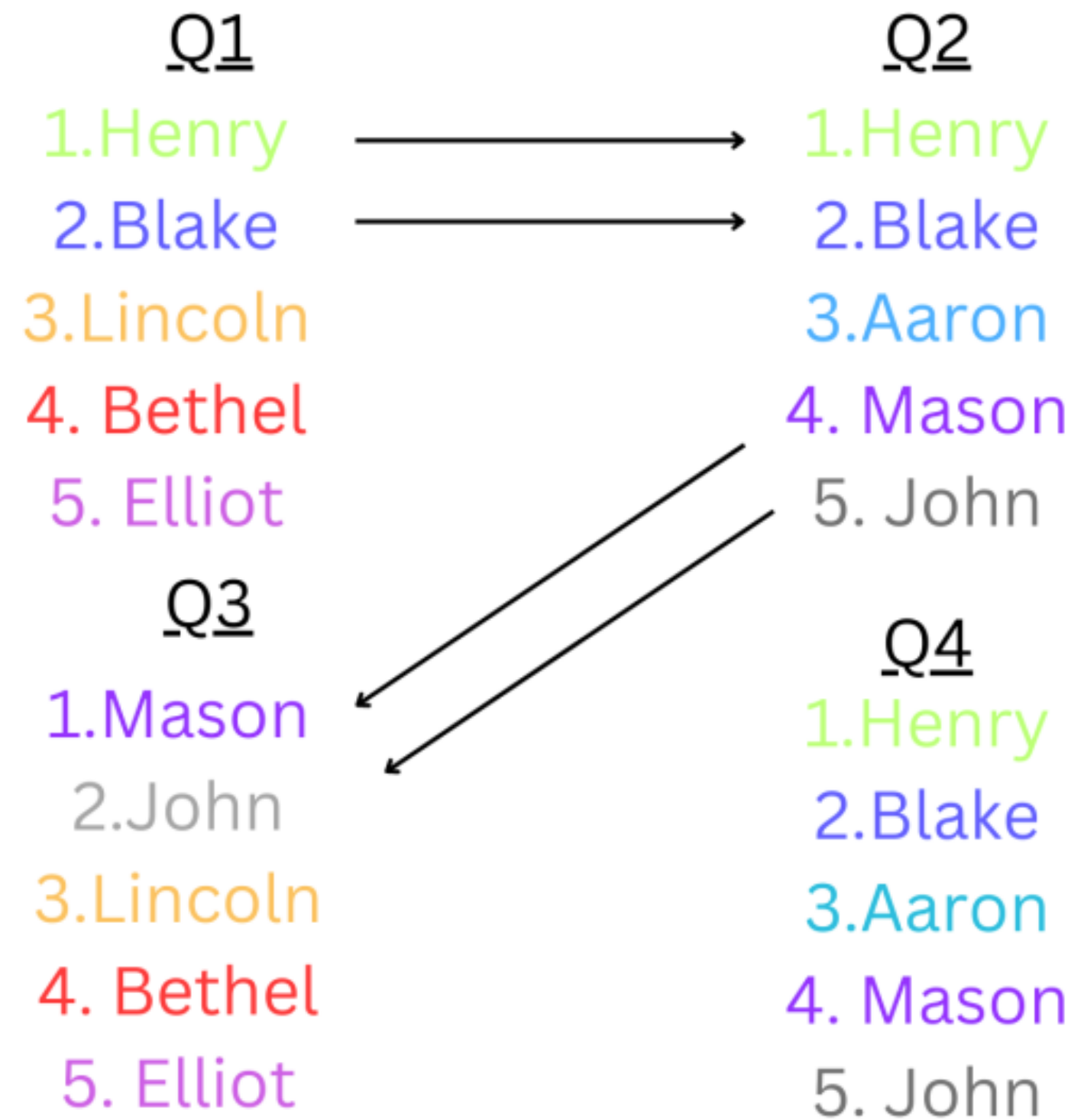
9 Players

- 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)





COACHES' CODE OF CONDUCT

I hereby pledge to follow the Friday Night Flag Coaches' Code of Conduct:

- I will place the emotional and physical well being of my players ahead of a personal desire to win. I will encourage parents to do the same.
- I will treat each player as an individual, remembering emotional and physical development may be different for each child.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice the Friday Night Flag Rules. I will teach these rules to my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players. I will refrain from cussing, yelling, and using negative language in regards to other teams, coaches and referees.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events. I will encourage parents to do the same.
- I will provide each child with equal play time during games.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children, not adults.

- **Do not harass referees or other team members**
- **Provide each child with equal playing time during both practices and games**
- **Refrain from cussing, yelling, or using negative language**

You can call a timeout, challenge the call (if they have mistaken a rule), and if you are right, you will keep the timeout. This will not work with judgment calls.

Only Head Coaches Can Talk to the Refs



Note: All coaches must sign and turn in a code of conduct form.

Coaches Signature

Date

Code of Conduct Violations:

- ✗ **1st instance:** E-mail or on-field warning from league organizers.
- ✗ **2nd instance:** You will receive a one-game suspension.
- ✗ **3rd instance:** You will be suspended for the rest of the season.

Should your initial infraction be of a grave nature, you could face immediate suspension for the duration of the entire season.



Zach Van Leeuwen

Owner of Cache Sports Therapy | CacheSportsTherapy.com



– Break –

Thank you, returning coaches!



GAME LOGISTICS

PRE-GAME COACH HUDDLE

- Ten minutes prior to the game, referees, coaches, and team captains should meet at the center of the field.
- Choose 2 players to be team captains each week and let them participate in the coin toss.



Rule: The visiting team calls the toss. The winner has the choice of offense or defense; the loser has the choice of direction.

EQUIPMENT INSPECTION

Help the referees line up the players to conduct an equipment inspection. Referees will scan each player from head to toe for:

- Mouthguards are recommended
- Jerseys are tucked-in
- Shorts with no belt loops or pockets
- Flags are not twisted up, bundled, or covered
- No watches or jewelry
- No metal cleats
- No metal braces exposed

- The league will supply the following:
 - NFL Flag jerseys (must be tucked in)
 - FNF Shorts (1 pair)
 - Flags
 - Footballs
- The league will NOT provide the following:
 - Mouthguards (optional)
 - Cleats (not required but encouraged)
 - Wristbands for plays (optional)



5 VS 5 FLAG PLAYERS



- Pre-K to 8th grade (or ages 4 to 14) boys and girls
- The home team wears dark; the visiting team wears light.
- 5-on-5 play, with 4 players as the minimum allowed.
- The other team can "loan" a player if desired by coaches.
- Players on the field play both offense and defense.

**If both teams are ready to play,
get started immediately.**

If there's not enough players (3 or fewer) on a team within 10 minutes after the start time of the game, then the game will be forfeited.

THE COIN TOSS

The visiting team shall call the toss. (Guests first)

W The winner chooses whether they want to be on offense or defense first.

L The loser chooses the end zone it would prefer to defend and gets possession in whatever half the coin toss winner doesn't select.



COACHES ON THE FIELD

Coaches can be on the field as follows:

- K-2: Allowed on the field for entire play, O & D
- 3-8: Offensive coach allowed to be behind Offense during play, but Defensive coach can never be on field except pre-snap

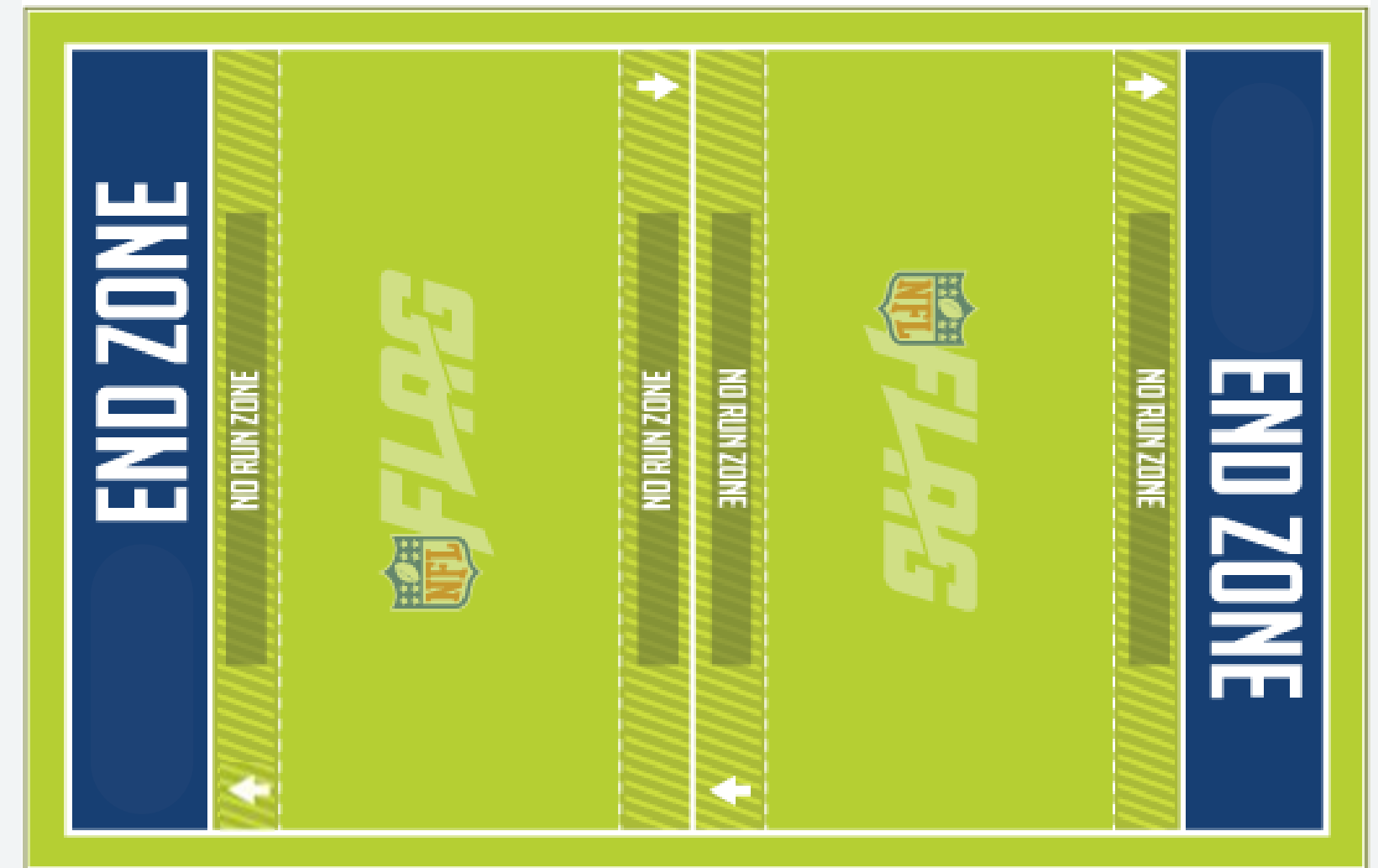


- Only 3 coaches on the sidelines (head and 2 assistants)
- Only 2 coaches on the field at a time
- Only the head coach can speak to referees

Note: In the absence of the head coach, an assistant coach may speak with the referees during the game.

THE GAME

- 10-minute quarters: subs at the quarter and mid-quarter
- Offense starts at 5-yard line (no kickoff)
- 2 No-Run Zones
- 3 plays to midfield (optional 4th down); 3 plays to score



4TH DOWN RULE

- 4th downs may be attempted before the midfield line. The coach must declare that they intend to go for the 4th down.
- If the offensive team is unsuccessful, then the ball will be turned over at that spot.
- The offensive team may choose to "punt," in which case the defense will take the ball at their own 5-yard line.

POSITIONS

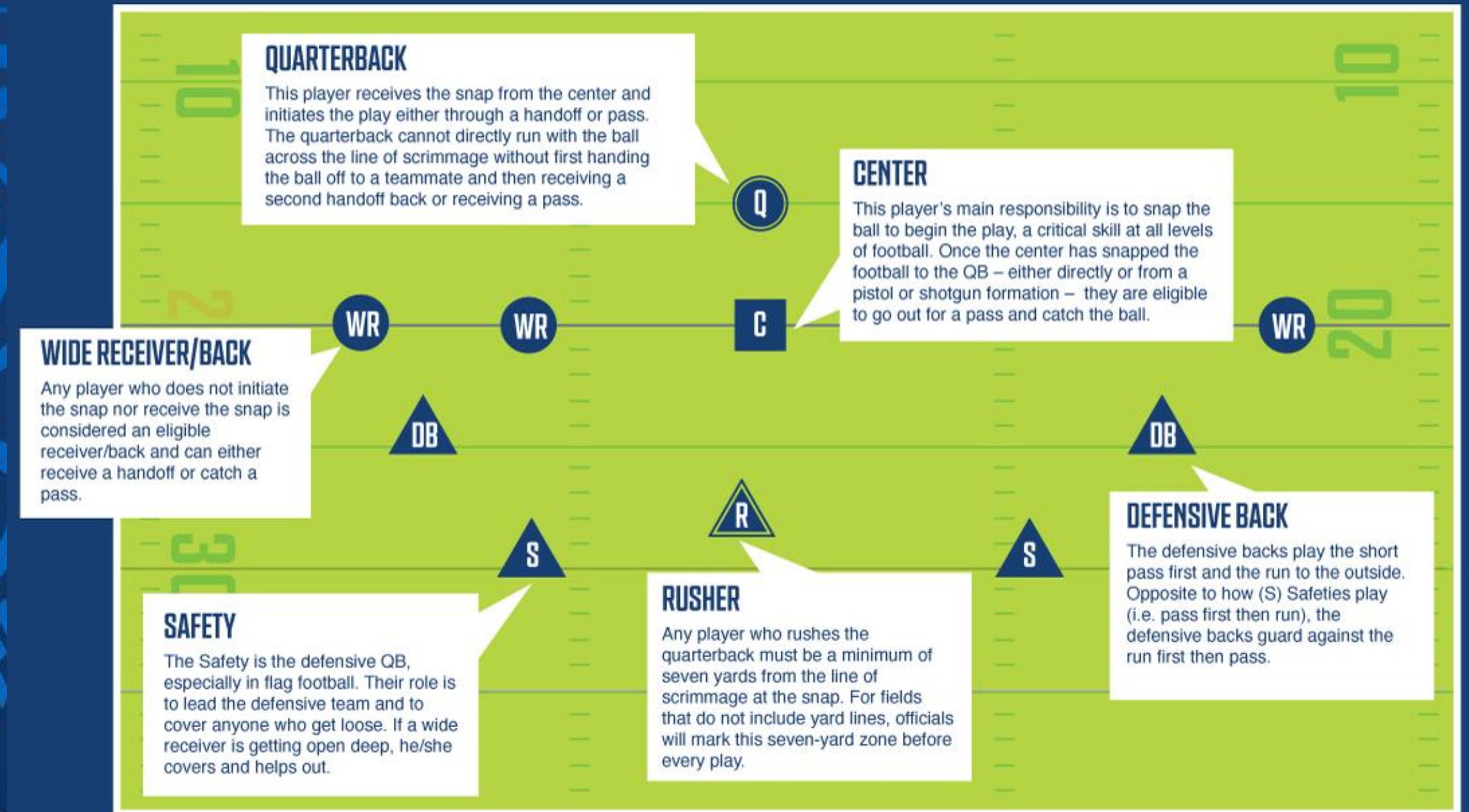
5 offensive positions:

- Center
- Quarterback
- A mix of Wide Receivers and Running Backs

5 defensive positions:

- Rusher
- A mix of Defensive Backs and Safeties

Placing less experienced players in the Running Back position and the Center position can be beneficial.



FORMATIONS

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

PRE-K/Kinder - one formation (run play concepts), one passing play, one fake handoff

1-2 - 1-2 offensive formations, multiple fakes, 3-4 passing routes, 1-2 defensive formations, zone defense concept, play concepts (start mixing play concepts)

3-4 and up - Use a playbook (wristband, no huddle), multiple defensive concepts (zone and man), trick plays

SCORING

- Touchdown: 6 points
- Point After Touchdown (PAT)
 - 1 point (5-yard line)
 - must be a pass in the no-run zone
 - 2 point (10-yard line)
 - can run or pass
 - The coach of the scoring team must declare PAT and cannot change after a penalty.
 - Interceptions on conversions can be returned for 2 points.
- Safety (2 points)
 - Ball carrier is declared down in own end zone
 - Flag pull / flag falls out
 - Step out of bounds
 - Knee or arm hits the ground
 - Offensive penalty occurs in the end zone
 - Team that scores the safety gets the ball on their own 5-yard line.

Rule: A touchdown is scored based on when carrier's forward foot crosses the end zone line.

PRACTICE PLAN EXAMPLE



- Warmup & Stretch - 5 minutes
- Agility - 3 stations of 3-4 players - 10 minutes
- Individual Offensive Skills (Split players up by position) - 10 minutes
- Water Break - 2 minutes
- Team O against air (handoffs, QB footwork, Route combos) - 20 minutes
- Water Break - 2 minutes
- Flag Pulling 1v1 - 8 minutes
- Team Flag Pulling (2v1, 3v1) - 10 minutes
- Team D Pursuit or drop backs - 6 minutes
- Water Break - 2 minutes
- Scrimmage, Offense vs Defense, Run 4 plays and switch - 15 minutes
- Stretch, and if extra time, play a fun game like sharks and minnows



RULEBOOK HIGHLIGHTS

- Quarterback has 7 seconds to throw (not a penalty, loss of down only)
- Snap can be dropped if immediately picked up, play is not dead
- QB cannot run the ball across the line of scrimmage
- Rushers must be 10 yards from the line of scrimmage pre-snap
- Scoring: front foot, not the ball location
- PAT - Coaches pick a 1-point (5 yards out - pass only) or 2-point conversion (10 yards out - run or pass)
- Most common penalties - flag guarding and last defender
- Penalties issued if coach is on field and impedes the play
- Coaches can't boost (touch) the rusher or get in the way of the pass
- Jumping is allowed but no hurtling
- Blocking, screening, impeding a flag pull not allowed
- Ball carriers must avoid defenders, they can't run through them
- No fumbles - the ball is spotted where it's dropped (not forward)
- Injured players, substitutions



Rule: The first rule of flag football is pretty straightforward: there's no contact allowed.

OFFENSIVE PENALTIES

LOD = Loss of Down
LOS = Line of Scrimmage

TYPE	DESCRIPTION	YARDAGE
False start, illegal motion	More than one person moving, or moving toward LOS, running in a no-run zone (not a dead ball situation) ** Last 2 minutes of game ONLY: stop the clock	-5 yards from the LOS
Delay of game	The team fails to snap the ball and put it into play ** Last 2 minutes of game ONLY: stop the clock	-5 yards from the LOS
Offside	Lining up offside before the ball is snapped ** Last 2 minutes of game ONLY: stop the clock	-5 yards from the LOS
Illegal forward pass	A player throws a pass from beyond the LOS	-5 yards from the LOS & LOD
Offensive Pass interference	The eligible receiver significantly hinders the defensive player's opportunity to intercept the ball (illegal pick play, pushing off/away defender)	-5 yards from the LOS & LOD
Screening, blocking, or running next to or in front of the ball carrier	The player uses physical attempts to gain yardage by obstructing the path of their opponent	Spot foul, -5 yards & LOD
Flag guarding	The ball carrier intentionally obstructs the defender's access to their flag	Spot foul, -10 yards & LOD
Charging (ball carrier)	The player challenges their opponent for space without using their arms or elbows	Spot foul, -10 yards & LOD
Unnecessary roughness	Using methods beyond what is necessary to pull the flag off the opponent	Spot foul, -10 yards & LOD
Quarterback Violations	QB runs past LOS, 7-second violation, or passing no-run zone	Deadball & LOD

DEFENSIVE PENALTIES

AFD = Automatic First Down
LOS = Line of Scrimmage

TYPE	DESCRIPTION	YARDAGE
Offside	A player crosses the LOS before the ball is snapped ** Last 2 minutes of the game ONLY: stop the clock	+5 yd from the LOS
Illegal contact	Examples include holding player without ball, blocking, and pushing	+5 yd from the LOS & AFD
Illegal flag pull (before receiver has ball)	A player pulls the flag off an opponent before they have full possession of the ball	+5 yd from the LOS & AFD
Illegal rushing	The rusher is not lined up at least 10 yards off the LOS	+5 yd from the LOS & AFD
Roughing the passer	A player makes contact with the passer after they've thrown a forward pass	+10 yd from the LOS & AFD
Taunting	A type of unsportsmanlike conduct where the player purposely creates ill-will between teams	+10 yd from the LOS & AFD
Unnecessary roughness	Any unnecessary tackling or pushing	Spot foul, +10 yd & AFD
Stripping the ball	A player smacks or grabs the football out of the ball carrier's possession	Spot foul, +10 yd & AFD
Defensive Pass interference	The player significantly hinders an eligible receiver's opportunity to catch the ball	Spot foul & AFD
Last defender	The <u>last defender</u> tackles, pulls down, or pushes the runner out of bounds	Touchdown



COACH TOOLS

Coaches' Corner



Friday Night Flag Coaches & Assistant Coaches

Thank you for coaching for Friday Night Flag! As a face of our league, your role carries profound importance in shaping the trajectory of the season. Your contributions directly impact its success, and we genuinely want to commend and appreciate you for your pivotal role. Thank you for your desire to support the children within our community and being a positive driving force behind our league operations.

Below is some general information that all coaches are welcome to use. If you need specific league details, please look for your league below and click on the appropriate links.

- [NFL Flag Playbook](#)
- [Background Check Form](#)
- [MoJo Sports- Flag Football Plays and Drills](#)
- [Offense & Defense Positions Guide](#)

Boise & Meridian Coaches:

- [Boise and Meridian Flag Fall 2023 Coaches Meeting Powerpoint](#)
- [Coaches Code of Conduct](#)
- [FLAG Rulebook](#)
- Boise, Meridian, and FLEX Sponsors- please go to www.fridaynightflagssponsors.com

FLEX Coaches:

- [Coaches Code of Conduct](#)
- [Boise and Meridian FLEX Fall 2023 Coaches Meeting Powerpoint](#)
- [FLEX Football Rulebook](#)
- Boise, Meridian, and FLEX Sponsors- please go to www.fridaynightflagssponsors.com

Idaho Falls Coaches:

- [Coaches Code of Conduct](#)
- [FLAG Rulebook - Idaho Falls](#)
- [Idaho Falls Fall 2023 coaches meeting powerpoint](#)
- [Sponsorship Form- Nampa, Pocatello, and Idaho Falls](#)

Cache Valley Coaches:

- [Coaches Code of Conduct](#)
- [FLAG Rulebook - Cache Valley](#)
- [Cache Valley Coaches Meeting Presentation](#)
- [Mojo App Week-by-Week Practice Plans Summary](#)
- [Sponsorship Information](#)
- [Sponsorship Form](#)

Drills

Running back drills



Not only do running backs need to be fast to gain yardage, but they also have to be agile to dodge incoming defenders. Successful running backs have a strong sense of intuition and great vision of the field. This section outlines running back drills that help you develop fundamental skills and build quick feet, so you can map out your routes and stay—quite literally—two steps ahead of your opponents.

[See running back drills to add to your football training.](#)

Quarterback drills



Time and time again, quarterbacks have made huge impacts on the game of football. But becoming a standout quarterback takes more than a great arm—you need to be strategic, quick, and consistent. These quarterback drills break down key fundamentals, such as how to properly receive, grip and release the ball.

[View quarterback drills that improve technique and footwork.](#)

Wide receiver drills



Flag football is a high-speed game where the clock rarely stops and players are always on the move—especially wide receivers. We've compiled a list of 15 wide receiver routes that every receiver should know, ranging from basic routes in the route tree to more complicated routes that require advanced footwork and directional changes. Whether you're going for a quick first down or a Hail Mary,

Football agility drills

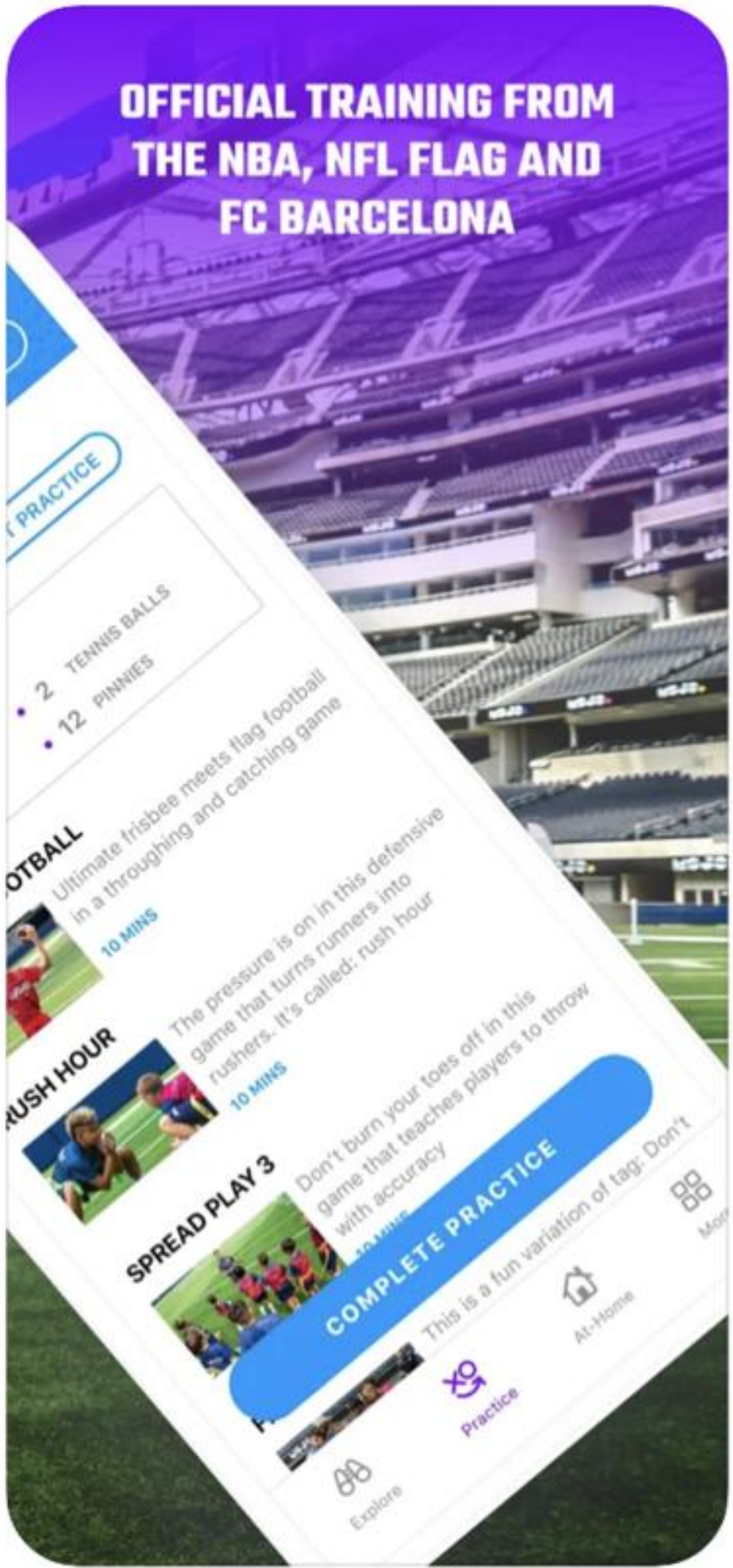
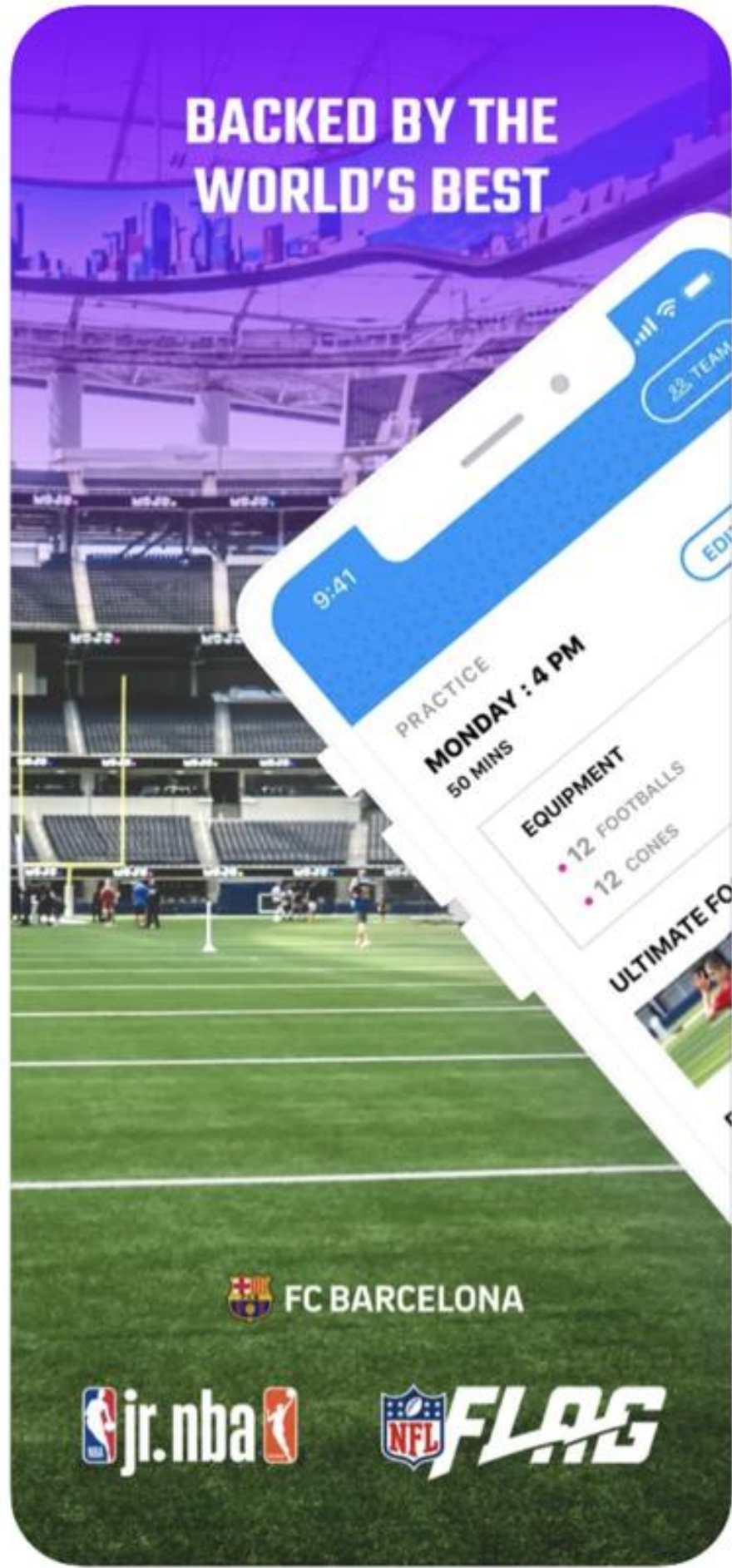


You can't underestimate the importance of agility when it comes to playing flag football. Offensive players need to navigate sharp routes and tight pivots with ease, while effective defensive players need swift movements to efficiently pull the ball-carrier's flags. This section details five football drills that focus on quick footwork, speed and smooth transitional movements to make you a more agile flag

For all coach tools and information, visit www.fridaynightflag.com/coachescorner. See "Cache Valley Coaches" and click on the links.

- [7 on 7 Football Rulebook](#)
- [Coaches Code of Conduct](#)

Drills



COACH. MANAGE. NEVER MISS A MOMENT.

The MOJO app powers unforgettable seasons.



MOJO Sports App

Mojo app with videos of all the NFL Flag plays by team age and skill level (www.nflflag.com/partners/mojo)



Practice plans

Week-by-Week

Suggested for your team

7U Session 1



Welcome to your first practice!



7U Session 2



Let's get game-ready!



7U Session 3



Make it your own.



7U Session 4



Things are coming together.



7U Session 5



Keep things challenging.



7U Session 1



WEEK-BY-WEEK



MOJO

OVERVIEW

Today, you can focus less on trying to complete every game or drill and more on getting to know each other and assessing your players' ability and skill. Start with the basics: handoffs, flag-pulling, running plays... and paying attention.

COACHING POINTS

- Expect chaos—*contained* chaos. At this age, this could be a kid's first time playing any organized sport.
- **The Handoff** is a go-to activity that not only builds skill but helps build team chemistry. Since most, if not all, of your plays are designed to run the



ANY QUESTIONS?



THANK YOU!

