



COACH



MEETING



CACHE VALLEY, UTAH



# JERSEY PICKUP NIGHT

Monday, April 6

from 5:30 pm to 7:00 pm

Sam Patch Co.

825 E Main St

Wellsville, UT 84339

\*Team Sponsorships Due

\*Logos due by April 1

[https://shop.nflflag.com/collections/nfl-flag-on-field-merchandise?ls=nflflag\\_direct.](https://shop.nflflag.com/collections/nfl-flag-on-field-merchandise?ls=nflflag_direct)

NFL FLAG STORE - DELIVERS TO YOUR HOME IN ABOUT A WEEK

[https://shop.nflflag.com/collections/nfl-flag-on-field-merchandise?ls=nflflag\\_direct](https://shop.nflflag.com/collections/nfl-flag-on-field-merchandise?ls=nflflag_direct)



# 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: April 10 (regular game)

Week 2: April 17 (regular game)

Week 3: April 24 (regular game)

Week 4: May 1 (regular game)

Week 5: May 8 (regular game)

Playoffs & Championships

May 15 & May 16

**NO PARKING!**



# SAFETY / LOST CHILDREN



# LOST & FOUND



# PHOTO NIGHT – May 1 (Game 4)

This season, team photos will look different. Teams will not be required to take professional photos.

- For families interested in professional photos, a signup link will be emailed to the league after Game 2.
- Each slot available is 2 minutes long. Fill it with individual poses, siblings, friends, or cousins, but all individuals must be present. If a team wants a picture together, they get 5 pics together but no individual slots.
- Includes 5 high-resolution digital pictures per session.



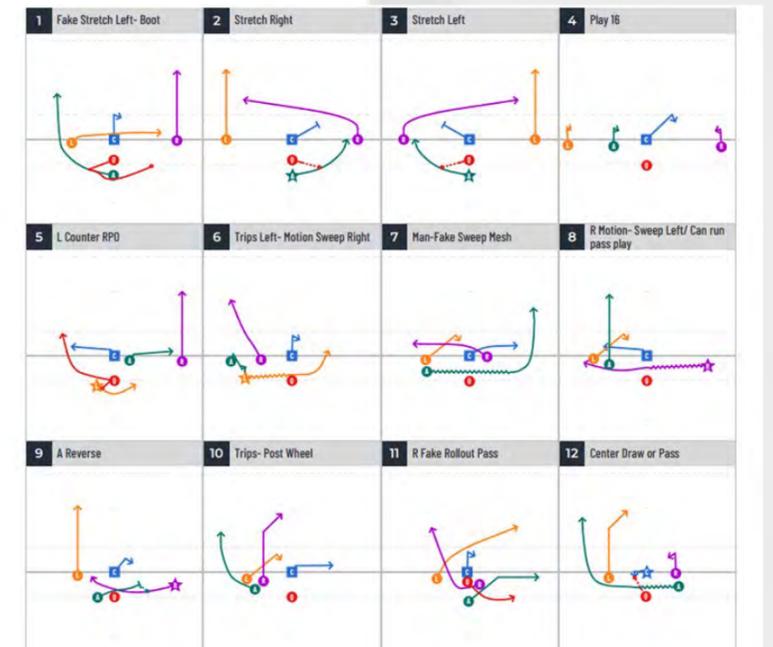
# NEW COACH RESOURCES

## 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](#)
- [Secure Link to Upload Background Check Form Click Here](#)
- [MoJo Sports- Flag Football Plays and Drills](#) \*\*Note, this is a free app, but includes in-app purchase options\*\*
- [Offense & Defense Positions Guide](#)
- [Flag Football Playmaker X](#) \*\*Note, this is a paid subscription, but a great resource\*\*
- [FNF Kinder Plays](#)
- [FNF 1st and 2nd Grade Plays](#)
- [FNF 3rd and 4th Grade Plays](#)
- [FNF 5th and 6th Grade Plays](#)
- [Man to Man Plays](#)
- [Cover 2 Plays](#)
- [Cover 3 Plays](#)
- [Flag Defensive Package](#)



# Overtime Skills Camp June 22-25



**FRIDAY NIGHT FLAG**

# OVERTIME SKILLS CAMP

**CACHE VALLEY**

**JUNE 22ND -25TH**  
9AM-12PM

**LUNDSTROM PARK**  
1600 E. 1350 N LOGAN, UT 84341

**EARLY BIRD REGISTRATION**  
MARCH 3<sup>RD</sup> - MAY 1<sup>ST</sup>

[www.fridaynightflag.com](http://www.fridaynightflag.com)

REGISTRATION LISTING		
<b>Overtime Skills Camp - Cache Valley, UT (June 22nd-25th, 2026)</b> <a href="#">Manage Content</a>		
Join us for the Overtime Skills Camp in June 2026! This fun, high-energy camp helps athletes learn football fundamentals and build advanced skills.		
📍 Lundstrom Park, 1600 E 1350 N, Logan, UT 84341		
📅 June 22-25		
🕒 9:00 AM-12:00 PM (early drop-off at 8:45 AM)		
Athletes are grouped by age and experience, with friends placed together when possible. Camp focuses on speed, agility, and offensive and defensive skills, with prizes on the final day. Bring water; cleats, flags, and gloves are optional. We can't wait to see you there!		
<b>Cache Valley, UT Registration</b> Early Bird Registration - March 3 through May 1 - \$99 Regular Registration - May 1 through June 21 - \$120		
****Please register for the grade your player will be in during the Fall 2026-Spring 2027 school year.****		
<b>Kindergarten</b> Registration closes on 06/21/2026 at 12:00 AM Season Dates: 06/22/2026 to 06/25/2026	<b>\$99.00</b>	<a href="#">+ Register Now</a>
<b>1st grade</b> Registration closes on 06/21/2026 at 12:00 AM Season Dates: 06/22/2026 to 06/25/2026	<b>\$99.00</b>	<a href="#">+ Register Now</a>
<b>2nd Grade</b> Registration closes on 06/21/2026 at 12:00 AM Season Dates: 06/22/2026 to 06/25/2026	<b>\$99.00</b>	<a href="#">+ Register Now</a>
<b>3rd grade</b> Registration closes on 06/21/2026 at 12:00 AM Season Dates: 06/22/2026 to 06/25/2026	<b>\$99.00</b>	<a href="#">+ Register Now</a>
<b>4th grade</b> Registration closes on 06/21/2026 at 12:00 AM Season Dates: 06/22/2026 to 06/25/2026	<b>\$99.00</b>	<a href="#">+ Register Now</a>
<b>5th grade</b> Registration closes on 06/21/2026 at 12:00 AM Season Dates: 06/22/2026 to 06/25/2026	<b>\$99.00</b>	<a href="#">+ Register Now</a>
<b>6th grade</b> Registration closes on 06/21/2026 at 12:00 AM Season Dates: 06/22/2026 to 06/25/2026	<b>\$99.00</b>	<a href="#">+ Register Now</a>
<b>7th and 8th grade</b> Registration closes on 06/21/2026 at 12:00 AM Season Dates: 06/22/2026 to 06/25/2026	<b>\$99.00</b>	<a href="#">+ Register Now</a>

# NEW RULES and CLARIFICATION

- Laterals and pitches are allowed anywhere on the field.
- All coaches must stay within the coaches' box, which extends along their sideline from one 5-yard line to the other, in front of each end zone.
- Jumping forward to advance the ball is illegal.

## MERCY RULE

Teams with a lead of 30 points or more are required to follow these guidelines:

- All Point After Touchdown (PAT) attempts must be for 1 point (pass only).
- While on defense, rushing will not be allowed.
- Must "punt" on 4th down.
- The losing team may go for a 4th down option past midfield for a touchdown.

# Spring 2026 - 64 Teams

Kindergarten: 8 teams - Red Ball

1<sup>st</sup>/2<sup>nd</sup> Grade: 12 teams - Red Ball

3<sup>rd</sup>/4<sup>th</sup> Grade: 22 teams - Blue Ball

5<sup>th</sup>/6<sup>th</sup> Grade: 12 teams - Brown Ball

7<sup>th</sup>/8<sup>th</sup> Grade: 10 teams - Brown Ball

# Competitive Matchups

## **Season Focus**

The regular season is about development and preparing for playoffs.

## **Friday Night Flag Goal**

Create safe, competitive matchups for playoffs that keep players engaged, improving, and having fun. Coaches and parents help by modeling sportsmanship, respect, and positivity.

# 3-Step Process for Competitive Matchups

**Step 1: Team Evaluation** – Teams are evaluated by the league based on registration data, past performance, number of returning players, and coaching requests and experience. Teams that appear clearly mismatched may be adjusted before the season begins to promote competitive balance.

**Step 2: League-Assigned Placement (Coach Input Considered)** – After the first practice, coaches can submit feedback on their team's overall skill level—such as catching, throwing, flag pulling, and quarterback performance—via email to league organizers. Feedback will be considered, but changes are not guaranteed. Based on division size, teams will be organized into conferences for the regular season.

**Step 3: Schedule Review** – The league will monitor games throughout the season. If a team is consistently involved in significant blowouts (30+ point margins), whether winning or losing, schedules may be adjusted to improve competitive balance and support fair playoff seeding where possible. Schedule will initially show first 3 games.

## 3/4 Division Regular Season Play

<b>Red Conference</b>	<b>White Conference</b>	<b>Blue Conference</b>
Cardinals	Patriots	Bears
Chiefs	Saints	49ers
Cowboys	Dolphins	Commanders
Vikings	Packers	Eagles
Rams	Lions	Raiders
Seahawks	Jets	Titans
	Giants	
	Panthers	
	Jaguars	
	Broncos	

## 3/4 Division Regular Season Play - Move Down

<b>Red Conference</b>	<b>White Conference</b>	<b>Blue Conference</b>
Cardinals	Patriots - swap with Seahawks Red	Bears
Chiefs	Saints	49ers
Cowboys - scheduled to play Seahawks	Dolphins - scheduled to play Patriots	Commanders
Vikings	Packers	Eagles
Rams	Lions	Raiders
Seahawks - swap with Patriots White	Jets	Titans
	Giants	
	Panthers	
	Jaguars	
	Broncos	

## 3/4 Division End of Regular Season Results Patriots win

<b>Red Conference</b>	<b>White Conference</b>	<b>Blue Conference</b>
Cardinals 5-0	Saints 4-1	Bears
Chiefs 4-1	Dolphins 4-1	49ers
Patriots 5-0	Seahawks 0-5	Commanders
Cowboys 3-2	Packers	Eagles
Vikings 2-3	Lions	Raiders
Rams 1-4	Jets	Titans
	Giants	
	Panthers	
	Jaguars	
	Broncos	

## 3/4 Division End of Regular Season Results Patriots Loss

<b>Red Conference</b>	<b>White Conference</b>	<b>Blue Conference</b>
Cardinals 5-0	Patriots 4-1	Bears
Chiefs 4-1	Saints 5-0	49ers
Cowboys 4-1	Dolphins 4-1	Commanders
Vikings 2-3	Packers	Eagles
Rams 1-4	Lions	Raiders
Seahawks 0-5	Jets	Titans
	Giants	
	Panthers	
	Jaguars	
	Broncos	

# Regular Games to Playoffs!

- Performance is **monitored during the season**. The regular game season is similar to pool play.
- Teams that **consistently blow out opponents** or are **consistently blown out** may be **moved up or down**.
  - Occasionally there are limited solutions for teams at the top or bottom extremes.
- If games remain competitive, **no changes will be made**. If games do not, standings may not reflect potential seeding at playoffs.
- Placement is based on **win-loss record**; **points against** is the tiebreaker.
- Coaches will receive an **email update** indicating likely playoff placement after week 4.
  - Feedback is welcome, but **final placement is not guaranteed**.

## **Kindergarten - 8 Teams**

Regular Season: One division

Playoffs: 2 championship teams / 2 runner up teams

## **1st/2nd Grade - 12 Teams**

Regular Season: Red Conference (6) / Blue Conference (6)

Playoffs: 3 championship teams / 3 runner up teams

## **3rd/4th Grade - 22 Teams**

Regular Season: Red Conference (6) / White Conference (6) / Blue Conference (10)

Playoffs: 5 championship teams / 5 runner up teams

## **5th/6th Grade - 12 Teams**

Regular Season: Red Conference (6) / Blue Conference (6)

Playoffs: 3 championship teams / 3 runner up teams

## **7th/8th Grade - 10 Teams**

Regular Season: One division

Playoffs: 2 championship teams / 2 runner up teams

**\*Number of divisions is subject to change.**

\*Competitive coaching can impact placement.

### 3 / 4 Division Regular Season

Red Conference	White Conference	Blue Conference
Cardinals	Patriots	Bears
Chiefs	Saints	49ers
Cowboys	Dolphins	Commanders
Vikings	Packers	Eagles
Rams	Lions	Raiders
Seahawks	Jets	Titans
	Giants	
	Panthers	
	Jaguars	
	Broncos	

### 3 / 4 Division Playoffs

Playoff A	Playoff C	Playoff E
Cardinals	Dolphins	49ers
Chiefs	Packers	Commanders
Cowboys	Lions	Eagles
Vikings	Jets	Raiders
		Titans
Playoff B	Playoff D	
Rams	Giants	
Seahawks	Panthers	
Patriots	Jaguars	
Saints	Broncos	
	Bears	



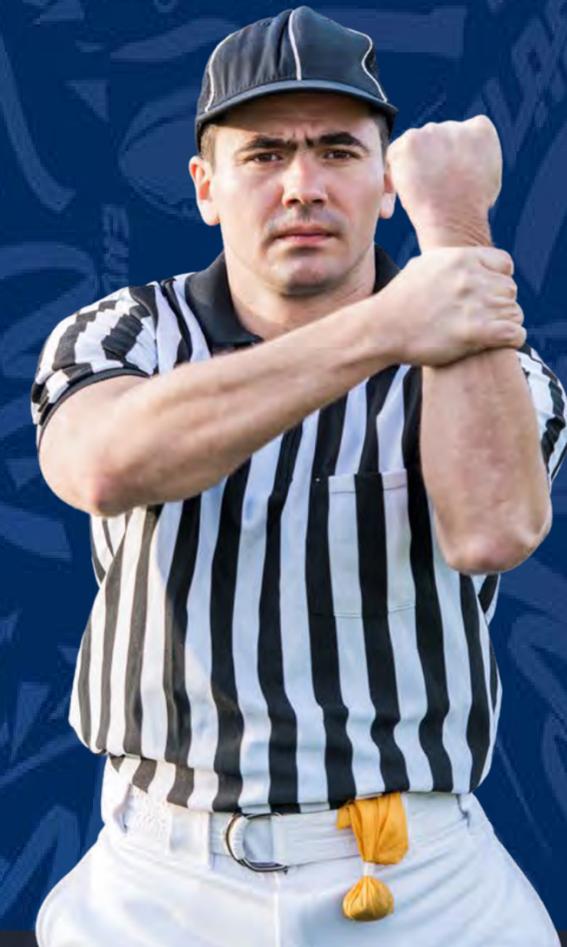
## COACHES' CODE OF CONDUCT

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.

**- THANK YOU -**  
**Returning Coaches**



**CACHE VALLEY OFFICIAL FLAG  
RULEBOOK**



# GAME LOGISTICS

# PREGAME 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
- Pants or shorts with belt loops or pockets are not allowed; sweats must be worn under their shorts in cold weather.
- 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
  - FNF Shorts
  - Flags
  - Team Football
- The league will NOT provide the following:
  - Mouthguards (optional)
  - Cleats (not required but encouraged)
  - Wristbands for plays (optional)



# 5 VS 5 FLAG PLAYERS



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

- 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 and teams must have at least four (4) players. If a team has three (3) or fewer players within 10 minutes of the scheduled start time, the game is a forfeit. The opposing team may loan a player for a fun game, but the result remains a forfeit.
- Players on the field play both offense and defense.

# THE COIN TOSS

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

- W** The winner chooses whether to start with the ball in the first or second half.
- L** The other team chooses which direction to score and will start with the ball in the half the winner did not select.



# COACHES

## ON THE FIELD

Coaches can be on the field as follows:

- K-2nd: 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

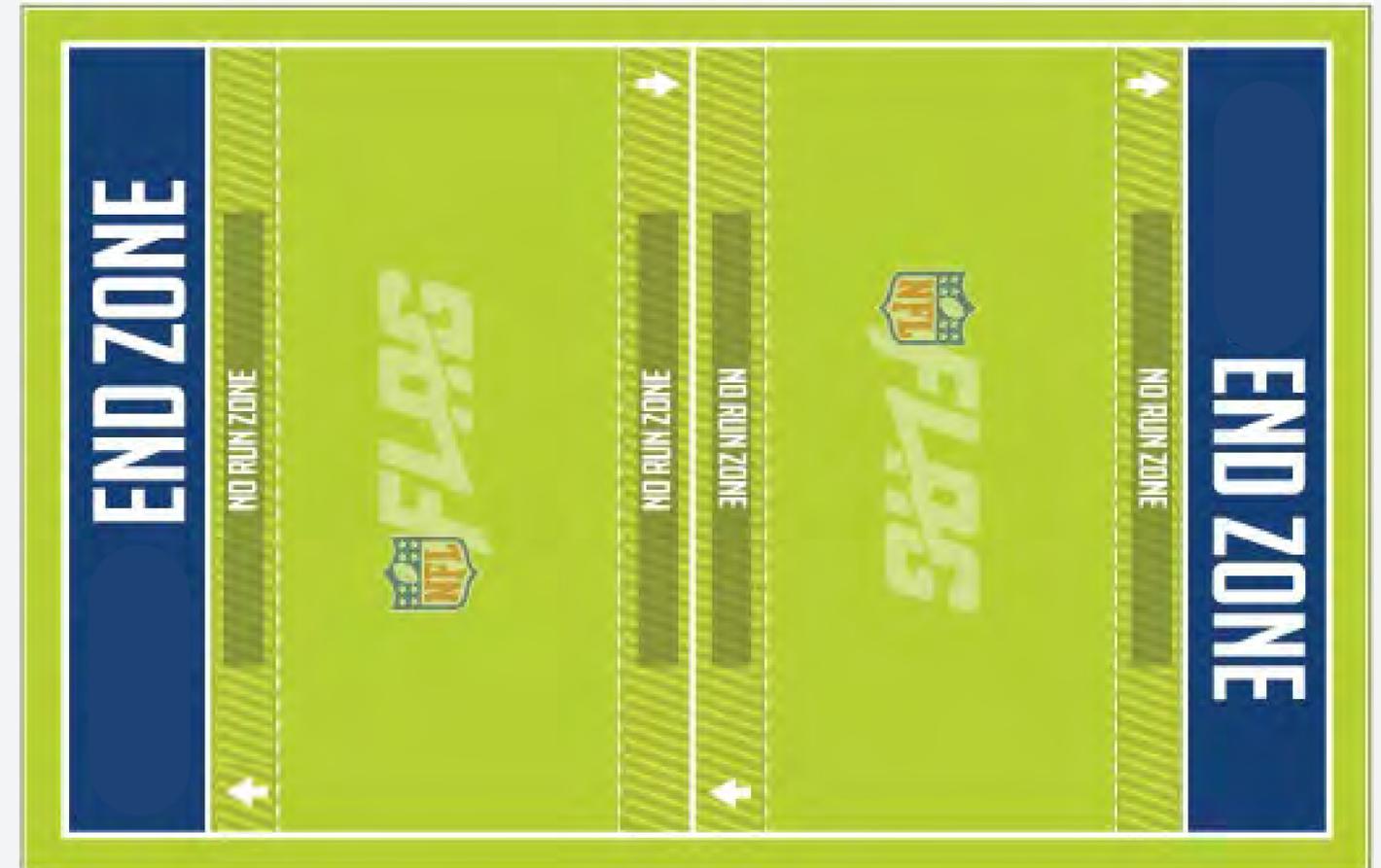


- Only 3 coaches on the sidelines (head and 2 assistants)
- Only 2 coaches on the field at a time
- Only the head coach can speak to referees

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

# THE GAME

- 10-minute quarters: able to subs at the quarter and mid-quarter if desired
- 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:

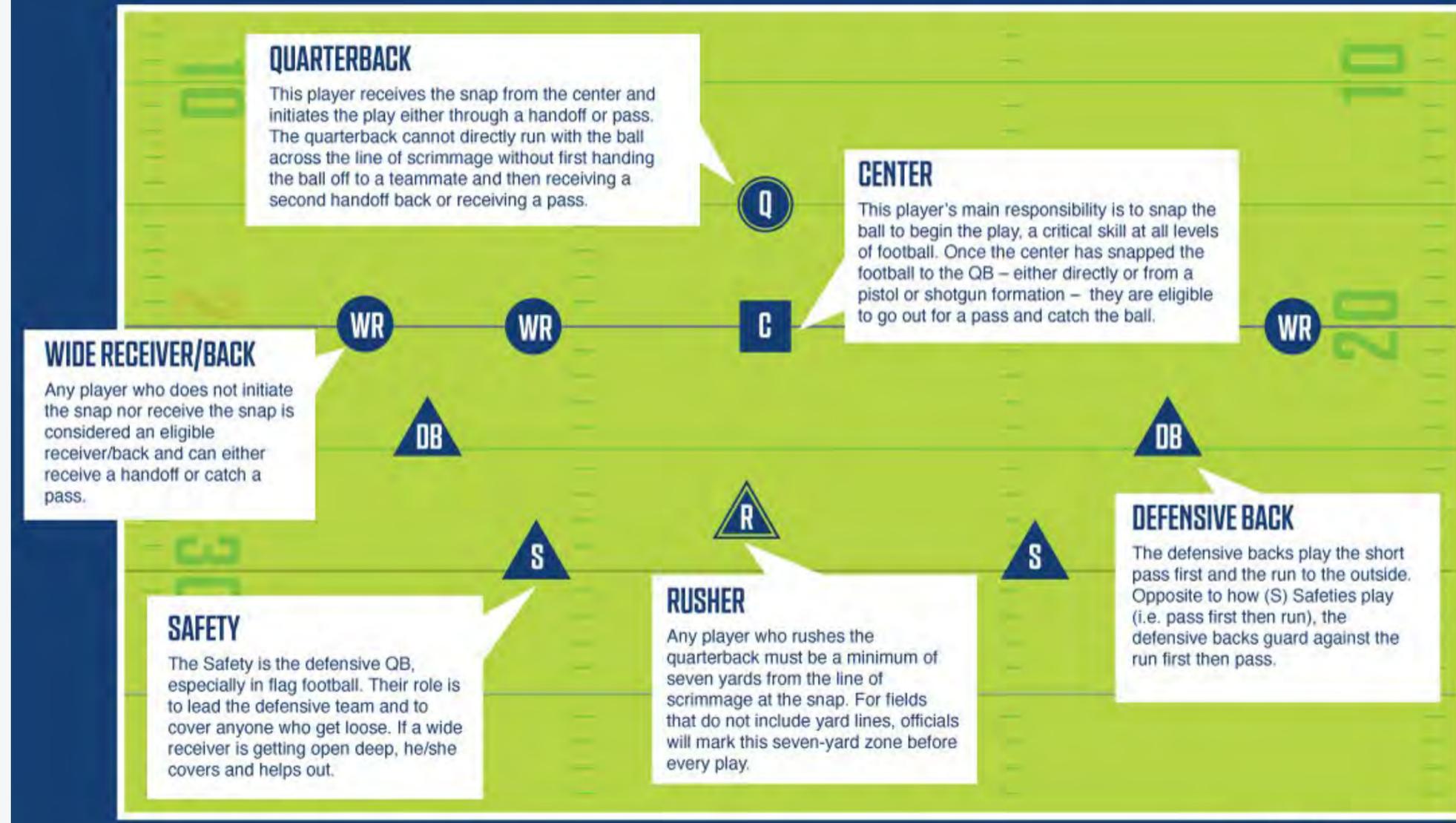
- Center
- Quarterback
- A mix of Wide Receivers and Running Backs

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.

TIP: If you have a player you need to coach a lot, keep them closer to your own sideline on the field.



# 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 EXAM



- 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

# 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)

Q1

1. Henry

2. Blake

3. Lincoln

4. Bethel

5. Elliot

Q3

1. Mason

2. John

3. Lincoln

4. Bethel

5. Elliot

Q2

1. Henry

2. Blake

3. Aaron

4. Mason

5. John

Q4

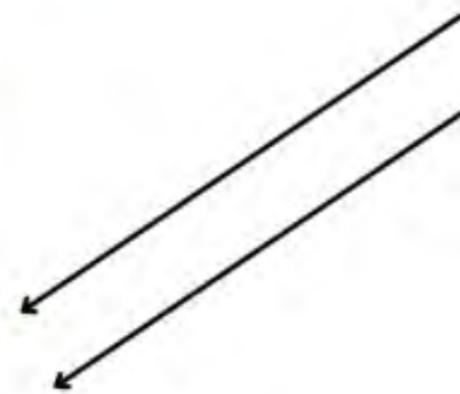
1. Henry

2. Blake

3. Aaron

4. Mason

5. John





# RULEBOOK HIGHLIGHTS

- Quarterback has 7 seconds to throw (not a penalty, loss of down only)
- Snap can be dropped if immediately picked up by the QB, 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
- Spinning and jump cuts (straight up or sideways) are allowed.
- A runner may leave their feet to avoid a collision, as long as no flag guarding occurs.
- Blocking, screening, or impeding a flag pull, or hurdling is 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)



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

# OFFENSIVE PENALTIES

Pre-Snap/Motion		
False Start / Illegal Motion	More than one player moving, motion toward LOS	-5 yds from LOS
Delay of Game	Failing to snap the ball in time	-5 yds from LOS
Offside	Lining up offside before snap	-5 yds from LOS Last 2 min stop clock
Illegal Equipment	A player must wear the league-issued flag belt with all flags fully visible and properly secured on the hips.	-5 yds from LOS
Passing / Receiving		
Illegal Forward Pass	Pass thrown beyond LOS; intercepted = defense possession	-5 yds from LOS & LOD
Pass Interference	Illegal contact by the offense that prevents a defender from playing the ball (illegal pick, push-off)	-5 yds from LOS & LOD
Playing / Coaching Violations		
Equal Playing Time / Sub Violation	Coach fails to follow equal playing time	-10 yds from LOS
Unsportsmanlike Conduct / Sideline Infraction / Taunting	Ill-will or disrespectful celebration	-10 yds from LOS & LOD
Coach Interference	Coach interferes with the play	-5 yards from LOS
Ball Carrier / Contact		
Screening / Blocking	Impede a player from pulling a flag or blocking	Spot foul, -5 yds & LOD
Holding / Illegal Contact	Holding or pushing a defender	Spot foul, -5 yds & LOD
Flag Guarding / Diving	Blocking defender from grabbing flags (stiff-arm, head, arm, jersey, ball)	Spot foul, -10 yds & LOD
Charging	Lowering the head or using the shoulder or forearm to initiate contact on a set defender.	Spot foul, -10 yds & LOD
Unnecessary Roughness	Using unnecessary force	Spot foul, -10 yds & LOD
QB / No-Run Zone Violations	QB runs past LOS, 7-second pass clock violation, run in no-run zone	Dead ball & LOD

# DEFENSIVE PENALTIES

Pre-Snap / Rush Violations		
Delay of Game	Mimicking offensive signals or cadence	+5 yds from LOS
Offside	Crossing LOS before snap	+5 yds from LOS
Illegal Rushing	Rusher not 10 yds from LOS	+5 yds from LOS & AFD
Illegal Equipment	A player must wear the league-issued flag belt with all flags fully visible and properly secured on the hips.	+5 yds from LOS
Flag / Ball Violations		
Illegal Flag Pull	Pulling flag before receiver has possession	+5 yds from LOS & AFD
Stripping the Ball	Attempting to take ball from carrier	Spot foul, +10 yds & AFD
Pass Interference	Illegal contact by the defense that prevents a receiver from catching the ball.	Spot foul & AFD
Player / Contact Violations		
Roughing the Passer	Contacting QB after forward pass	+10 yds from LOS & AFD
Holding / Illegal Contact	Holding or pushing offensive player	Spot foul, +5 yds & AFD
Unnecessary Roughness	Unnecessary tackling or pushing	Spot foul, +10 yds & AFD
Last Defender	Last defender tackles, pulls down, or pushes runner out of bounds	Touchdown
Tackling	Defender runs through, pulls down, or holds ball carrier; off-balance/uncontrolled = tackle	Spot foul, +10 yds & AFD
Unsportsmanlike Conduct / Taunting / Coach interference / Sideline Infraction	Ill-will or disrespectful celebration	+10 yds from LOS & AFD
Equal Playing Time / Sub Violation	Coach fails to follow equal playing time policy	+10 yds from LOS



# 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.fridaynightflagsponsors.com](http://www.fridaynightflagsponsors.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.fridaynightflagsponsors.com](http://www.fridaynightflagsponsors.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.

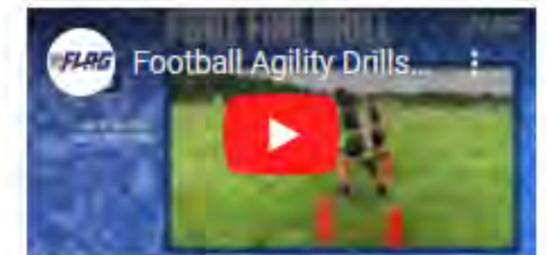
[View quarterback drills that improve technique and footwork.](#)

### 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



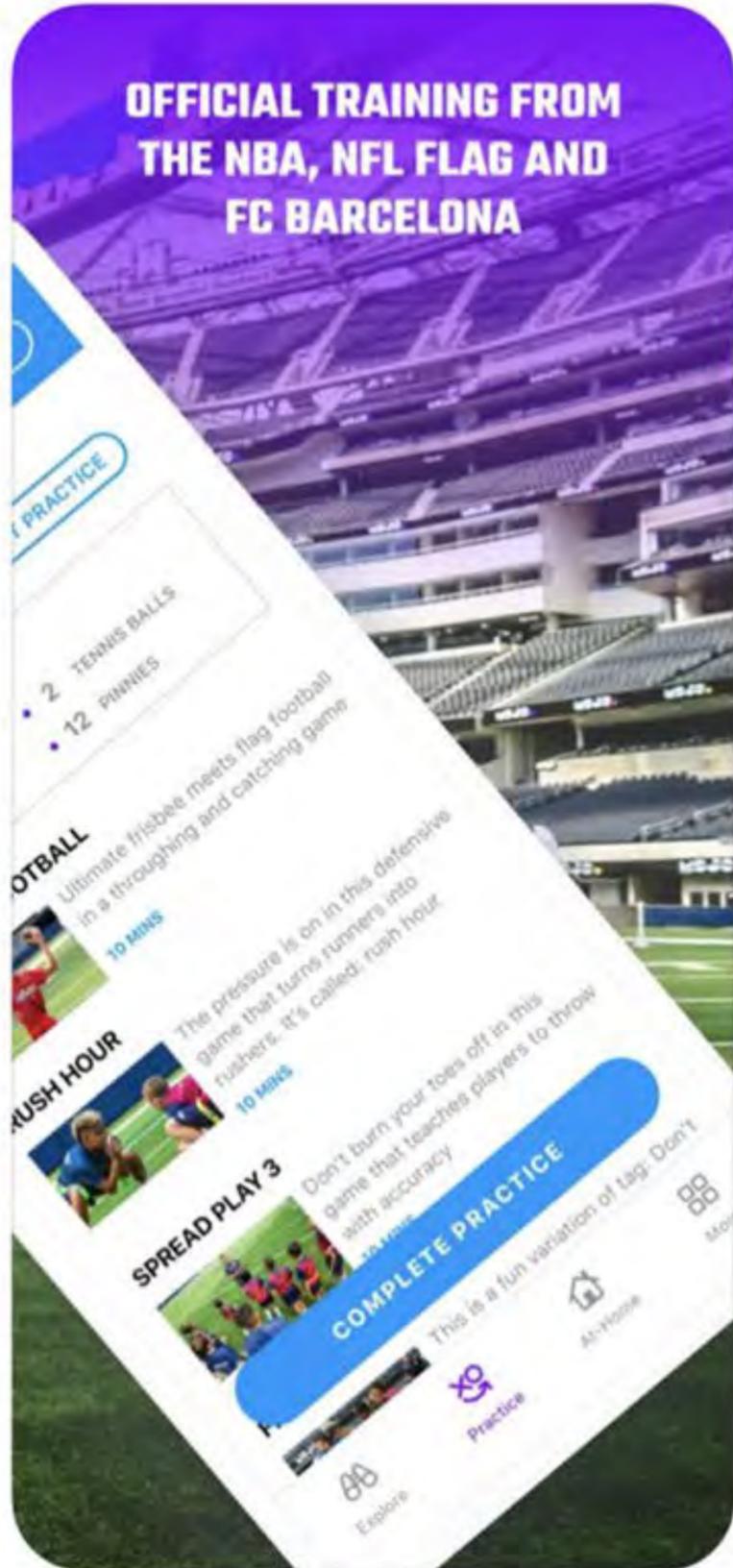
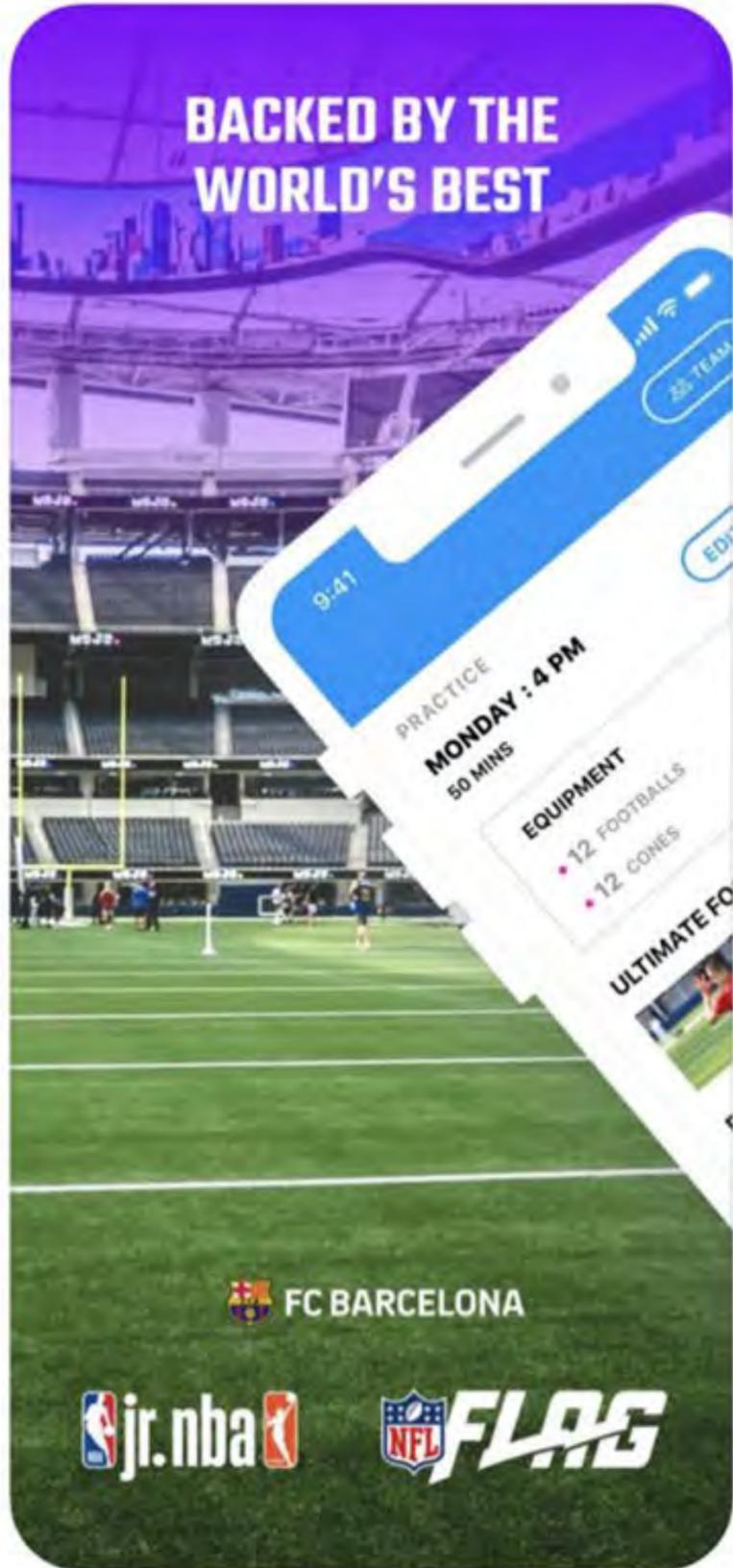
You can't underestimate the importance of agility when it comes to playing flag football. Offensive players need to navigate sharp routes and tight pivots with ease, while effective defensive players need swift movements to efficiently pull the ball-carrier's flags. This section details five football 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](http://www.fridaynightflag.com/coachescorner). See "Cache Valley Coaches" and click on the links.

7 on 7 Passing League Coaches:

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

## Drills



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MOJO Sports App

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

