

# **Spartans Youth Football, Inc.**

## **Coaching - Expectations**

### **COMMUNICATION**

1. Weekly email sent out by Sunday evenings to parents/athletes should include:
  - Game recap (no INDIVIDUAL STATS)
  - Upcoming weekly schedule
  - Weekly objectives/goals (team oriented)
  - Areas for improvement (attendance, behavior, work ethic, etc.)
  - Travel arrangements (home or away)
  - Communicate with families of athletes who are not in good standing or have a special interest
  - MUST CC info@spartansyouthfootball.com
2. Consistent communication with parent rep
3. Please communicate with a Spartans Youth Football, Inc. (SYF, Inc.) Board Member for any additional needs you may have.

### **PLAYER - COACH INTERACTION**

1. Understand every player is different (family background, school background, ability, learning type, etc.)
2. Take the role of teacher and mentor before disciplinarian.
3. NO BAD LANGUAGE – don't use words we don't want our athletes using.
4. POSITIVE ATTITUDE – talk *with* your players, not *at* your players with an inspirational tone of voice rather than a condescending one.

### **COACH - PARENT INTERACTION**

1. Avoid conversations before practice.
2. Try to avoid conversations after practice but this is the time to meet if no other time is available.
3. Request that parents set up a time away from practice to meet with you.
4. The more you can give them the better. Keep parents informed.
5. Reply to emails within a reasonable amount of time. (24 hours)
6. Solicit help from parents for games, practices, banquet and so on...do this early and often.

### **PLAYER DEVELOPMENT**

1. You are here to teach the fundamentals of football...please use the tutorials from USA Football for video help.
2. The more teaching the better, the more positions the better, the more experience the better off our players will be.
3. Primary skills to be taught are blocking and tackling. Every athlete should work on these daily.
4. Give brief overview and responsibilities of EVERY position in the 4th/5th grade levels...if you can give them an opportunity play multiple positions at some point in the season that's our goal.

#### **4<sup>th</sup> - 5<sup>th</sup> Grade:**

1. Non blue star players must have a minimum of 2 different positions on each side of the ball.
2. Non-blue stars must play on the offensive and defensive line at one point during the season...this will help them appreciate more about these positions.
3. Blue star players must play 2 different positions within their weight limitations on each side of the ball.
4. Must play a minimum of 2 quarterbacks per game.
5. Must play a minimum of 3 half/tail backs per game with each having an attempt.

#### **6<sup>th</sup> - 8<sup>th</sup> Grade:**

1. Each player must play on offense and defense in each game and try to have them play 2 different positions
2. Must play a minimum of 2 quarterbacks per game
3. Must play a minimum of 2 half/tail backs per game (each must have an attempt)

**4<sup>th</sup> - 8<sup>th</sup> Grades:** Within the first 2 weeks of season please try to have a competition or a fun game to find a player for one of the following:

1. Kicker/Punter
2. Long Snapper
3. Holder

## **PLAYING TIME REQUIREMENTS**

### **4<sup>th</sup> - 8<sup>th</sup> Grades**

1. Every player in good standing must play a minimum of 50% of live plays per half per DCAYFL rule.
2. These plays must be a combination of offense and defense plays
3. All plays must be live plays (non special teams)

## **STARTERS**

### **4<sup>th</sup> - 8<sup>th</sup> Grades**

1. At each level per DCAYFL rule...teams must start different 11 players on offense and another set of 11 different players on defense. This is assuming you have at least 22 players on your roster.
2. Every player must start a minimum of 2 games per season.

## **ACADEMIC REPORTS**

1. Academic reports (Green Cards) are REQUIRED by every player.
2. Green Cards are to be handed out at the first practice of the week once school has started.
3. Green Cards are to be collected the following week on the same practice day you have specified.
4. Anytime an athlete isn't in good standing due to their Green Card...please notify the player's parents. Depending the player's situation some consequences should be imposed.

## **PRACTICE PLANNING**

**4<sup>th</sup> - 8<sup>th</sup> Grades:** Each grade level is required to develop a practice plan for the season. The outline below please try and include the following:

1. Dynamic Warm-up
2. Basic Skills instruction time (BLOCKING AND TACKLING)
3. Individual position development
4. Group based scrimmage time
5. Team based scrimmage time
6. Conditioning
7. Cool down - Flexibility
8. Fun time

### **Conditioning:**

1. This time designed to improve the ability and fitness level of the player. Not for discipline.
2. Conditioning should be different each day
3. The hill may only be used 1 day per week
4. Practice plan should show a level of periodization to develop the athlete
5. Conditioning should be done at different times in practice

### **Prohibited Drills:**

1. "Bull in the Ring", "Hamburger" or similar type drills

## **COACHES EDUCATION**

1. The SYF, Inc. program is member of USA Football...there is a wealth of information for self-development.
2. It is STRONGLY suggested that each coach (head and assistant) attend a football clinic in the off season (fees will be reimbursed by SYF)
3. Any person who will engage in coaching in the SYF, Inc. program in any capacity must be certified through every year through USA Football.

## **RECRUITING**

1. You are an ambassador of the program and should be encouraging participation to ALL young people regardless of talent, ability, socioeconomic status, experience, etc.
2. Our program goal for participation is 220 players broken down into 44 per grade, 22 per team.