

Spartans Youth Football, Inc.

Points for Discussion at First Practice

A. Welcome:

- Introduce yourself and your Coaches
- Let them know it's a Privilege to Coach them
- You could let the boys introduce each other and what school they go to if you'd like

B. Expectations:

- First comes Family, then School, then lastly Football
- Our main goal is to get better each and every day.
- Academic Cards (Green Card)
- Go over expectations for Practice and Games (i.e. being on time, listening to coaches, treat your teammates with respect, etc.)
- Shoes Double Knotted, Helmets Tightened, Proper Practice Attire, and Mouth Guards Ready
- Practice Attendance Sheet
- Try and stress or explain how important practice really is...try to be Game Day Players at Practice
- Tell your veterans help out New Players...The better your teammates are the better the TEAM
- There are NO individuals here...we're all SPARTANS and Work together as a TEAM
- Ask Kids if they have any questions or something they'd like to share with the team.

C. Traits of a Good Football Player:

- Desire...Comes from the Heart and is more important than the size of your body.
- Discipline...is something you do for someone, not to them!!
- Mental Toughness...Football as well as all sports are more Mental than Physical.
- Passion...Comes from always wanting to try and be the best you can be.
- Confidence...Comes from knowledge and ability to perform. The easiest way to build confidence is up to YOU!!
- Attitude...Be Ornerly, an Animal when between the lines.
- Ask Kids...

D. Team Goals:

- Coaches Goals...Make you guys the best Football Players and Young Men as best as we can!!
- Linemen Play Ball Position & Ball Position Play Linemen
- Practice Player of the Week Program (Linemen & Ball Position Players)
- Pride Stickers...
- Ask Kids...