

Coaches Meeting

Fall 2018 Season
Boise and Meridian Leagues



- Introductions
- Boise League
- Meridian League
- League Basics
- Rulebook Highlights
- Changes to Rec and Comp Divisions
- Code of Conduct
- Coaching Tools
- Jersey Pickup Dates

Coaches Meeting



Boise League

- Games played at Expo Idaho Fields
 - Glenwood Blvd.
 - Next to Boise Hawks Stadium
- League Directors: Asa Shepherd
- K – 8th Grade
- 11 Fields
- 4 Game Times, beginning at 5:15pm

Coaches Meeting



Boise League Location:



Coaches Meeting



Boise League Schedule

- Game Nights
 - Week 1: Sept. 13 THURSDAY
 - Week 2: Sept. 21
 - Week 3: Sept. 28
 - Week 4: Oct. 5
 - Week 5: Oct. 19
 - Week 6: Oct. 26 (PLAYOFFS)
 - Week 7: Nov. 2 (CHAMPIONSHIPS)
- Game Times: 5:15, 6:15, 7:15, 8:15
- Game Schedules (available Aug. 20)

Coaches Meeting



Meridian League

- Games played at Jabil Soccer Fields
 - Meridian Exit, east of Home Depot
 - Next to Idaho State Campus/Renaissance HS
- League Director: Matt Hagler
- K – 8th Grade
- 7-8 Fields
- 4 Game times, starting at 5:15pm
- Adaptive Division (Special Needs)

Coaches Meeting



Meridian League Location:



Coaches Meeting



Meridian League Schedule

- Game Nights
 - Week 1: Sept. 7
 - Week 2: Sept. 14
 - Week 3: Sept. 21
 - Week 4: Sept. 28
 - Week 5: Oct. 5
 - Week 6: Oct. 12 (PLAYOFFS)
 - Week 7: Oct. 19 (CHAMPIONSHIPS)
- Game Times: 5:15, 6:15, 7:15, 8:15
- Game Schedules (available Aug. 20)

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League Basics: PRACTICES

- Practices begin week of August 12
- One practice per week
- 1.5 hours or less
- Find convenient location for parents
 - Local park or school; first come basis
- Coordinate day/time with parents

Scrimmages

- One scrimmage is allowed before the first game. This scrimmage is optional and can be held in addition to a regular weekly practice.
- Coaches schedule their own scrimmages.

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League Basics: GAMES

- First Games Sept. 7 in Meridian, Sept. 13 in Boise
- 5 vs. 5
- 10 min. quarters, subs at quarter and mid-quarter
- Offense starts at 5-yard line
- Two No-Run Zones
 - Passing in no-run zone
 - Penalties in no-run zone
- 3 Plays to Mid-Field, 3 Plays to Score
- Coaches on field
 - K, 1-2: Allowed on field entire season
 - 3-4: Allowed on field first 3 weeks of games only
 - 5-6, 7-8: no coaches on field

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League Basics: EQUIPMENT

- Jerseys (NFL Flag only, supplied by league)
- Flags (NFL supplied flags only, supplied by league)
- Black shorts or pants, no stripes
 - One pair of Friday Night Flag shorts supplied by league
- Mouthguard required (no exceptions for practice or games)
- Cleats, not required but encouraged
- No belt loops on pants/shorts
- Wristbands for plays (optional, not supplied by league)
- **Team Sponsorships REQUIRED** to receive jerseys

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Rulebook Highlights

- Black shorts or pants
- Scoring: front foot, not the ball location
- Quarterback: 7 seconds to throw, not a penalty, loss of down only
- Equal playing time
- Injured players, substitutions
- 7/8 Grade Division, Combined Meridian and Boise
- Playoffs
 - Kindergarten, Playoffs are single game
 - 1 vs 2, 3 vs 4, etc.
 - Playoff Seeding
 - Standings
 - Win – Loss
 - Points Against
- Game-day practice at game fields
 - No more than ½ hr before your game to “warm up”
- Practices
 - Only 1 per week.
 - No more than 1.5 hours long

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BOISE LEAGUE ONLY: Changes to Recreation and Competitive Divisions

- 1-2 Division, 3-4 Division, 5-6 Division
- Single Divisions during regular season
- Will split Division into 2 groups for Playoffs
 - Recreation Bracket, all teams not in Competitive bracket
 - Competitive Bracket, top 6-8 teams to be seeded
- Both Rec and Comp brackets will have a champion

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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.
- 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.

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Coaching Tools

- NFL Flag & USA football Coach Membership
- <https://www.nflflag.com/register>
 - Register as coach in Friday Night Flag
 - get USA Football membership
 - FLAG Coaching Certification Course
 - Practice Planner
 - 3D Animated Drills Library
 - FLAG Film Room
 - Health & Safety Content
- Play books on FNF website
 - <http://www.fridaynightflag.com/coach>

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Jersey Pick Up Dates

- MUST HAVE SPONSORSHIP FORM/PAYMENT
- Coach or Parent to pick up all jerseys for entire team.

- August 18 *Eagle* Dicks Sporting Goods
 - 10am-12pm
 - On Eagle Rd.
- August 25 *Boise* Dicks Sporting Goods
 - 10am-12pm
 - On Milwaukee St.

Coaches Meeting

