

# Coaches Meeting

Spring 2019 Season  
Boise and Meridian Leagues



- Introductions
- Boise League
- Meridian League
- League Basics
- Rulebook Highlights
- Code of Conduct
- Coaching Tools

## **Coaches Meeting**



Trevor Huish

- Fell in love with Friday Night Flag

1. Skill level- amazing
2. Competition- a big deal
3. Fun- atmosphere

Rob and Mike said one of keys to league was listening to coaches and getting new ideas.

Full-time job

**Coaches Meeting**



## New things

# 1. Summer Skills Camp

- **Boise Session** — Riverglen Jr. High, June 10-13
- **Meridian Session** — Settlers Park, June 17-20
- 8:30am-12pm — *Camp starts at 9am, but early drop off available*
- **Days 1-3:**
  - Warm up with dynamic speed training
  - Agility/Hand-eye coordination
  - Offense skills (QB, WR, RB)
  - Strategic games (capture the football, ultimate football, etc)
  - Basic Defensive concepts (Dropbacks, Positioning, Pursuits)
  - With more advanced campers different types of coverages and techniques used: zone cover 2, bump and run.
- **Day 4: OT Pro Day**
  - Inspired by the NFL Pro Bowl Skills Showdown.
  - Players will compete in different drills including:
    - Passing
    - Catching
    - Speed

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## **New things**

### **2. Regional tournaments- Seattle, Las Vegas, Phoenix**

- Age by August 1<sup>st</sup> of year
- 9-10 Coed
- 11-12 Coed
- 13-14 Boys
- 13-14 Girls
- Boise/Meridian teams or combine

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# Boise League

- Games played at Expo Idaho Fields
  - Glenwood Blvd.
  - Next to Boise Hawks Stadium
- League Directors: Asa Shepherd
- K – 8<sup>th</sup> Grade
- 11 Fields
- 4 Game Times, beginning at 5:15pm
  - K- 6 teams all combined
  - 1-2 22 Teams 6 competitive, 8 mid rec, and 8 rec
  - 3-4 24 Teams 8 competitive, 8 mid rec, and 8 rec
  - 5-6 13 Teams, 4 comp 9 rec
  - 14 in Meridian 10 comp 4 rec
  - Combined- 14 comp and 13 rec
  - 7-8 8 teams + 3 in Meridian, 6 comp and 5 rec

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# Boise League Schedule

- Game Nights
  - Week 1: April 5
  - Week 2: April 12
  - Week 3: April 19
  - Week 4: April 26
  - Week 5: May 3
  - Week 6: May 10 (PLAYOFFS)
  - Week 7: May 17 (CHAMPIONSHIPS)
- Game Times: 5:15, 6:15, 7:15, 8:15

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## Meridian League

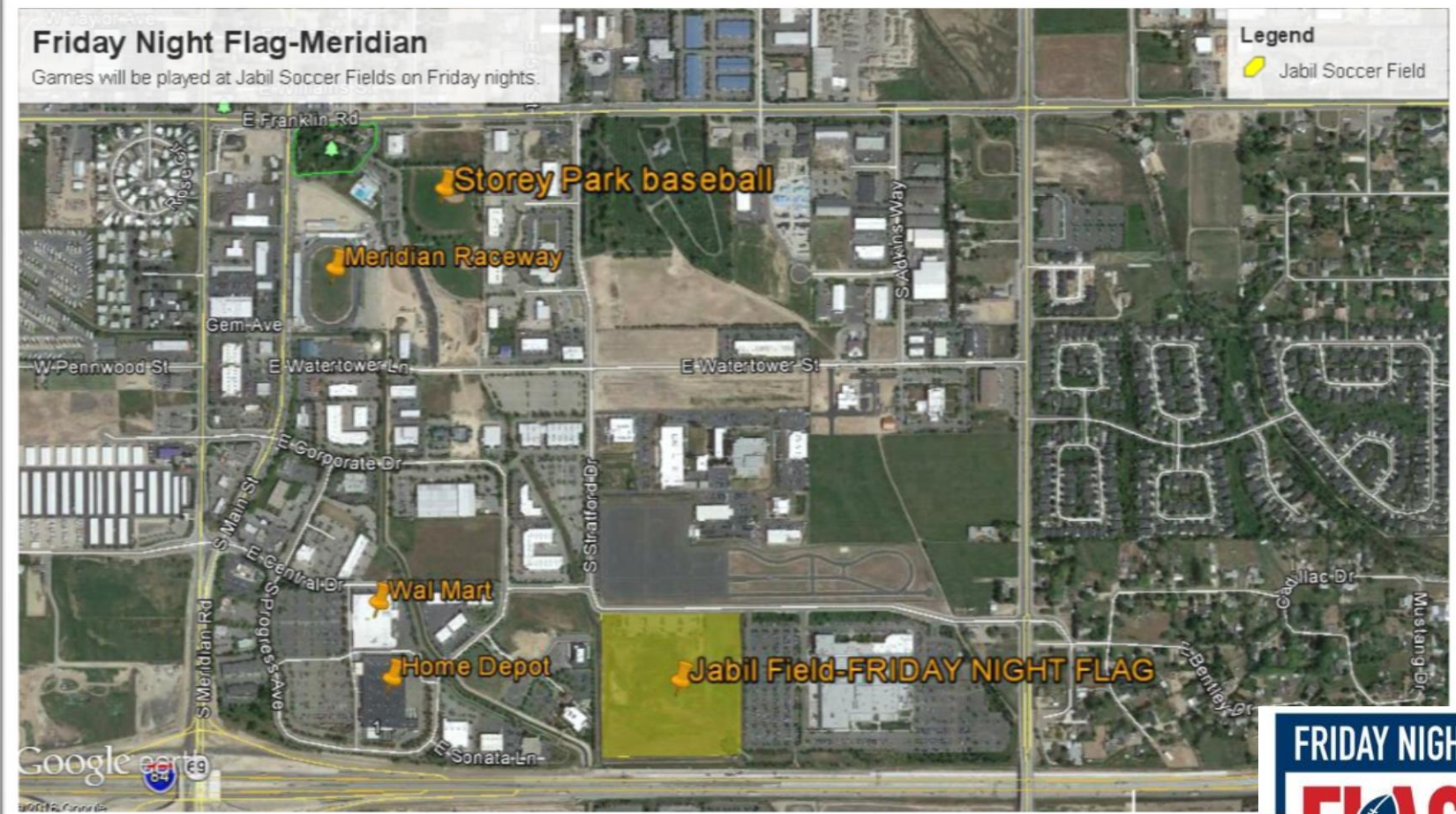
- Games played at Jabil Soccer Fields
  - Meridian Exit, east of Home Depot
  - Next to Idaho State Campus/Renaissance HS
- League Director: Trevor Huish and another
  - K – 8<sup>th</sup> Grade
  - 6 Fields
  - 4 Game times, starting at 5:15pm
  - K-5 teams all together
  - 1/2 14 teams- 8 comp 6 Rec
  - 3/4 14 teams 8 comp 6 Rec
  - 5/6 14 teams 9 comp 5 rec, possibly combine with Boise
  - 7/8 3 teams, combined with Meridian

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# Meridian League Location:



# Coaches Meeting



# Meridian League Schedule

- Game Nights
  - Week 1: April 5
  - Week 2: April 12
  - Week 3: April 19
  - Week 4: April 26
  - Week 5: May 3
  - Week 6: May 10 (PLAYOFFS)
  - Week 7: May 17 (CHAMPIONSHIPS)
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## Jersey Pickup

Tuesday March 19<sup>th</sup> 6-8 PM

Dick's Sporting Goods Boise

131 N Milwaukee St, Boise, ID 83704

Thursday March 21<sup>st</sup> 6-8 PM

Dick's Sporting Goods Meridian-

3415 N Eagle Rd, Meridian, ID 83646

Saturday March 23<sup>rd</sup> 10am-12 PM

Dick's Sporting Goods Boise

131 N Milwaukee St, Boise, ID 83704

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## League Basics: PRACTICES

- Practices begin week of March 4 or 11th
- One practice per week, four practices before season starts
- 1.5 hours or less
- Find convenient location for parents
  - Local park or school; first come basis
- Coordinate day/time with parents
- Rosters- still adding wait list players and filling up teams

### 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 April 5 in Boise and Meridian
- 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, must have sponsorship form/payment
- Pick Up Dates and locations

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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 Expo 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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## 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>
- Coaches Clinic, TBD
  - Clinic conducted by past FNF experienced coach
  - Basics on team play
  - Run a practice
  - Offense and defense

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