



Metro Youth Football

THE FUTURE OF YOUTH
FOOTBALL:

PROMOTING THE GAME AND
INSTALLING A SAFE AND AGE
APPROPRIATE PATHWAY TO
SUCCESS!



What do these two players have in common?



How about these two players?



**“Youth Football
Linked to Brain
Damage”**

**“Youth Football
Numbers In
Decline”**

“Tackle Football Not For All Kids”

**“America’s Most
Dangerous Football Is In
Our Pee-Wee Leagues”**

**“Parents Steer Clear
of Football”**

Why now? Why this?





They must first fall in love with the game before they fall in love with the sport.

Youth Football has not develop a process to allow this to happen while at the same time focusing upon skill development.



A clear vision to guide us:

What is our “WHY”

#1 – to always do what is best for kids

#2 – create a progression for kids to introduce them to the game of football

#3 – Appropriately introduce rules and safety equipment at age appropriate levels

#4 – Develop skills/fundamentals





THE PATHWAY

A clear road map that introduces the game of football to youth participants in a way that bring parts of the game in at different stages, taking into account their personal development, rules and safety equipment, and the appropriate part of competition.



BASEBALL PATHWAY

T-Ball

Coach Pitch

Limited Rules

Full Game

	3rd Grade	4th Grade	5th Grade	6-7th Grade
Players	8 per side	8 per side	8 per side	11 per side
Position Sampling	Yes per rules	Yes per rules	Yes Per rule	More limited
Level of Contact	None	Limited-mostly blocking	Yes-blocking and tackling	Yes-blocking and tackling
Contact Skills Taught	Footwork/Body Positioning/introduce drills used in future	Body Positioning/Blocking/intro tackle drills on pads	USA Shoulder Tackle and Point of Spear Blocking	USA Shoulder Tackle and Point of Spear Blocking
Equipment	Flag Belts/soft Shell Helmet	Full Equipment	Full Equipment	Full Equipment
Clock	Running Clock-Quarters	Running Clock-Quarters	Running Clock-Quarters.	Running Clock-NFHS rules
Field Size	40 yards long-smaller width	40 yards long-smaller width	40 yards long/smaller width	Full size field

K-2 FLAG FOOTBALL



The first introduction of the game – goal is to have fun and a great experience



CURRENT FLAG FOOTBALL BEING OFFERED
IN MOST COMMUNITIES

TEAMS OF 8 PLAYERS
PLAYERS PLAY ALL POSITIONS

FIRST INTRODUCTION TO THE GAME
FOCUS UPON BASIC FUNDAMENTAL SKILLS
IMPLEMENT USA FOOTBALL DRILLS
EMPHASIS ON FUN!

SMALLER FIELDS-WIDTH/LENGTH



3rd FLAG FOOTBALL

RULES ADAPT TO START PROGRESSION WITH AGE – A NEW LEVEL OF THE SPORT



FLAG FOOTBALL WITH PROGRESSION IN RULES: ALLOW BLOCKING FOR EXAMPLE
8 PLAYERS ON A TEAM / PLAYERS PLAY ANY POSITION
INSTITUTE SOFT HELMET FOR SAFETY OF FASTER/BIGGER PLAYERS
SLIGHT FOCUS ON CONTINUED DEVELOPMENT OF SKILLS USED DURING THE GAME
CONTINUED USE OF USA FOOTBALL BLOCKING/TACKLING DRILLS

4th PADDED FLAG FOOTBALL



SAME GAME, RULES, PLAYS BUT NOW INTRODUCE THE EQUIPMENT

FLAG FOOTBALL W/ PROGRESSION IN RULES: ALLOW
BLOCKING FOR EXAMPLE
8 PLAYERS ON A TEAM / PLAYERS PLAY ANY
POSITION
PLAYERS WEAR HELMET/SHOULDER PADS TO BEGIN
ADAPTATION TO THE EQUIPMENT
FOCUS ON CONTINUED DEVELOPMENT OF SKILLS
USED DURING THE GAME
CONTINUED USE OF USA FOOTBALL
BLOCKING/TACKLING DRILLS



5TH

ROOKIE TACKLE



THE NEXT STEP AFTER A YEAR OF EQUIPMENT-NOW TACKLING TAUGHT



FIRST LEVEL OF FULLY PADDED FOOTBALL
TEAMS OF 8 PLAYERS – SAME AS FLAG

LENGTH-40 YARD FIELD / WIDTH NUMBERS

INTRODUCE TACKLING ON A SMALLER SCALE
WITH SMALLER FIELD

CONTINUED USE OF USA FOOTBALL TEACHING
TECHNIQUES OF BLOCKING / TACKLING



6-7TH

11V11 TACKLE FOOTBALL



FIRST LEVEL OF FULL ON FOOTBALL-NORMAL FIELD, RULES, COMPETITION



REGULAR NFHS RULES OF THE GAME
11 PLAYERS ON A SIDE
REGULAR FIELD TO BE USED

CONTINUED USE OF USA FOOTBALL DRILLS TO
TEACH BLOCKING AND TACKLING

FINAL STAGE TO THE GREAT GAME OF FOOTBALL



Cedar Rapids Youth Football

Implemented this program in 2017 with great success

Had participants complete an exit survey.

“Has modified football helped prepare your child for tackle and next level of football?”

88% answered YES

Would you recommend modified football to a friend to participate in?”

98% answered YES

What we are seeing here is that when instituted the right way with support on many levels (kids, coaches, parents) it is a HUGE success!!



Comments from CR parents:

I believe the year of low contact, learning the fundamentals, and focus of understanding in a safe environment will encourage more kids to participate and stay with football longer. I am concerned with the drop in participation of football programs across our state and country.

The modified league has allowed my son to get excited about the game and strategy without having to worry about getting tackled. This has been a huge bonus, and a valuable talking point when we have been explaining the program to other parents.



Comments from CR parents:

This is an OUTSTANDING program! I am very pleased with the level of instruction. Personally, I would like to see modified football go until 7th grade. With the reports coming out about the risks of tackle football at younger ages, I would like to see my son playing a modified game as long as possible. As a soldier who has been blown up and had concussions and TBI, I know the effects of brain injuries all too well. This program marries the best of both levels and gives them the opportunity to compete and gain knowledge of the game. My only recommendation would be to make the last half hour or practice dedicated to the tackling drills on pads and air to continue to prepare them for the tackle game.



In conclusion....

The time is now!

The game of football is changing on every level: high school, college, and professional.

Rule changes are being made to make the game safer, coaching techniques are being implemented to teach the game better, and the equipment is being developed better than ever.

The game is changing at every level EXCEPT the youth level. It is time to make the changes and stop waiting for someone else to initiate it.

This new league has the support of all the youth football boards AND the high school coaches in each community. We KNOW it will be a better game for all!