



# Spring Football Coaches Toolkit

2025



# CAPITAL CITY FOOTBALL ASSOCIATION

## OUR MISSION

Provide our players and their families an unparalleled football experience through exceptional coaching, elite programming and an unwavering commitment to safety.

## INTENT OF THE COACHES TOOLKIT

Provide guidance to you coaches on everything you need to know for the upcoming year to ensure a successful and safe upcoming season. And also...

## THANK YOU

For your commitment to the program and the kids; without you there wouldn't be a Capital City Football Association!

### WHATS INSIDE

|                                    |         |
|------------------------------------|---------|
| Season & Gameday Logistics         | 3       |
| K/1 & 3rd Grade Field Layout       | 4       |
| 3rd Grade Overview                 | 5       |
| K/1 Overview                       | 6 - 8   |
| Fillies and 2nd Grade Field Layout | 9       |
| 2nd Grade Overview                 | 10      |
| Fillies Overview                   | 11      |
| 4th and 5th Grade Field Layout     | 12      |
| 4th and 5th Grade Overview         | 13      |
| Rosters and Coaches                | 14 - 20 |



## SEASON & GAME DAY LOGISTICS

**SPORTS ENGINE:** Rosters and schedules will be stored in the sports engine app. Parents are encouraged to use the app to notify of attendance / absence on game days and for communication with the coaches.

### SEASON SCHEDULE

League will operate on a four-week schedule. All games will be from 12:00 – 5:00 pm time slot. Dates include:

- April 13<sup>th</sup>
- April 19<sup>th</sup>
- April 27<sup>th</sup> (Tackle Bar Demo: 3:30 – 4:00)
- May 4<sup>th</sup>

### Division Schedule

- **Little Riders: 12:15 – 1:15pm**
  - 30 minutes drills / stations
  - 30 minutes scrimmage
- **3<sup>rd</sup> Grade: 12:00 – 1:30pm**
  - 2 – 40 minute games
- **Fillies: 1:45 – 3:15 pm**
  - Mixture of Games and Skill Development
- **2<sup>nd</sup> Grade: 1:45 – 3:15 pm**
  - 2 – 40 minute games
- **4<sup>th</sup> / 5<sup>th</sup> Grade: 3:30 – 5:00pm**
  - 2 – 40 minute games

### FIELD EQUIPMENT

**Equipment Bag:** Each field will have an equipment bag with cones and flags for both teams on game day. PLEASE RETURN THE BAG TO THE CENTER OF THE FIELD with the balls and flags at the end of each game.

**First Aid:** There will be a first aid kit in each field bag for the teams to use if needed.

### PLAYER EQUIPMENT

- Players are recommended to wear mouth pieces during all games and practices.
- Players must have shirts tucked in pants and flags properly displayed.
- Flags may not be wrapped around belt loops or the belt.
- Each player must wear their association provided jersey.
- Athletic shoes and molded spikes are permitted. No metal spikes are allowed.



## 3<sup>RD</sup> GRADE & LITTLE RIDERS FIELD LAYOUT (12:00 – 1:30 PM)

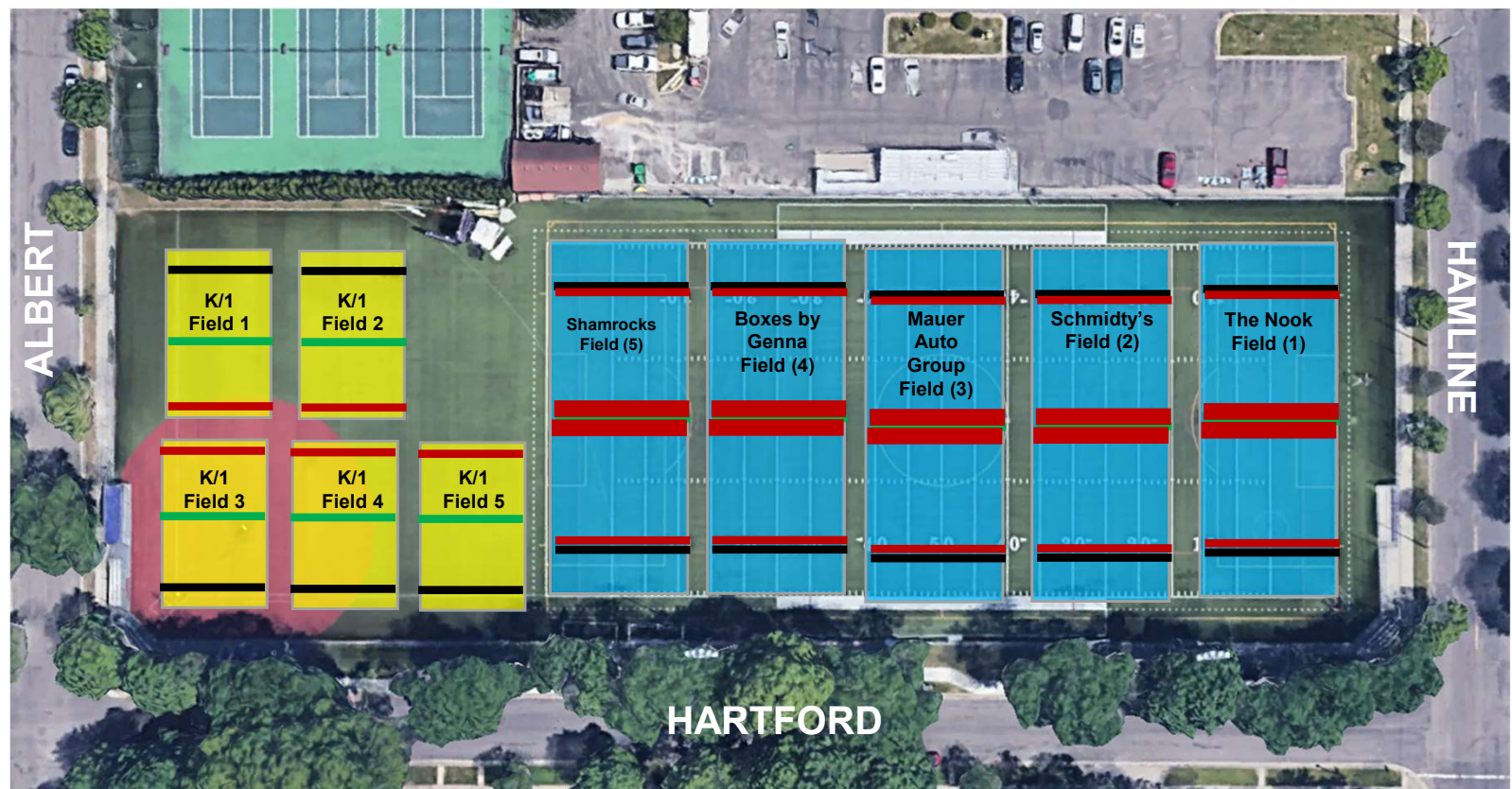
**LOCATION:** All games will be played at CDH Turf Field (550 S Albert St, St Paul, MN 55116)

### BLUE - 3rd Grade (12:00 - 1:30)

- Fields are 20 yards wide and the width of the football field
- Play will be in both directions, with endzones on both ends of the field
- First down line in the middle of the field (Green Line)
- No run zones are 3 yards before the first down and the end zone (Red Lines)
- Teams will start with the ball 5 yards outside of their endzone

### YELLOW - Little Riders (12:15 – 1:15)

- Entire Softball Field Space
- Fields are 15 yards wide and 25 yards long
- Teams should report to the middle of the fields assigned in sportsengine





## 3<sup>RD</sup> GRADE GAME PLAY RULES (12:00 – 1:30PM)

### GENERAL OVERVIEW

- 3<sup>rd</sup> Grade = 5x5 Team Play
- Possession begins at the 5 yd line
- Field is the width of the football field, 1<sup>st</sup> down is middle of the field
- 4 downs for a first/touchdown
- Any turnover on downs, reset ball to starting line.
- A turnover by int, possession is gained where tackled

### SCORING

- Td = 6;
- Extra point = 1 pt from 3 yds, 2 pts from 5yd
- There is no safeties. Ball would be placed at the 3yd line

### OFFENSE

- At least three players have to start on the line (one being the center)
- Every play starts with a snap, with teams electing to run or pass the ball
- All runs must be handoffs. QB cannot run directly after receiving snap.
- Everyone is eligible for a pass
- Standard fb alignment and motion rules
- No blocking, no flag guarding, including stiff arms.

### DEFENSE

- Defenders must start 3 yds behind the line of scrimmage
- No Blitzing the QB, but defenders can cross the line once the ball is handed off
- A defender cannot leave their feet to make a flag grab

### REFS

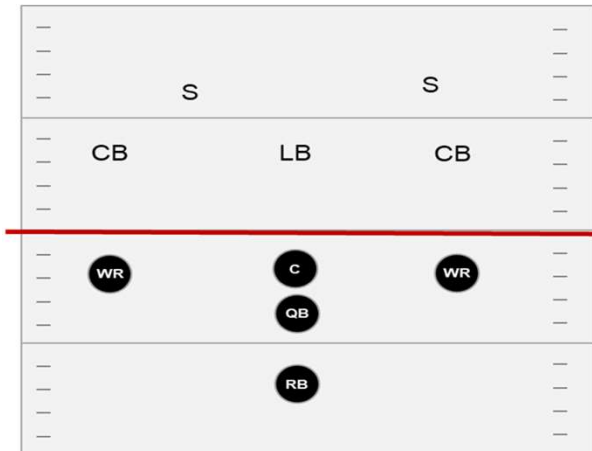
- There are no refs. Coaches are responsible to manage the game, call dead balls / out of bounds and penalties.
- Coaches should countdown from 5 to encourage QB to throw the ball. If they do not the play is over

### SUNDAY SCHEDULE

- 12:00 – 12:10: Warm-up / Stretch
- 12:10 – 12:40 Game 1
- 12:40 – 12:50 Transition to Next Game
- 12:50 – 1:20 Game 2

### STANDARD FORMATION

*This guidance, feel free to build out formations within the guidance of the rules*





## LITTLE RIDERS OVERVIEW (12:30 – 1:30PM)

### Logistics

- League will consist of 10 teams (~7 / 8 Kids per team)
- Kids will be placed in teams and assigned a coach.
- Teams will start at the assigned field each week. Each field will have bag with flags and balls for both teams
- Teams will rotate through 5 stations, spending ~6minutes at each
- Designated coach will be at each station to go through the drills
- Teams will start at end at the same field after all the rotations

### Station Drills (See next slide for details)

- Field 1– Running / Obstacle Course & Fumble Relay
- Field 2 – Flag Pulling & Y Flag Pulling
- Field 3– Throwing & QB Carousel
- Field 4– Catching / Route Running & The Cross
- Field 5– Stances / Racing & Sack, Scope and Score

### SUNDAY SCHEDULE

- 12:30 – 1:00: *Stations*
  - (5 stations rotation – 6 Minutes each)
- 1:00 – 1:30 *Scrimmage / Games*
  - 6 on 6 (Coaches QBs)

Field Layout

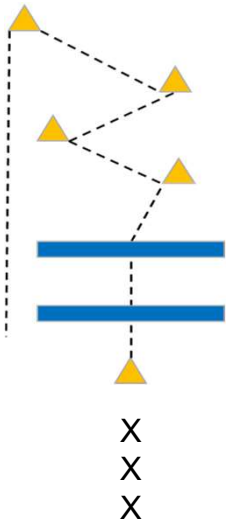




# LITTLE RIDERS STATION DRILLS - WEEKS 1/2

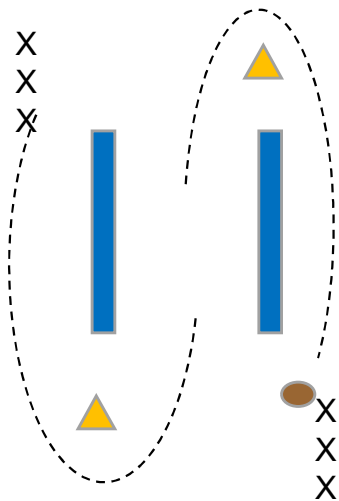
## Field 1 Running / Obstacle

1. Kids start behind cone
2. Coach hands off the ball to start the drill
3. Kids jump over the bags, zig-zag around the cones and sprints back to the coach



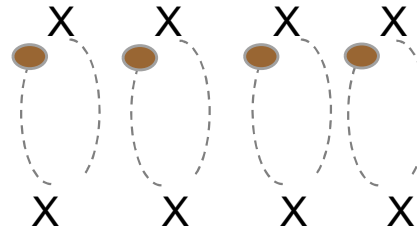
## Field 2 Flag Pulling

1. Kids split up (Runner / Tackler) and line up by the cones
2. Coach blows the whistle and kids run around the cone
3. Tackler tries to pull the runner's flag before they cross the line



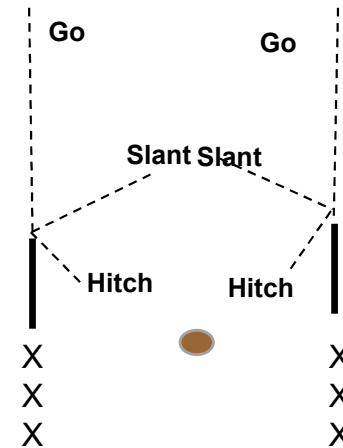
## Field 3 Throwing

1. Kids are five yards apart lined up across from each other as they practice throwing
2. You can move them back as needed



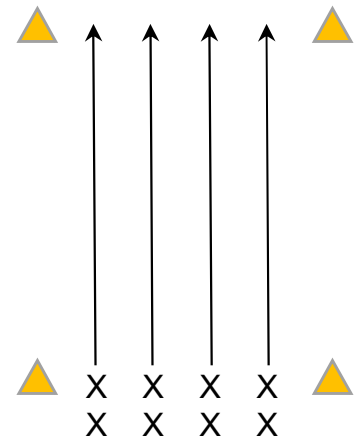
## Field 4 Catching / Routes

1. Split kids in half on each side
2. Have the kids run three different routes; slants, hitch and go



## Field 5 Stance Racing (3 Pt. RB, DB)

1. Line kids up two deep between two cones 6-8 yards apart.
2. Teach them a stance. NOTE: DB is a backpedal.
3. Have them race to the other sets of cones. Change distance of cones in week 2.

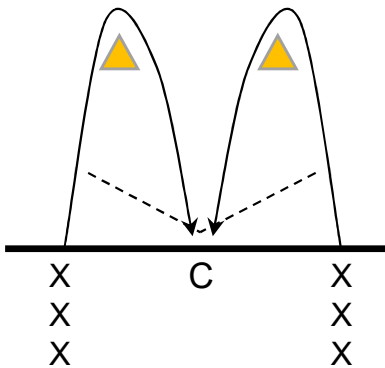




# LITTLE RIDERS STATION DRILLS - WEEKS 3/4

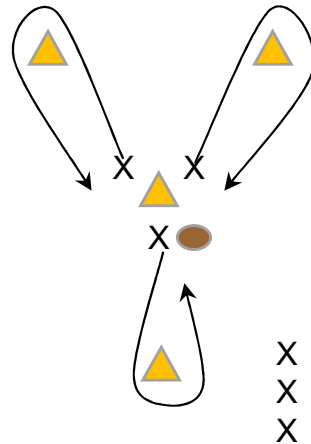
## Field 1 Fumble Relay

1. Split kids in half on each side
2. Coach rolls a ball out in front of the line on the ground.
3. The next kid in line picks up the fumbled football, runs around the cone and back to the coach, handing them the ball. Repeat.
4. Start by alternating lines. Transition to rolling ball out at same time and make it a relay race.



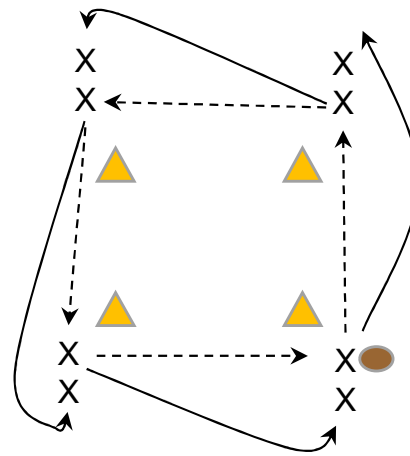
## Field 2 Y Flag Pulling

1. 3 Kids start in the middle, facing one of the cones. One kid has a ball.
2. On the whistle, all 3 kids run around their cone.
3. The ball carrier tries to run between the two other cones they did not run around for a TD. The other two kids try to get the flag.



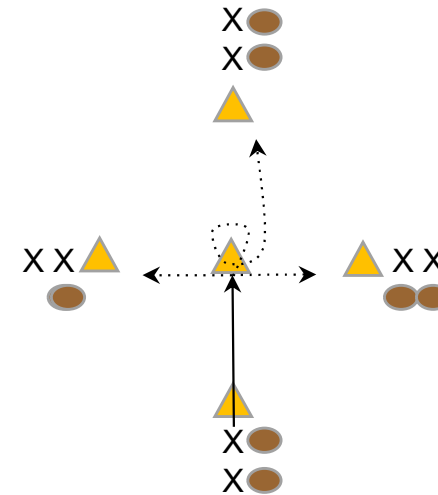
## Field 3 QB Carousel

1. Divide kids evenly on 4 cones. Start with one ball at one of the cones.
2. The kid with the ball starts by throwing counter clockwise, and then following their throw to the end of that line.
3. The ball continues around the cones until the coach stops the drill and switches directions.



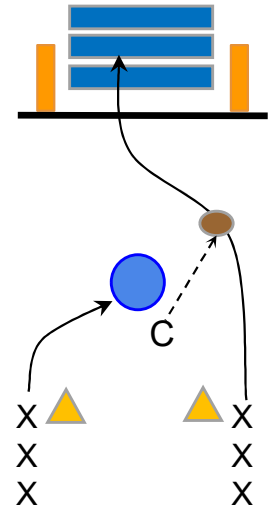
## Field 4 The Cross

1. Divide kids evenly on 4 cones.
2. Each line gets 1 ball.
3. One kid starts by running to middle cone. They make a hard cut left or right and run to the end of the line.
4. The first kid in that line runs to the middle and does the same. Drill continues until coach stops it. Add the spin when/if kids are ready.



## Field 5 Sack, Scoop and Score

1. Divide kids into two even lines.
2. Start in 3 point stances.
3. On hut, one line sacks the stand up and the other scoops and scores, diving into TD. Coach roll ball out after on hut.



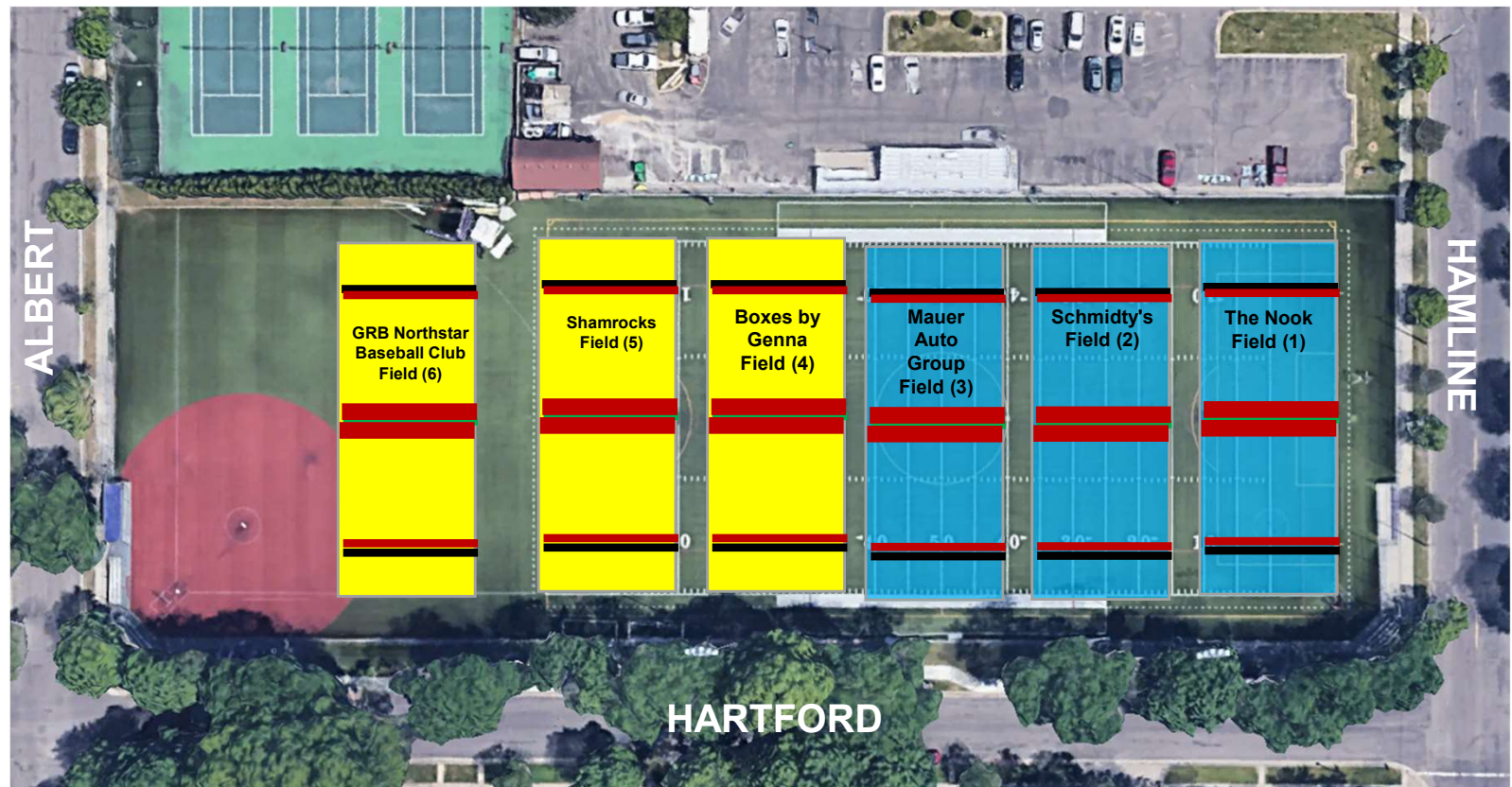


## FILLIES & 2<sup>ND</sup> GRADE FIELD LAYOUT (1:45 – 3:15 PM)

**LOCATION:** All games will be played at CDH Turf Field (550 S Albert St, St Paul, MN 55116)

### Fillies Fields – Yellow 2<sup>nd</sup> Grade Fields – Blue

- Fields are 20 yds wide and the width of the football field
- Play will be in both directions, with endzones on both ends of the field
- First down line in the middle of the field (**Green Line**)
- No run zones are 3 yards before the first down and the end zone (**Red Lines**)
- Teams will start with the ball 5 yards outside of their endzone





## 2<sup>ND</sup> GRADE GAME PLAY RULES (1:45 – 3:15 PM)

### GENERAL OVERVIEW

- 2nd Grade = 5x5 Team Play
- Possession begins at the 5 yd line
- Field is the width of the football field, 1<sup>st</sup> down is middle of the field
- 4 downs for a first/touchdown
- Any turnover on downs, reset ball to starting line.
- A turnover by int, possession is gained where tackled

### SCORING

- Td = 6;
- Extra point = 1 pt from 3 yds, 2 pts from 5yd
- There is no safeties. Ball would be placed at the 3yd line

### OFFENSE

- At least three players have to start on the line (one being the center)
- Every play starts with a snap, with teams electing to run or pass the ball
- All runs must be handoffs. QB cannot run directly after receiving snap.
- Everyone is eligible for a pass
- Standard fb alignment and motion rules
- No blocking, no flag guarding, including stiff arms.

### DEFENSE

- Defenders must start 3 yds behind the line of scrimmage
- No Blitzing the QB, but defenders can cross the line once the ball is handed off
- A defender cannot leave their feet to make a flag grab

### REFS

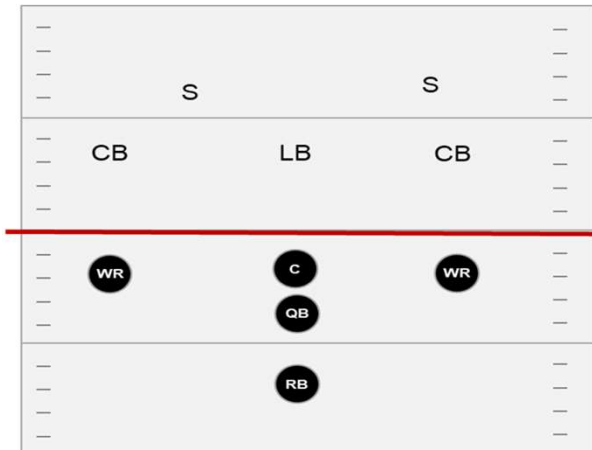
- There are no refs. Coaches are responsible to manage the game, call dead balls / out of bounds and penalties.
- Coaches should countdown from 5 to encourage QB to throw the ball. If they do not the play is over

### SUNDAY SCHEDULE

- 1:45 – 1:55 Warm-up / Stretch
- 1:55 – 2:25 Game 1
- 2:25 – 2:35 Transition to Next Game
- 2:35 – 3:05 Game 2

### STANDARD FORMATION

*This guidance, feel free to build out formations within the guidance of the rules*



## **FILLIES GAME PLAY RULES (1:45 – 3:15 PM)**

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**ADDITIONAL DETAILS WILL BE PROVIDED SOON!**

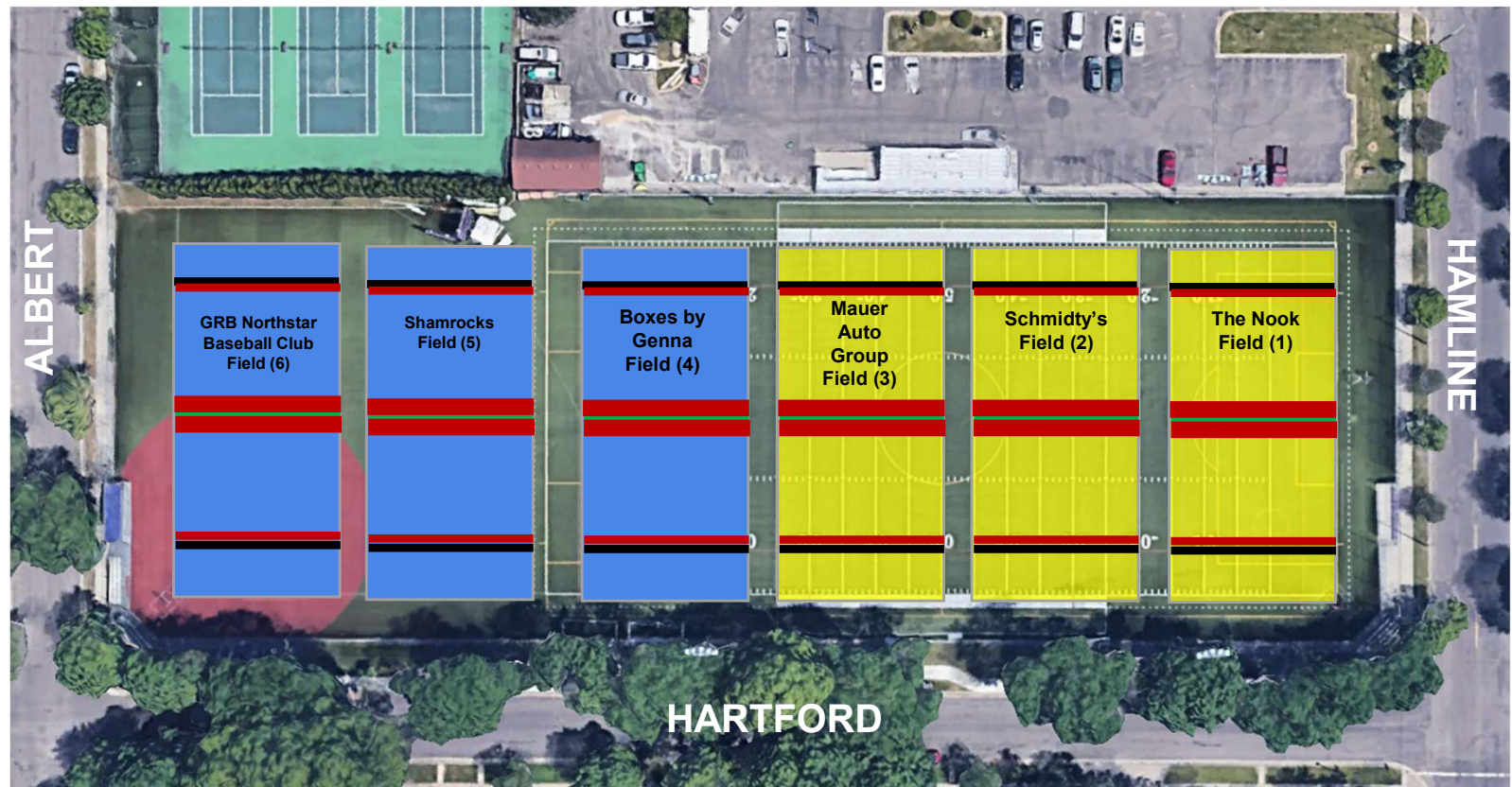


## 4<sup>TH</sup> AND 5<sup>TH</sup> GRADE (3:30 – 5:00 PM)

**LOCATION:** All games will be played at CDH Turf Field (550 S Albert St, St Paul, MN 55116)

### 4th Grade Fields – Yellow 5th Grade Fields - Blue

- Fields are 25 yds wide and the width of the football field
- Play will be in both directions, with endzones on both ends of the field
- First down line in the middle of the field (Green Line)
- No run zones are 3 yards before the first down and the end zone (Red Lines)
- Teams will start with the ball 5 yards outside of their endzone





## 4<sup>TH</sup> AND 5<sup>TH</sup> GRADE GAME PLAY RULES (3:30 – 5:00 PM)

### GENERAL OVERVIEW

- Teams will play 5x5 team play and only play teams within their division
- 2 – 30 minute games
- Field is the width of the football field, 1<sup>st</sup> down is middle of the field
- 4 downs for a first/touchdown
- Any turnover on downs, reset ball to starting line.
- A turnover by int, possession is gained where tackled, all fumbles are dead balls, no change in possession

### SCORING

- Td = 6;
- Extra point = 1 pt from 3 yds, 2 pts from 5yd
- There is no safeties. Ball would be placed at the 3yd line

### OFFENSE

- At least three players have to start on the line (one being the center)
- Every play starts with a snap, with teams electing to run or pass the ball
- All runs must be handoffs. QB cannot run directly after receiving snap or when blitzed
- Everyone is eligible
- Standard fb alignment and motion rules
- No blocking, no flag guarding, including stiff arms.

### DEFENSE

- Any defender lined up behind 7 yards from the LOS is able rush immediately on snap
- All of defenders must be lined up 3 yd from the line of scrimmage and cannot rush until 1) ball is handed off 2) ball crosses the LOS
- Cannot leave their feet to make a flag grab

### REFS

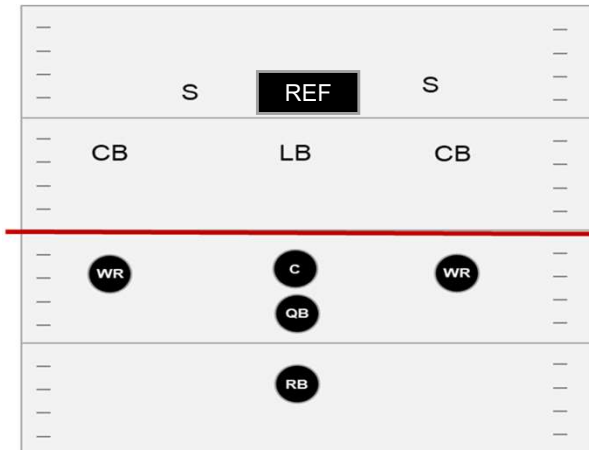
- 1 per field.
- They'll stand at 7 yards behind the line of scrimmage

### SUNDAY SCHEDULE

- 3:30 – 3:40 Warm-up / Stretch
- 3:40 – 4:10 Game 1
- 4:10 – 4:20 Transition to Next Game
- 4:20 – 4:50 Game 2

### STANDARD FORMATION

*This guidance, feel free to build out formations within the guidance of the rules*





## Rosters and Coaches



# LITTLE RIDERS GRADE ROSTERS / COACHES

| TEAM1 (GOLD)   |           |             |              | TEAM2 (RED)   |           |              |              | TEAM3 (Purple) |            |             |              | TEAM4 (Green) |           |           |              |
|----------------|-----------|-------------|--------------|---------------|-----------|--------------|--------------|----------------|------------|-------------|--------------|---------------|-----------|-----------|--------------|
| Coach          | Joe       | DeFrance    |              | Coach         | Mike      | Stoffel      |              | Coach          | Jeff       | Lepley      |              | Coach         | Darbie    | Lind      |              |
| Coach          | Ian       | Davy        |              | Coach         | Tieman    | Flood        |              | Owen           | Norneland  | HiC         | Kindergarted | Coach         | Tony      | Scheuring |              |
| Nicolae        | Retezan   | Adams       | 1stGrade     | Francis       | Murphy    | Nativity     | Kindergarted | Owen           | Lepley     | HiC         | Kindergarted | Charlie       | Scheuring | HiC       | 1stGrade     |
| Owen           | Pulver    | Adams       | 1stGrade     | Coop          | Flood     | Nativity     | 1stGrade     | Benjamin       | Olson      | HiC         | 1stGrade     | Genevieve     | Lind      | HiC       | 1stGrade     |
| Joseph (JJ)    | DeFrance  | Nativity    | 1stGrade     | John          | Cushing   | Nativity     | Kindergarted | Desmond        | Horn       | HiC         | 1stGrade     | Niall         | Leary     | HiC       | 1stGrade     |
| Seamus         | O'Neil    | Nativity    | 1stGrade     | Benjamin      | Ostrom    | Nativity     | Kindergarted | Lennon         | Kertis     | HiC         | 1stGrade     | James         | Sweeney   | HiC       | 1stGrade     |
| Benjamin       | Ashcraft  | Adams       | Kindergarted | Mickey        | Stoffel   | Nativity     | Kindergarted | Sullivan       | O'Meara    | HiC         | 1stGrade     | Griffin       | Gemes     | HiC       | Kindergarted |
| Sebastian      | Kyser     | Adams       | 1stGrade     | Lewis         | Webbig    | St. Joseph   | Kindergarted | Andre          | Gipson     | HiC         | Kindergarted | John          | Buri      | HiC       | Kindergarted |
| Henry          | Deck      | Adams       | Kindergarted | Alex          | Petschel  | St. Joseph   | 1stGrade     | Leo            | Nowak      | Hornescho   | Kindergarted | Elliott       | Hutchins  | HiC       | Kindergarted |
| Ralph          | Davy      | Nativity    | 1stGrade     | Beau          | Bisanz    | Nativity     | 1stGrade     |                |            |             |              | Griffin       | Wardwell  | HiC       | Kindergarted |
|                |           |             |              |               |           |              |              |                |            |             |              |               |           |           |              |
| TEAM5 (Orange) |           |             |              | TEAM6 (Blue)  |           |              |              | TEAM7 (Grey)   |            |             |              | TEAM8 (Black) |           |           |              |
| Coach          | Anthony   | Blake       |              | Coach         | Joe       | Lepsche      |              | Coach          | Ryan       | Shaughnessy |              | Coach         | Stephen   | Nesvig    |              |
| Joshua         | Benke     | St Thomas   | 1stGrade     | Miles         | Samms     | HoraceMa     | 1stGrade     | William        | Black      | HoraceMa    | Kindergarted | Coach         | James     | Lohmer    |              |
| Asa            | McElroy   | St Thomas   | 1stGrade     | Mona          | Ryan      | HoraceMa     | 1stGrade     | Finley         | Shaughnes  | HoraceMa    | 1stGrade     | Charlie       | Benson    | Nativity  | 1stGrade     |
| Archie         | Ashcraft  | St Thomas   | 1stGrade     | Alexandra     | Cruz      | HoraceMa     | 1stGrade     | Carson         | Mitchell   | HoraceMa    | 1stGrade     | Arlo          | Nelson    | Nativity  | Kindergarted |
| James          | Werner    | Nativity    | Kindergarted | Luc           | Flennig   | HoraceMa     | 1stGrade     | John           | Kilgiff    | HoraceMa    | 1stGrade     | Dev           | Rhodus    | Nativity  | 1stGrade     |
| Anders         | Blake     | SPA         | Kindergarted | Ollie         | Crain     | Nova Class   | Kindergarted | Norbert        | Baker      | HoraceMa    | 1stGrade     | Max           | Nesvig    | Nativity  | 1stGrade     |
| Kellen         | Shilling  | TGIS        | Kindergarted | Elliott       | Rupp      | Nova         | 1stGrade     | Lloyd          | McKnight   | ELV         | Kindergarted | Charles       | Lohmer    | Nativity  | Kindergarted |
| Henry          | Mahoehne  | Saint Thom  | 1stGrade     | Louie         | Lepsche   | St. Ambros   | 1stGrade     | Pascal         | Beckerle   | L'Etoile du | Kindergarted | Michael       | DeRosia   | Nativity  | 1stGrade     |
| Jasper         | Hessian   | Groveland   | Kindergarted | Hank          | Parker    | Nova Class   | 1stGrade     | Graham         | Brainard M | HoraceMa    | 1stGrade     | Jack          | McGuire   | Nativity  | Kindergarted |
|                |           |             |              |               |           |              |              |                |            |             |              |               |           |           |              |
| Team 9 (White) |           |             |              | TEAM10 (Navy) |           |              |              |                |            |             |              |               |           |           |              |
| Coach          | Mickey    | Hafertepe   |              | Coach         | Laura     | Shoberg      |              |                |            |             |              |               |           |           |              |
| Coach          | Justin    | Uran        |              | Baxter        | Wall      | Randolph I   | 1stGrade     |                |            |             |              |               |           |           |              |
| Weston         | Rekow     | Expo        | 1stGrade     | Jay           | Vrieze    | Randolph I   | Kindergarted |                |            |             |              |               |           |           |              |
| Georgia        | Uran      | Expo        | 1stGrade     | Owen          | Croushore | Randolph I   | 1stGrade     |                |            |             |              |               |           |           |              |
| Rogan          | Clark     | Expo        | Kindergarted | Leo           | Corooran  | Capitol hill | 1stGrade     |                |            |             |              |               |           |           |              |
| Max            | Elfritz   | Expo        | 1stGrade     | Rowan         | Spencer   | Randolph I   | 1stGrade     |                |            |             |              |               |           |           |              |
| Drew           | Wass      | Expo        | 1stGrade     | Kingston      | Cross     | Crossroad    | Kindergarted |                |            |             |              |               |           |           |              |
| Quinn          | Hafertepe | All Saints  | 1stGrade     | Karnden       | Lewis     | Crossroad    | Kindergarted |                |            |             |              |               |           |           |              |
| Gunnar         | Johnson   | Holy Spirit | 1stGrade     | Louis         | Sonnen    | Holy Family  | Kindergarted |                |            |             |              |               |           |           |              |



## 2<sup>ND</sup> GRADE ROSTERS / COACHES

| Airforce  |           |             |
|-----------|-----------|-------------|
| Coach     | Katherine | Nelson      |
| Groveland | Dane      | Davis-Sisco |
| Groveland | Theodore  | Hessian     |
| Groveland | Ambrose   | Nelson      |
| Groveland | Jackson   | O'Gara      |
| Groveland | Jack      | Torp        |
| Nova      | Felix     | Griffin     |
| Nova      | Brooks    | Wilson      |

| Boise St.  |           |           |
|------------|-----------|-----------|
| Coach      | Jamie     | Lacy      |
|            | Coach Tom | Sauer     |
| Homeschool | Samuel    | Nowak     |
| JJ Hill    | Alexander | Sauer     |
| SPA        | Vincent   | Tuominen  |
| TCGIS      | Ellington | Beckmann  |
| TCGIS      | Niklas    | Binkowski |
| TCGIS      | Whitman   | Lacy      |
| TCGIS      | Brooks    | Oja       |

| Colorado St.      |              |            |
|-------------------|--------------|------------|
| Coach             | Jeff         | Lepley     |
|                   | Coach Jordan | Quayle     |
| CHOF              | Wesley       | Bratzel    |
| Highland Catholic | Max          | Lepley     |
| Highland Catholic | Sam          | Quayle     |
| Highland Catholic | Thomas       | Schumacher |
| Randolph Heights  | Marlo        | Begari     |
| Randolph Heights  | Dylan        | Buelt      |
| Randolph Heights  | Beckett      | Olschenk   |

| SDSU         |          |           |
|--------------|----------|-----------|
| Coach        | Daniel   | Uhlemann  |
| Capital Hill | Cohen    | Stapleton |
| Homeschool   | Crosby   | Uhlemann  |
| Horace Mann  | Henry    | Perkins   |
| Horace Mann  | Theodore | Sadnick   |
| Horace Mann  | Desmond  | Stuart    |
| Horace Mann  | Jameson  | Totzke    |
| Horace Mann  | Kieran   | Zamorano  |

| UNLV              |                |         |
|-------------------|----------------|---------|
| Coach             | Kevin          | Ehlers  |
|                   | Coach Nicholas | Wanka   |
|                   | Coach Dean     | Willer  |
| Minnehaha Academy | Coen           | Lingen  |
| Nativity          | Peter          | Ehlers  |
| Nativity          | Graham         | Hoffman |
| Nativity          | Sam            | Maun    |
| Nativity          | Macy           | McGough |
| Nativity          | Nathan         | Wanka   |
| Nativity          | Sam            | Willer  |

| Wyoming        |            |              |
|----------------|------------|--------------|
| Coach          | Michael    | Brown        |
|                | Coach Jeff | Zajac        |
| ADAMS          | Charlie    | Awada        |
| Nativity       | Teddy      | Brown        |
| Nativity       | John       | Lohmer       |
| Nativity       | Maarten    | ter Veldhuis |
| Nativity       | Harrison   | Zajac        |
| St Thomas More | Knute      | Spaeth       |
| St Thomas More | David      | Scanlan      |



## 3<sup>RD</sup> GRADE ROSTERS / COACHES

| IOWA     |               |                    |
|----------|---------------|--------------------|
| Coach    | Molly         | Nietfeld           |
| Coach    | Megan         | Barrie             |
| Henry    | Sampson       | Capitol Hill       |
| Jack     | Sampson       | Capitol Hill       |
| Aife     | Collins-Kwong | Capitol Hill       |
| Max      | Carroll       | Capitol Hill       |
| Charlie  | Bents         | Jj Hill Montessori |
| Thomas   | Nietfeld      | Visitation         |
| Theodore | Marshall      | Visitation         |

| Northwestern |           |             |
|--------------|-----------|-------------|
| Coach        | Mike      | Butler      |
| Coach        | Mickey    | Hafertepe   |
| Isla         | Doyle     | Holy Spirit |
| Catherine    | Gilbert   | Holyspirit  |
| Greta        | Ransom    | Holy Spirit |
| Evelyn       | Bazal     | Holy Spirit |
| Harriet      | Butler    | Holy Spirit |
| Vivian       | Olin      | Holy Spirit |
| Finlay       | Hafertepe | All Saints  |

| Michigan St. |          |          |
|--------------|----------|----------|
| Coach        | Rick     | Allen    |
| Coach        | Nick     | Strauss  |
| Arthur       | Strauss  | Nativity |
| Hayden       | Russell  | Nativity |
| Abe          | Allen    | Nativity |
| Abel         | Ellason  | Nativity |
| Theodore     | Thornton | Nativity |
| Jack         | Murphy   | Nativity |

| Indiana |                 |                   |
|---------|-----------------|-------------------|
| Coach   | Kenneth         | Schramm           |
| Kellen  | Baker           | St Thomas More    |
| Gunnar  | Schramm         | St Thomas More    |
| George  | Townsend        | St Thomas More    |
| Padraic | Blumberg-Junior | Saint Thomas More |
| Miles   | Wetzel          | Saint Thomas More |
| Dominic | Wehrly          | Saint Agnes       |
| John    | Wehrly          | Saint Agnes       |

| Penn St. |                |             |
|----------|----------------|-------------|
| Coach    | Charlie        | Peterson    |
| Coach    | Thomas         | Marrinan    |
| Greer    | Peterson       | Horace Mann |
| Slas     | Dayton         | Horace Mann |
| August   | Brainard Marsh | Horace Mann |
| Amir     | Johnson        | Horace Mann |
| David    | Marrinan       | Horace Mann |
| Henry    | Opack          | Horace Mann |

| Purdue  |        |        |
|---------|--------|--------|
| Coach   | Dmitry | Parker |
| Clark   | Crain  | NOVA   |
| Smmy    | Howard | NOVA   |
| Theo    | Atakpu | NOVA   |
| Ericson | Riedi  | NOVA   |
| Grant   | Kimble | NOVA   |
| Kieran  | O'Hara | NOVA   |
| Braden  | McGinn | NOVA   |

| UCLA   |          |          |
|--------|----------|----------|
| Coach  | Stephen  | Nesvig   |
| Sam    | Nesvig   | Nativity |
| Cullen | Pan      | Nativity |
| Connor | Pan      | Nativity |
| Max    | Weiberg  | Nativity |
| Peggy  | Smith    | Nativity |
| Aldous | Chan     | Jie Ming |
| Ian    | Blonigan | Je Ming  |
| Teddy  | Wallraff | Je Ming  |

| Michigan |          |          |
|----------|----------|----------|
| Coach    | Anthony  | Blake    |
| Coach    | Colin    | Roney    |
| Coach    | Mike     | Mulligan |
| Jack     | Werner   | Nativity |
| Orrin    | Blake    | SPA      |
| James    | Ryan     | Spa      |
| Kellen   | Mulligan | TCGIS    |
| Chip     | Roney    | TCGIS    |
| Isabelle | Lacy     | TCGIS    |
| Jasper   | Reich    | TCGIS    |

| Ohio St |           |                    |
|---------|-----------|--------------------|
| Coach   | Paul      | Mendes             |
| Coach   | Ashish    | Mahajan            |
| Michael | Mendes    | Mendota            |
| Landry  | Hogendorf | Mendota            |
| Camden  | Mitsch    | Mendota            |
| William | Kroon     | St. Joe's          |
| Rommel  | Platz     | Mendota Elementary |
| Avi     | Mahajan   | Mound Park Academy |
| Leo     | Doyle     | EXPO               |

| Nebraska |          |                  |
|----------|----------|------------------|
| Coach    | Tim      | Moore            |
| Zeph     | Baer     | Groveland        |
| David    | Hessian  | Groveland        |
| Patrick  | Moore    | Groveland        |
| Cypress  | McLain   | Randolph Heights |
| Elias    | Mathison | Randolph Heights |
| Hugo     | Russell  | Randolph Heights |
| Houston  | Webster  | Brookview Ele    |



## 4<sup>TH</sup> GRADE ROSTERS / COACHES

| Oklahoma St.  |                  |                    |
|---------------|------------------|--------------------|
| <b>Coach</b>  | <b>Pat</b>       | <b>Petschel</b>    |
| <b>Coach</b>  | <b>Lamichael</b> | <b>Shed</b>        |
| Samuel        | Mcsherry         | Holy Spirit        |
| Zeke          | Cattanach        | Holy Spirit        |
| <b>Carter</b> | <b>Shed</b>      | <b>Holy Spirit</b> |
| Harrison      | Weis             | Holy Spirit        |
| Fredrik       | Jhnson           | Holy Spirit        |
| <b>Thomas</b> | <b>Petschel</b>  | <b>Visitation</b>  |
| Zeb           | Cattanach        | Visitation         |

| Iowa St.     |              |                           |
|--------------|--------------|---------------------------|
| <b>Coach</b> | <b>Kevin</b> | <b>Miles</b>              |
| Sam          | Lukasik      | Groveland                 |
| Reynir       | Birkland     | Groveland                 |
| Damon        | Krause       | Groveland Park Elementary |
| William      | Miles        | Horace Mann               |
| Hunter       | Williams     | Horace Mann               |
| Parker       | Lyons        | Horace Mann               |

| Texas Tech   |               |               |
|--------------|---------------|---------------|
| <b>Coach</b> | <b>Dmitry</b> | <b>Parker</b> |
| Edward       | Grimsrud      | NOVA          |
| Clement      | Griffin       | NOVA          |
| Evan         | Ruediger      | NOVA          |
| Knox         | Parker        | NOVA          |
| Noah         | Jensen        | NOVA          |

| Baylor       |              |                                    |
|--------------|--------------|------------------------------------|
| <b>Coach</b> | <b>Mike</b>  | <b>Ruiz</b>                        |
| Noah         | Ruiz         | Nativity                           |
| Breon        | Nation       | Nativity                           |
| Justus       | MacDonald    | Hope Academy                       |
| Cullen       | Scanlan      | St Thomas More                     |
| Reid         | Croushore    | Randolph Heights Elementary School |
| Anthony      | Williams III | Highland Catholic                  |

| Kansas       |                |                   |
|--------------|----------------|-------------------|
| <b>Coach</b> | <b>Leah</b>    | <b>Bailey</b>     |
| <b>Coach</b> | <b>Jessica</b> | <b>Wittwer</b>    |
| Miles        | Wheeler        | TCGIS             |
| Mikko        | Steingraef     | TCGIS             |
| Tanner       | Oja            | TCGIS             |
| Miriam       | Talley         | Capitol Hill      |
| Mason        | Lingen         | Minnehaha Academy |

| Houston      |               |                                    |
|--------------|---------------|------------------------------------|
| <b>Coach</b> | <b>Justin</b> | <b>Uran</b>                        |
| Crosby       | Uran          | Expo                               |
| Carlou       | McDonald      | Expo                               |
| Erik         | Wass          | Expo                               |
| Axel         | Schoenro      | CHOF                               |
| Theo         | Heitland      | St, Paul School Of Northern Lights |



## 5<sup>TH</sup> GRADE ROSTERS / COACHES

| Georgia      |                  |                | Vandy        |                |                 | Texas        |             |                                      |
|--------------|------------------|----------------|--------------|----------------|-----------------|--------------|-------------|--------------------------------------|
| <b>Coach</b> | <b>Rebecca</b>   | <b>Miller</b>  | <b>Coach</b> | <b>Mike</b>    | <b>Butler</b>   | <b>Coach</b> | <b>Luke</b> | <b>Tornquist</b>                     |
| <b>Coach</b> | <b>Elizabeth</b> | <b>Longval</b> | <b>Coach</b> | <b>Craig</b>   | <b>Lind</b>     | <b>Coach</b> | <b>Matt</b> | <b>Olson</b>                         |
| Henry        | Miller           | HiC            | Atticus      | Anderson       | Holy Spirit     | Finn         | Tornquist   | Nativity                             |
| Joseph       | Cotter           | HiC            | Thomas       | Rubbelke       | Holy Spirit     | Elijah       | Johnson     | Nativity                             |
| Declan       | Ferguson         | HiC            | Grayson      | Lind           | Holy Spirit     | Maxwell      | Olson       | Nativity                             |
| Liam         | Luck             | HiC            | Atticus      | Weis           | Holy Spirit     | Sl           | Ellason     | Nativity                             |
| Gage         | Longval          | HiC            | Hudson       | Butler         | Holy Spirit     | Ryder        | Schmidt     | Highland park elementary             |
| Bode         | Burt             | SPA            | Henrik       | Spaeth         | St Thomas More  | Mark         | Frosch      | Saint Anthony Park Elementary School |
|              |                  |                | Leo          | Bickford       | St. Thomas More | Edie         | Andriana    | Expo                                 |
|              |                  |                |              |                |                 |              |             |                                      |
|              |                  |                |              |                |                 |              |             |                                      |
| Alabama      |                  |                | Kentucky     |                |                 | Florida      |             |                                      |
| <b>Coach</b> | <b>Dustin</b>    | <b>Sadnick</b> | <b>Coach</b> | <b>Charlie</b> | <b>Peterson</b> | <b>Coach</b> | <b>Nick</b> | <b>Strauss</b>                       |
| <b>Coach</b> | <b>Dustin</b>    | <b>Sadnick</b> | <b>Coach</b> | <b>Charlie</b> | <b>Peterson</b> | <b>Coach</b> | <b>Tim</b>  | <b>O'Neil</b>                        |
| Fred         | Kilgriff         | Horace Mann    | Everett      | Peterson       | Horace Mann     | Ben          | Junker      | Nativity                             |
| Cooper       | Sadnick          | Horace Mann    | Oscar        | Wittmer        | Horace Mann     | George       | Strauss     | Nativity                             |
| Tommy        | Ryan             | Horace Mann    | Leo          | Rosas-Aa       | Horace Mann     | Noah         | Clyde       | Nativity                             |
| Henry        | Samms            | Horace Mann    | Harlan       | Feliciano      | Horace Mann     | Patrick      | O'Neil      | Nativity                             |
| Isaac        | Samms            | Horace Mann    | Elliot       | Goblirsch      | Horace Mann     | Thomas       | Nowak       | Homeschool                           |
| Javier       | Cruz             | Horace Mann    | Miles        | Rupp           | Nova            | Isaiah       | Nowak       | Homeschool                           |
| Samaan       | Scott            | JJ hill        |              |                |                 |              |             |                                      |



## FILLIES ROSTER / COACHES

|       | Louisville     | Cal             | NC State          | Miami           | Duke                    | Pitt            |
|-------|----------------|-----------------|-------------------|-----------------|-------------------------|-----------------|
| Coach | Brian Nash     | Anthony Blake   | Tom Menke         | Kevin Noonan    | Justin Uran             | Dmitri Parker   |
| Coach | Dan Diebel     | Tony Leseman    | Ellen Bratzel     | Jennie Noonan   | Jeremiah Fitzcollins    | Sam Lacy        |
| Coach |                | Lee-Za Matthews |                   | Tyler Krueger   |                         | Jessica Wittwer |
| Coach |                |                 |                   | Heidi Swanson   |                         |                 |
|       | Ellie Miley    | Aela Blake      | Evie Menke        | Abby Swanson    | Gliesen Rosas-Aamot     | Netta Wheeler   |
|       | Clare McGough  | Ellen Weiberg   | Charlotte Bratzel | Claire Noonan   | Addison Wilhelm         | Marika Wheeler  |
|       | Lucy Smith     | Brinn Weiberg   | Harper Lacy       | Maisy Eckfeldt  | Emmy Wilhelm            | Amelia Menke    |
|       | Nora Fuhs      | Elizabeth Young | Emma Pawicki      | Larkin Krueger  | Ruby Johnson            | Tenny Lacy      |
|       | Macie Newman   | Greta Petschel  | Ailey Anderson    | Maria Iovanella | Collette Uran           | Kiera Anderson  |
|       | Katherine Nash | Lyla Hutchins   | Aubrey Ochocki    | Gwyneth Senger  | Vivian Hedlund          | Willa Anderson  |
|       | Leona Diebel   | Annie Leseman   | Zora Price        | Reese Senger    | Malena Rupp             | Astrid Sutton   |
|       |                | Bryn Matthews   | Kathryn Runyon    | Daphne Pieper   | Katie Fitzcollins (6th) | Elsie Matthews  |
|       |                | Cece Skrypek    | Madeline McGough  |                 |                         | Reese Haider    |



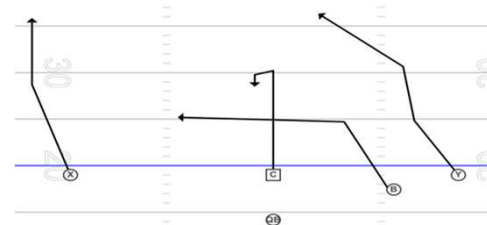
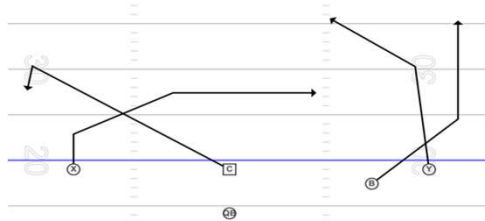
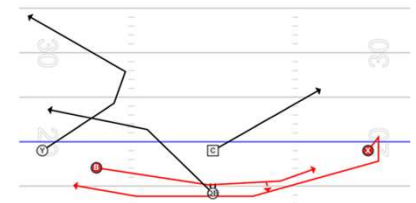
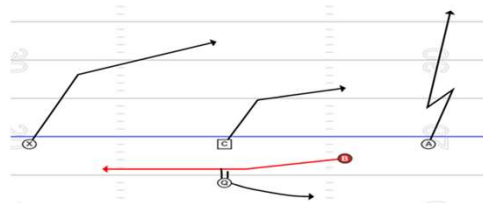
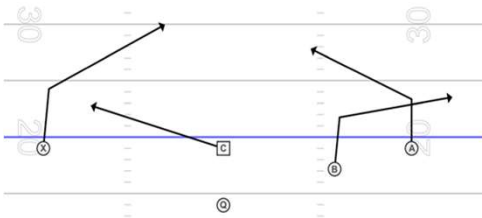
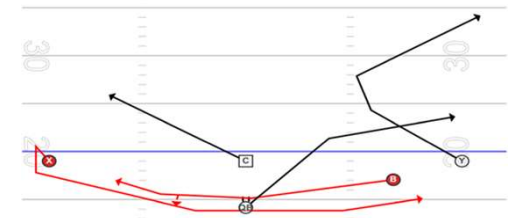
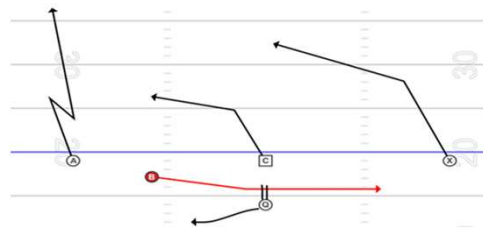
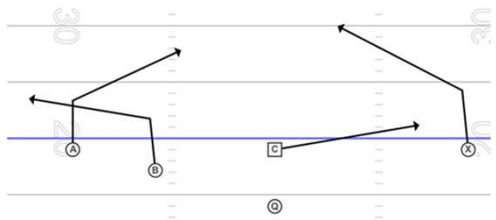
## Suggested Plays



# 5 ON 5 PASSING PLAYS

\*Red lines indicate pre-snap motions

These are suggested play but feel free to come up with your own within the rule guidelines





## 5x5 Playing Time Grid





