

# Greater Grand Forks Youth Football

## K -1<sup>st</sup> Grade Playbook & Rules

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Team Name: \_\_\_\_\_

Coaches: \_\_\_\_\_

# Items in Equipment Bag

→ 6 Pee Wee Size Football

→ 8 Disc Cones

→ 1 First Aid Kit

→ Agility Ladder

→ Playbook

# Team Practice Plan #1

Theme	Activity	Coaching Points	Duration
Character Development/Mental Health	Huddle-Teamwork/Player check-in	Talk about teamwork and its importance on and off the field. Check-in with players to see how they are doing today. Form positive relationships as a coach.	5 Minutes
Dynamic Warm-up	<ul style="list-style-type: none"> <li>◊ Straight Leg March (2 x 10 yards)</li> <li>◊ High Skips (2 x 10 yards)</li> <li>◊ Arm Circles (15 seconds small to large—Clockwise/counter-clockwise)</li> </ul>	Focus on proper technique for warmup and injury prevention.	5 Minutes
Athletic Foundations	<ul style="list-style-type: none"> <li>◊ My Gears (3 minutes)</li> <li>◊ Log Roll Bonanza (3 minutes)</li> </ul>	1 <sup>st</sup> gear is slow; 4 <sup>th</sup> gear is as fast as you can go. Focus on the transition from rolling to an upright position.	6 Minutes
<b>Hydration Break</b>			
<b>2 Minutes</b>			
Individual Skills	<ul style="list-style-type: none"> <li>◊ Running</li> </ul>		
	<ul style="list-style-type: none"> <li>◊ Running Back Stance and Start (3 minutes)</li> <li>◊ Red Light, Green Light (4 minutes)</li> </ul>	Start with feet shoulder width apart. Work acceleration, deceleration, and bursts.	
	<ul style="list-style-type: none"> <li>◊ Catching</li> </ul>		20 Minutes
	<ul style="list-style-type: none"> <li>◊ Receiver Stance and Start (3 minutes)</li> <li>◊ Hot Potato (4 minutes)</li> </ul>	Start in a staggered stance. Good time to talk about hand positioning.	
	<ul style="list-style-type: none"> <li>◊ Prep for Play</li> </ul>		
	<ul style="list-style-type: none"> <li>◊ Bear Crawl (3 minutes)</li> <li>◊ Multi-Directional Get Up and Go (3 minutes)</li> </ul>	Try making it a relay race. Try it without using your hands.	
<b>Hydration Break</b>			
<b>2 Minutes</b>			
Team Offense	<ul style="list-style-type: none"> <li>◊ Work on the plays given in the playbook.</li> </ul>	Teach them each position within all 3 plays.	10 Minutes
Team Defense	<ul style="list-style-type: none"> <li>◊ Work team and position-specific skills and scheme.</li> </ul>		10 Minutes
Cool Down/ Breakdown	Reinforce Sportsmanship		

# Team Practice Plan #2

Theme	Activity	Coaching Points	Duration
<b>Character Development/Mental Health</b>	Huddle-Sportsmanship/Player check-in	Talk about sportsmanship and its importance on and off the field. Check-in with players to see how they are doing today. Form positive relationships as a coach.	3 Minutes
<b>Dynamic Warm-up</b>	<ul style="list-style-type: none"> <li>◊ Walking Knee Hugs (2x10 yards)</li> <li>◊ Lateral Shuffles (2x10 yards)</li> <li>◊ Forward/Backward Runs (2x10 yards in each direction)</li> <li>◊ Carioca (2x10 yards)</li> </ul>	Focus on proper technique for warmup and injury prevention.	5 Minutes
<b>Athletic Foundations</b>	<ul style="list-style-type: none"> <li>◊ Skip/Hop/Shuffle/Sprint Relay (5 minutes)</li> <li>◊ Blob Tag (5 minutes)</li> </ul>	Basic team relay, just change up the movement skills. Break into smaller blobs as they get bigger	10 Minutes
<b>Hydration Break</b>			
<b>Individual Skills</b>	◊ Running		20 Minutes
	<ul style="list-style-type: none"> <li>◊ Catch, Wrap, and Go (4 minutes)</li> <li>◊ Snake Run (3 minutes)</li> </ul>	Make sure to complete the catch before turning and running. Zig zag through cones while carrying a football	
	◊ Catching		
	<ul style="list-style-type: none"> <li>◊ YAC- Yards After Catch (4 minutes)</li> <li>◊ Toss Drill (3 minutes)</li> </ul>	Be sure to tuck the ball after the catch before running. Focus on having hands ready to receive the toss.	
	◊ Prep for Play		
<b>Hydration Break</b>			
<b>Team Offense</b>	<ul style="list-style-type: none"> <li>◊ Animal Relay (3 minutes)</li> <li>◊ Forward/Backward Shoulder Rolls (3 minutes)</li> </ul>	Have the players pick the type of crawl. Start in an athletic stance.	
<b>Team Defense</b>	◊ Work on the plays given in the playbook.	Teach them each position within all 3 plays.	9 Minutes
<b>Cool Down/ Breakdown</b>	◊ Work team and position-specific skills and scheme.		9 Minutes
<b>Reinforce Sportsmanship</b>			

# Team Practice Plan #3

Theme	Activity	Coaching Points	Duration
<b>Character Development/Mental Health</b>	Huddle-Teamwork/Player check-in	Talk about teamwork and its importance on and off the field. Check-in with players to see how they are doing today. Form positive relationships as a coach.	5 Minutes
<b>Dynamic Warm-up</b>	<ul style="list-style-type: none"> <li>◇ Lateral Shuffle (2 x 10 yards)</li> <li>◇ Backwards Run (2 x 10 yards)</li> <li>◇ Crab Crawl (2 x 10 yards)</li> </ul>	Focus on proper technique for warmup and injury prevention.	5 Minutes
<b>Athletic Foundations</b>	<ul style="list-style-type: none"> <li>◇ Jump/Hop Relay (3 minutes)</li> <li>◇ Blob Tag (3 minutes)</li> </ul>	<p>Focus on balance and control.</p> <p>Try to stay together when the blob moves.</p>	6 Minutes
<b>Hydration Break</b>			
<b>Individual Skills</b>	<ul style="list-style-type: none"> <li>◇ Running</li> </ul>		
	<ul style="list-style-type: none"> <li>◇ Toss Drill (3 minutes)</li> <li>◇ Zig-Zag Pathway w/Ball (4 minutes)</li> </ul>	See the ball into your hands. Review the points of pressure while carrying the ball.	
	<ul style="list-style-type: none"> <li>◇ Catching</li> </ul>		
	<ul style="list-style-type: none"> <li>◇ YAC – Yards After Catch (3 minutes)</li> <li>◇ Clockwork Hands (4 minutes)</li> </ul>	Be sure to tuck the ball after the catch before running. Focus on catching passes thrown “around the clock”	20 Minutes
	<ul style="list-style-type: none"> <li>◇ Prep for Play</li> </ul>		
	<ul style="list-style-type: none"> <li>◇ Forward roll to sprint relay (3 minutes)</li> <li>◇ Helicopters (3 minutes)</li> </ul>	Focus on smooth movement transitions. Work on spatial awareness.	
<b>Hydration Break</b>			
<b>2 Minutes</b>			
<b>Team Offense</b>	<ul style="list-style-type: none"> <li>◇ Work on the plays given in the playbook.</li> </ul>	Teach them each position within all 3 plays.	10 Minutes
<b>Team Defense</b>	<ul style="list-style-type: none"> <li>◇ Work team and position-specific skills and scheme.</li> </ul>		10 Minutes
<b>Cool Down/ Breakdown</b>	Reinforce Sportsmanship		

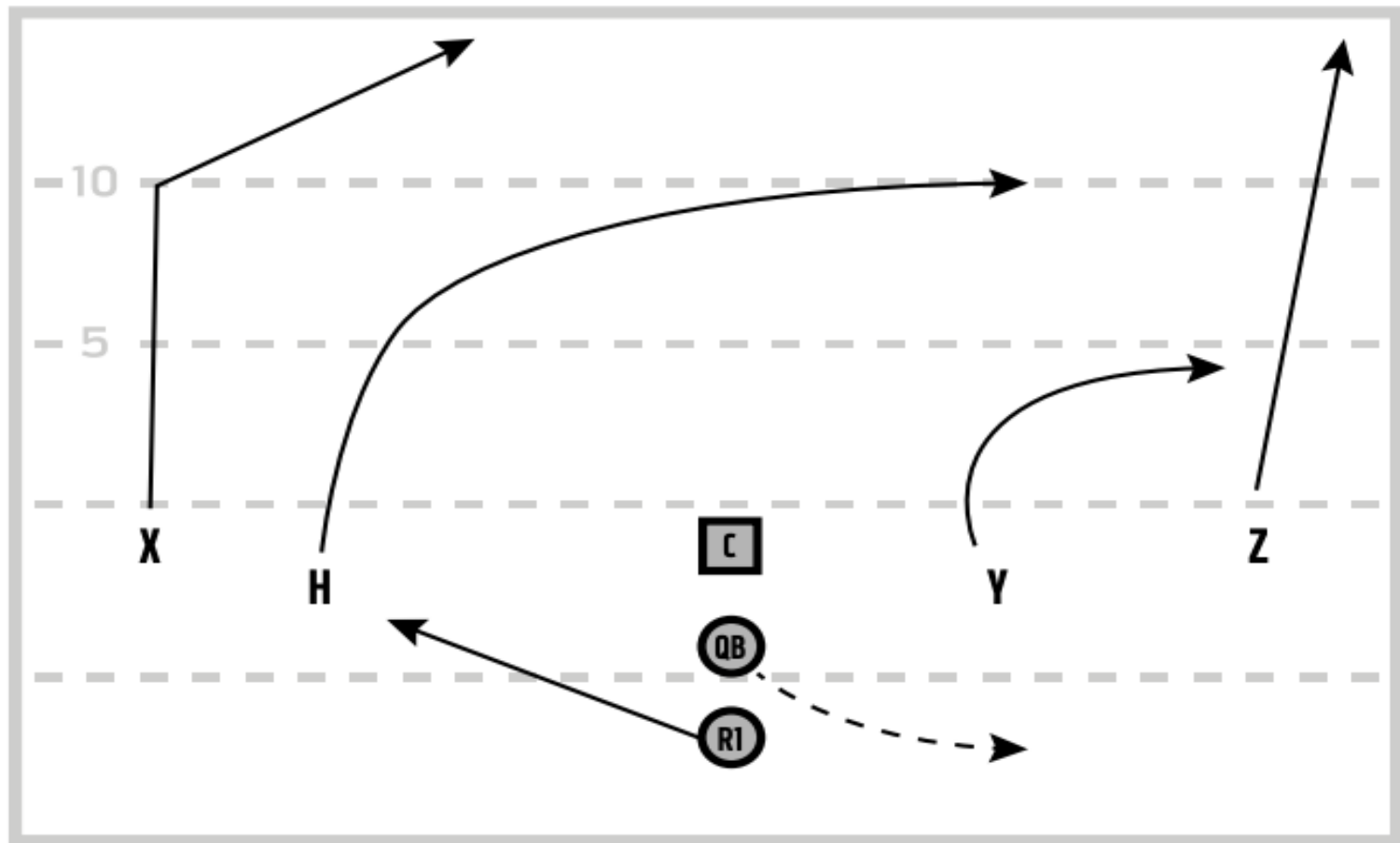
# Team Practice Plan #4

Theme	Activity	Coaching Points	Duration
Character Development/Mental Health	Huddle- Teamwork/Player check-in	Talk about teamwork and its importance on and off the field. Check-in with players to see how they are doing today. Form positive relationships as a coach.	5 Minutes
Dynamic Warm-up	<ul style="list-style-type: none"> <li>◇ Walking Knee Hugs (2 x 10 yards)</li> <li>◇ Butt Kicks (2 x 10 yards)</li> <li>◇ Alternating Lunges (2 x 10 yards)</li> </ul>	Focus on proper technique for warmup and injury prevention.	5 Minutes
Athletic Foundations	<ul style="list-style-type: none"> <li>◇ 5-10-5 Touch the Line (3 minutes)</li> <li>◇ Stop and Go Flow (3 minutes)</li> </ul>	Use cones. Basic team relay, just change up the movement skills.	6 Minutes
<b>Hydration Break</b>			
<b>2 Minutes</b>			
Individual Skills	<ul style="list-style-type: none"> <li>◇ Running</li> </ul>		
	<ul style="list-style-type: none"> <li>◇ Ultimate Football (5 minutes)</li> </ul>	Players can only move w/out the ball. Once the ball is caught, they must stop moving. Only way to score is throwing the ball to someone in the endzone.	20 Minutes
	<ul style="list-style-type: none"> <li>◇ Catching</li> </ul>		
	<ul style="list-style-type: none"> <li>◇ Ultimate Football (5 minutes)</li> </ul>	See above	
	<ul style="list-style-type: none"> <li>◇ Prep for Play</li> </ul>		
	<ul style="list-style-type: none"> <li>◇ Quick Feet Reaction (3 minutes)</li> <li>◇ Two-Player Rabbit Drill (7 minutes)</li> </ul>	Focus on balance and quickness. Two defenders and a ball carrier.	
<b>Hydration Break</b>			
<b>2 Minutes</b>			
Team Offense	<ul style="list-style-type: none"> <li>◇ Work on the plays given in the playbook.</li> </ul>	Teach them each position within all 3 plays.	10 Minutes
Team Defense	<ul style="list-style-type: none"> <li>◇ Work team and position-specific skills and scheme.</li> </ul>		10 Minutes
Cool Down/ Breakdown	Reinforce Sportsmanship		





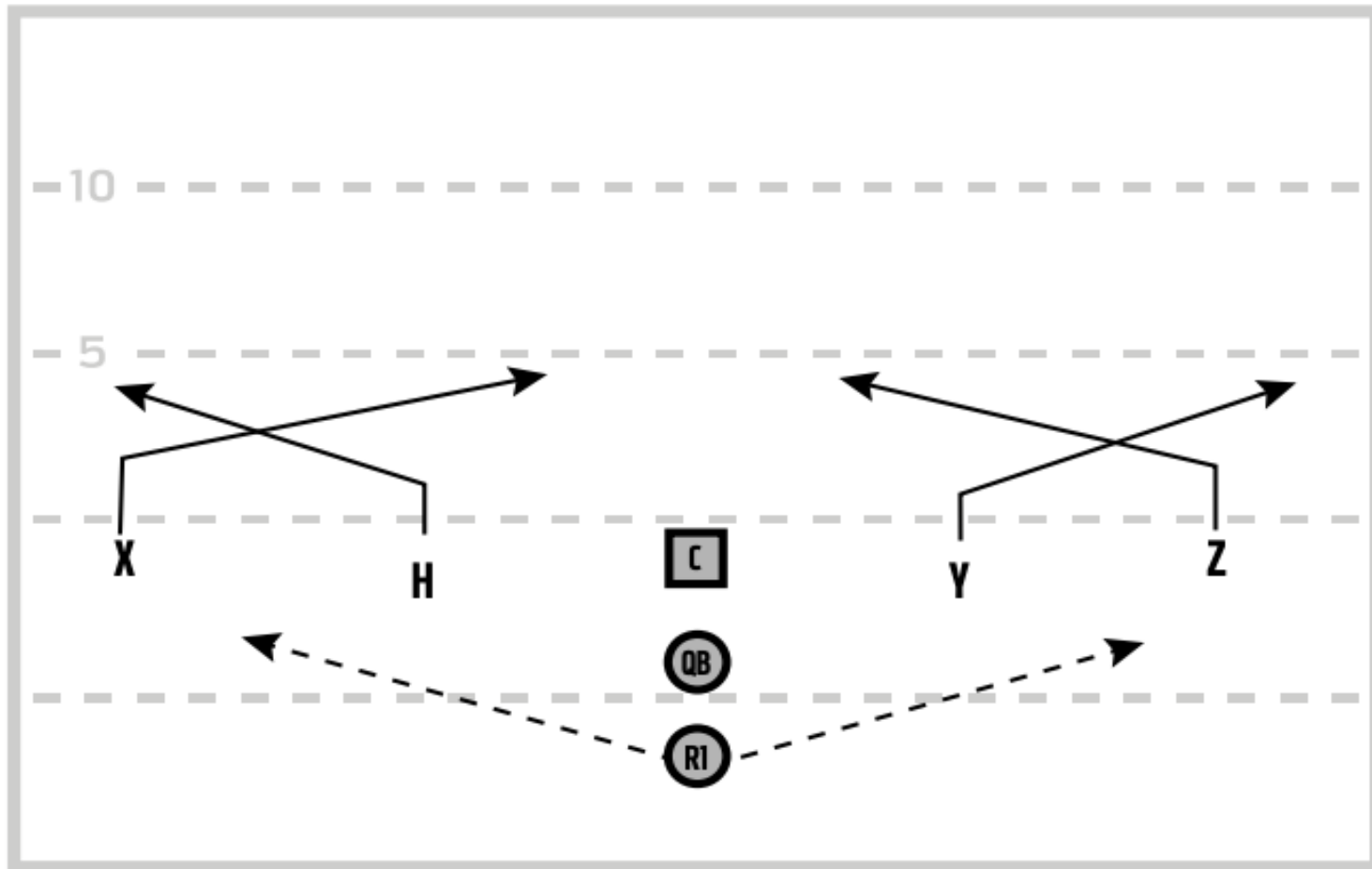
## iv. Duece Waggle



- X: POST
- H: 10 YARD DRAG
- Y: ARROW
- Z: VERTICAL
- QB: ROLL OUT
- R1: DELAY FLARE



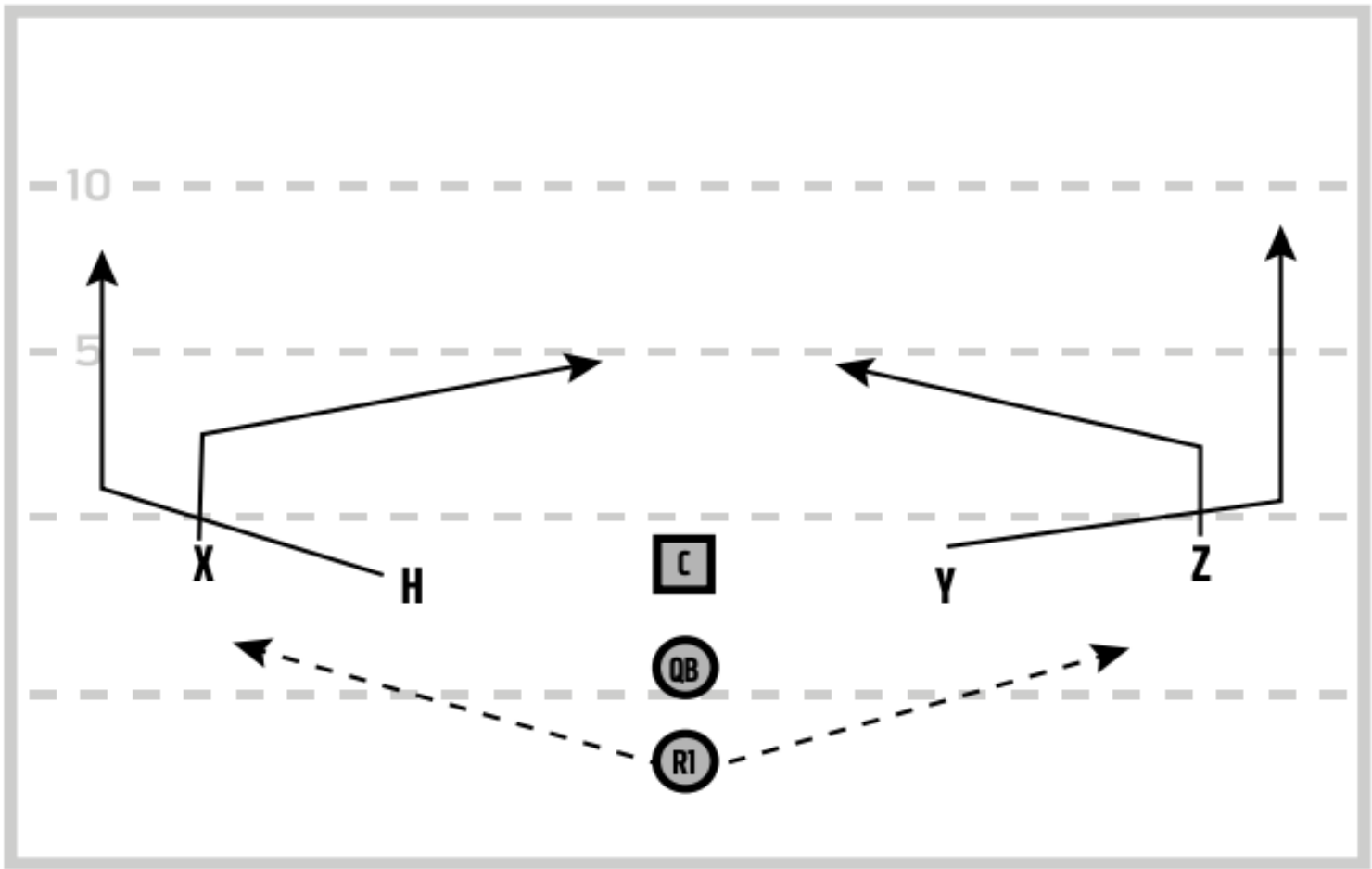
## v. Duece Slant Arrow



- X: SLANT
- H: ARROW
- Y: ARROW
- Z: SLANT
- R1: FLARE TO RUSH / CHOICE FLARE



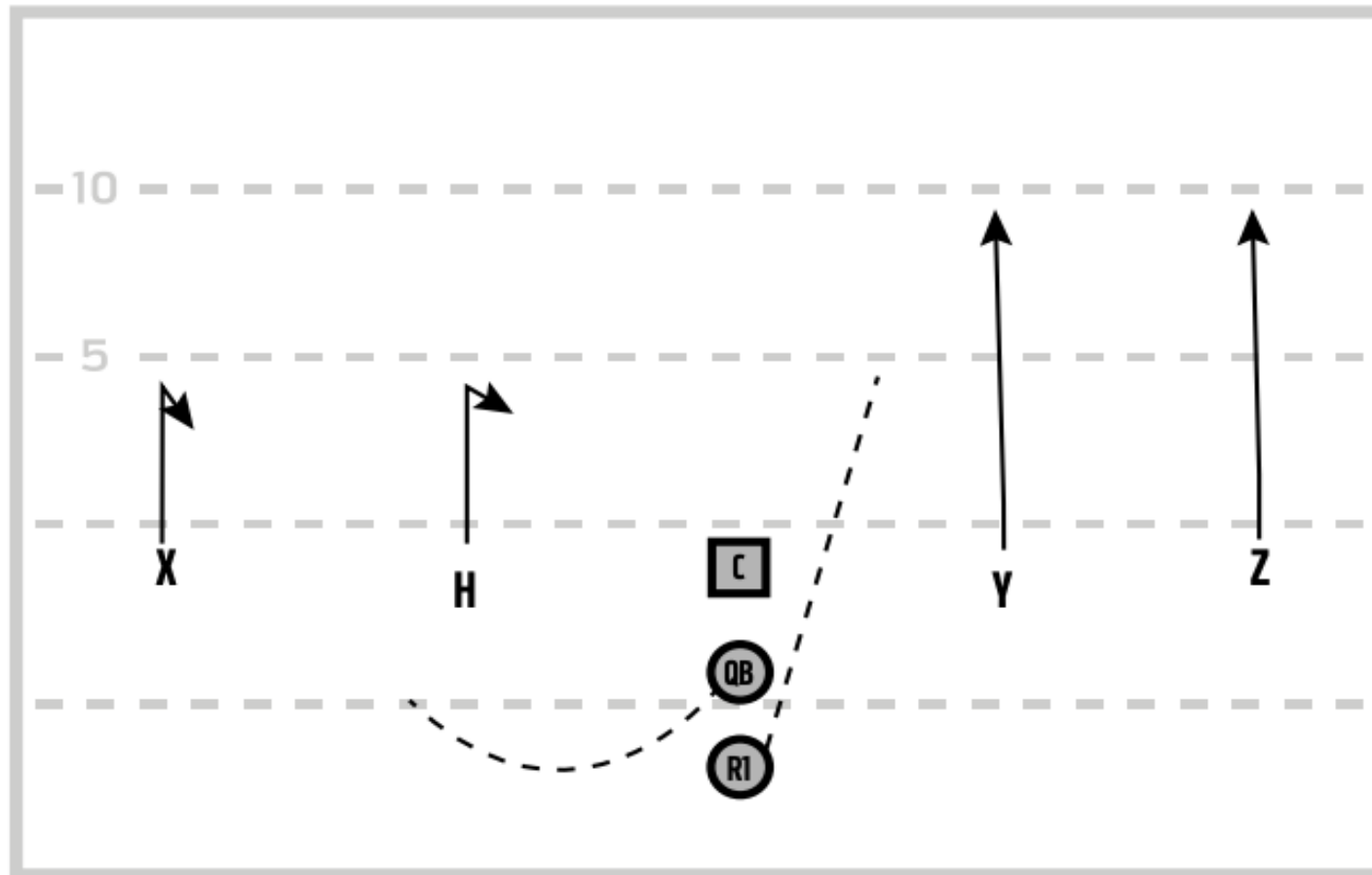
# vi. Duece Slant Wheel



- X: SLANT
- H: WHEEL
- Y: WHEEL
- Z: SLANT
- R1: FLARE TO RUSH / CHOICE FLARE



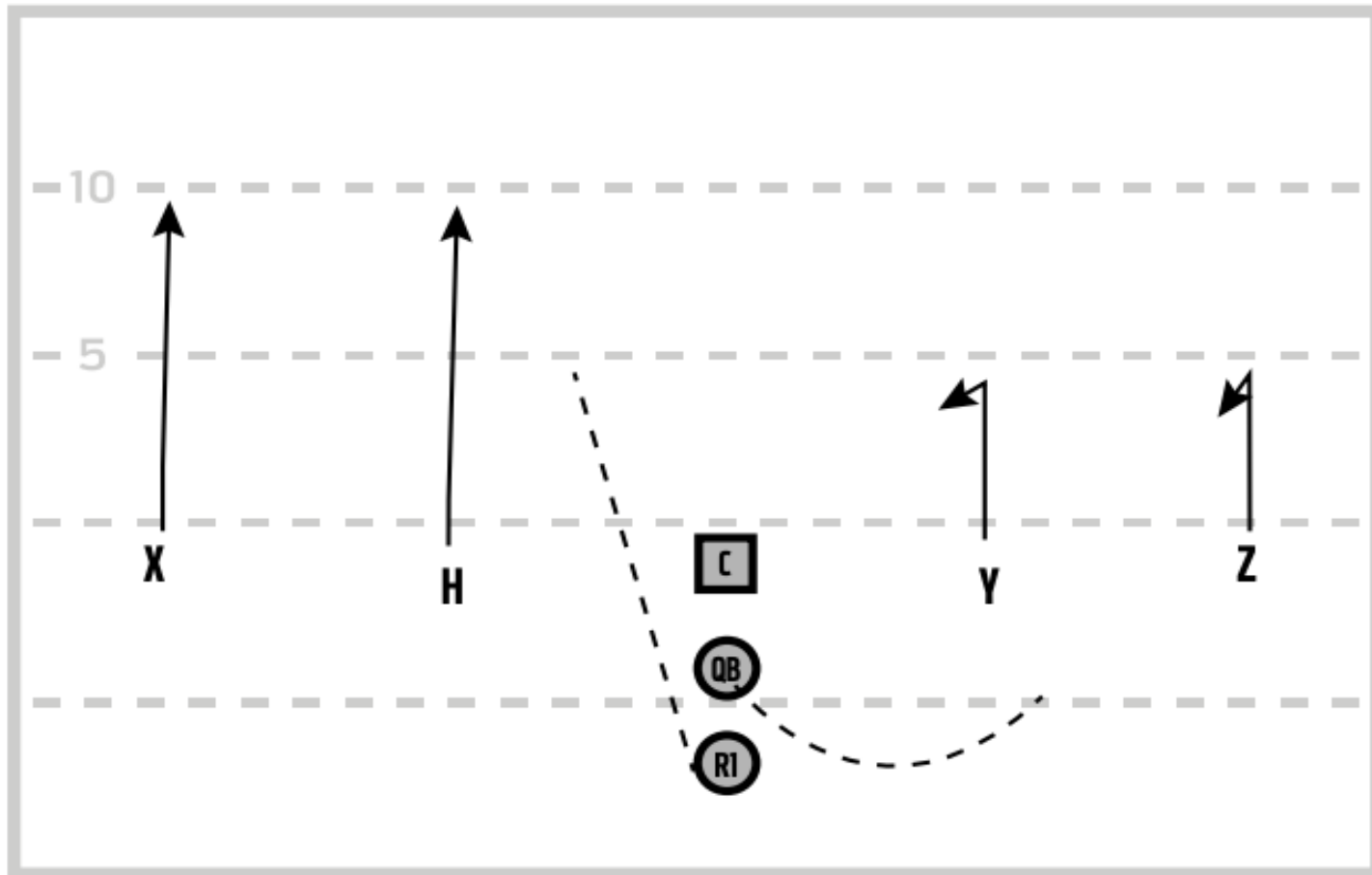
## vii. Duece Draw Right



- X: QUICK HITCH
- H: QUICK HITCH
- Y: VERTICAL
- Z: VERTICAL
- QB: DELAY HANDOFF
- R1: DRAW RIGHT



## viii. Duece Draw Left



- X: VERTICAL
- H: VERTICAL
- Y: QUICK HITCH
- Z: QUICK HITCH
- QB: DELAY HANDOFF
- R1: DRAW LEFT

# Flag Football League Rules

**Field Dimensions:** 40 yds. long by 25 yds. wide (10 yd. end zones)

**Games begin with the “Joust”** (Rock, Paper, Scissors) winners take ball possession first

## Rule 1: The Teams

- Teams shall consist of 7 or less players. For the K-1<sup>st</sup> division, the offense shall have six (6) players and one coach QB. The defense will have six (6) players. For all other divisions it is 7 players on offense and 7 players on defense
- One assistant coach will referee
- Players may wear rubber cleats and mouth guard. They must wear their team jersey

## Rule 2: Game Time

- Two halves of **20 minutes running time each** and a 2-minute halftime. Each team will have possession of the ball for the full 10 minutes. If there is a turnover (interception or turnover on downs) the team with the ball will go back to the beginning and start the drive over from the 35-yard line
- **Offensive positions are changed throughout. All players need to touch the ball during the game. Centers are eligible to go out for passes at all levels**
- Games may end in a tie

## Rule 3: Ball in Play

- The whistle stops all play
- Fumbles are blown dead, offense retains possession (unless 4<sup>th</sup> down then the offense starts the drive over from the 35-yard line) at the spot of the fumble
- Ball carrier is down (when/where) if any part of body touches the ground except hands and feet
- Ball carrier is down (when/where) a flag is pulled from the belt
- A ball carrier may not guard or hide a flag with hand or arms, to deny a defender from pulling a flag
- A ball carrier may spin
- If a flag is inadvertently lost, play continues until the ball carrier is touched by at least one hand between shoulders and knees

## Rule 4: Field Position and Possession

- Each half possession begins at the 35-yard line (no kick off)
- First down can be obtained by gaining 15 yds. in 4 downs (only 1 per drive)
- No punts
- All new drives begin on the 35-yard line

## Rule 5: Legal Snap and Passing and running plays

- A legal snap is a fluid motion from the ground, it does not need to go through the legs
- A legal forward pass must originate behind the line of scrimmage
- Pass interference occurs when contact to the receiver occurs while the ball is in the air. Also, if the receiver is de-flagged prior to the receiver touching the ball. **Pass interference is a 10 yd. penalty**
- The QB may not run with the ball on a direct snap. Coach/QB will never run for yardage!
- **\*NO RUSHING\*** Defense may not cross the line of scrimmage unless it is a handoff.

#### **Rule 6: Scoring**

- A touchdown is 6 pts.
- Extra point conversions will take place from the 3 yd. line (ex pts. are 1 pt.)
- No safeties, ball will always be moved back to the 1 yd. line

#### **Rule 7: Blocking and Defending**

- No contact can occur
- **Offensive Screen Blocking:** blocker must have their hands at their sides or behind the back. Any attempt to initiate contact (with any part of the body is illegal) A player must stay on their feet
- **Defensive players must GO AROUND a blocker without making contact.** Using any part of the body, including hands to initiate contact is illegal
- **Blocking and defending will be ruled similar to basketball rules on a block or charge. IT IS ABOUT ESTABLISHED POSITION**
- **\*NO RUSHING\*** Defense may not cross the line of scrimmage unless it is a handoff.

#### **Rule 8: Pulling the Flag or Tackling.**

- The defender may not leave their feet when pulling a flag
- The ball is placed at the location of where the flag was pulled on a ball carrier or on a QB sack

#### **Rule 9: Defensive Position and Alignment**

**All defenders will align 7 yds. from the line of scrimmage (LOS)**

#### **Rule 10: Penalties**

- Pass interference: automatic first down from spot of the foul
- Poor conduct of any kind is 15 yd. penalty from the end of the play
- All other infractions, motion, illegal block or contact, protecting the flag, etc. 5 yds.

#### **Rule 11: First Downs**

- 15 yards from the start of the drive.
- Teams start each drive on their 35-yard line so they must gain 15 yards (make it to the 20-yard line) for a first down. After that, the teams must score as there are no other first downs

#### **Rule 12: Substitutions (important)**

- *Substitutions to ensure equal playing time are required and will take place throughout the game. On both offense and defense.*
- *One coach should be in charge of substitutions*

**\*\*The most important role of a coach in our program is to make sure every athlete is having FUN so they will continue to play in the years to come\*\***