



WELCOME COACHES!



2015 Fall Coaches Meeting

WELCOME TO MICHIGAN YOUTH FLAG FOOTBALL

- Introduce coaches
- Review final rosters, and verify correct information
- Team formation process
- Description of who we are
- Philosophy of program
- Growth of the league



PACKING LIST

Number Of Players (1 jersey and flag belt per)

Number of players (flag belt)

National Flag Football League
DENVER - SOUTH

Blue

Head Coach/Co-Coach
Assistant Coach/Co-Coach

Team Footballs: 2

Player First Name	Player Last Name	Team Name	NFL Team Name	Jersey Size	Actual Jersey Size Delivered	Jersey Lettering	Sweatpants	Shorts	Logo T-Shirt	Mouthguard	Footballs	Coaches T-Shirt Size
GABRIEL	HALIWAT	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YL		HALIWAT						XL
JOHN	SULLIVAN	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YL		SULLIVAN		YL				
GRANT	VIGIL	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YL								
MAKAY	WILLIS	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YL		GOOSE MOORE						ATM
ANTHONY	BRACAMONTES	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YM								
DAVID	DURAN	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YM		DURAN						
STEPHEN	HOFFMAN	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YM		HOFFMAN						
GRAHAM	JUDGE	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YM		JUDGE						
AARON	MOORE	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YM		MOORE				YES		

No lettering on
ive b

Blue
Brown

No Lettering Ordered Will receive Blank Jersey

Footballs:
Airtech,
Blue, Brown

Coaches
Shirt Size

If all items are correct please sign anywhere and turn in one copy

EQUIPMENT BAGS: WHAT TO LOOK FOR ON PACKING SHEET

- Number of Players
- Flag belts for each player
- Two Team Footballs
- Coaches shirts
- Sizes of jersey
- One NFL jersey for each player

MISCELLANEOUS MERCHANDISE

- Player Footballs (lists type of ball ordered Airtech/Blue/Brown)
- Mouthguard (yes/no)
- Shorts, Shirts & Sweatpants
- Jersey Lettering (if there is a name listed in this column it means that it was ordered.)

INTRODUCING NATIONAL FLAG FOOTBALL

- Launched Indiana - 2011
- Launched Kentucky - 2012
- Launched Colorado - 2014
- Launched Florida - 2015
- Michigan will rebrand itself through 2016



This season we are hosting 53 leagues representing over 12,200 children in 5 states.

MEET AND GREET SCHEDULES ARE NOW POSTED PLEASE CALL
YOUR FAMILIES WITHIN THE NEXT 48 HOURS.
WE BEGIN PLAY SUNDAY, SEPTEMBER 13TH.

BRIGHTON

- Practice and games will be held at Brighton High School located at 7878 Brighton Rd, Brighton, MI 48116.
- Pictures are scheduled for **September 20th**
- Site Director:
 - Josh Green
- Territory Manager:
 - Matt Christensen— Matt@nationalflagfootball.com

MEET AND GREET SCHEDULES ARE NOW POSTED PLEASE CALL
YOUR FAMILIES WITHIN THE NEXT 48 HOURS.
WE BEGIN PLAY SUNDAY, SEPTEMBER 13TH.

HOWELL

- Practice and games will be held at Genoa Township fields located at 2911 Dorr Rd, Brighton, MI 48116.
- Pictures are scheduled for **October 10th**
- Site Directors:
 - Brad and Kevin Christensen
- Territory Manager:
 - Jordan Bellant— Jordan@nationalflagfootball.com

MEET AND GREET SCHEDULES ARE NOW POSTED PLEASE CALL
YOUR FAMILIES WITHIN THE NEXT 48 HOURS.
WE BEGIN PLAY SUNDAY, SEPTEMBER 13TH.

SOUTH LYON

- Practice and games will be held at Volunteer Park located on Dixboro between 8 and 9 mile.
- Pictures are scheduled for **September 27th**
- Site Directors:
 - Barry Elwell & Alex Magee
- Territory Manager:
 - Matt Christensen— Matt@nationalflagfootball.com

MEET AND GREET SCHEDULES ARE NOW POSTED PLEASE CALL
YOUR FAMILIES WITHIN THE NEXT 48 HOURS.
WE BEGIN PLAY SUNDAY, SEPTEMBER 13TH.

WALLED LAKE/HURON VALLEY

- Practice and games will be held at Lakeland High School located at 1630 Bogie Lake Rd, White Lake, MI 48383.
- Pictures are scheduled for **September 20.**
- Site Director:
 - Tim Weddle & Norm Dehnke
- Territory Manager:
 - Matt Christensen— Matt@nationalflagfootball.com

TOURNAMENT INFORMATION

- November 7th and 8th, 2015
- Walled Lake Northern High School
- 4 Game Guarantee
- Fastest Player Contest, Mascot Races, & More
- \$375 + processing fee
- Parking \$5/day
- Deadline: October 19th, 2015



TOURNEY TIME!

11 Divisions Of Play

3 MYFF DIVISIONS

Unaltered MYFF Rosters

K/1st * 2nd/3rd * 4th/5th

8 OPEN DIVISIONS

Modified Rosters

6U * 7U * 8U * 9U * 10U * 12U * 14U

2015 Midwest Regional Flag Football Championships
presented by Dick's Sporting Goods

November 7th and 8th, 2015

Walled Lake Northern High School,
Commerce Township, MI 48382

Divisions Offered: 6U - 14U

4
Game Guarantee



\$375 Entry Fee + Processing Fee
Deadline: October 19th, 2015

Questions,
call 248.454.9700

Register online at
www.MichiganFlagFootball.com



To reference more information regarding the tournament visit:
<http://www.michiganyouthflagfootball.com/Default.aspx?tabid=248198>

KEEP YOUR TEAM TOGETHER AND JOIN US FOR INDOOR LEAGUE PLAY!

- Eight game season
- Keep your fall team together
- Two sessions to choose from:
 - Nov. — Jan.
 - Jan. — March.
- Four Locations to choose from:
 - High Velocity — Canton
 - Total Sports — Wixom
 - Oakland Yard — Waterford
 - Sports Academy — Chesterfield
- Deadline for session one play, October 15th, 2015
- Only \$140 per player to participate



RULE REVISIONS — VERSION 3.6

4TH DOWN OPTION — On the first half of the field ONLY, a team has a fourth down decision to make. A team may either choose to “GO FOR IT” or to declare a “TURNOVER” .

- ✓ If a team decides to “GO FOR IT” , they will have one play to cross midfield. If successful with this attempt, a first down will be awarded. If not, the opposing team will take possession of the ball at the point of the failed conversion.
- ✓ If a “TURNOVER” is decided this will effectively end the drive resulting in a change of possession. The ball will be placed at either the 5 (two way field) or 40 (one way field) yard line depending on the field set up.

RULE REVISIONS — VERSION 3.6

MERCY PRECAUTION— A mercy is discouraged in this league. In an attempt to assist with the prevention of a mercy in recreational play, we have implemented the following:

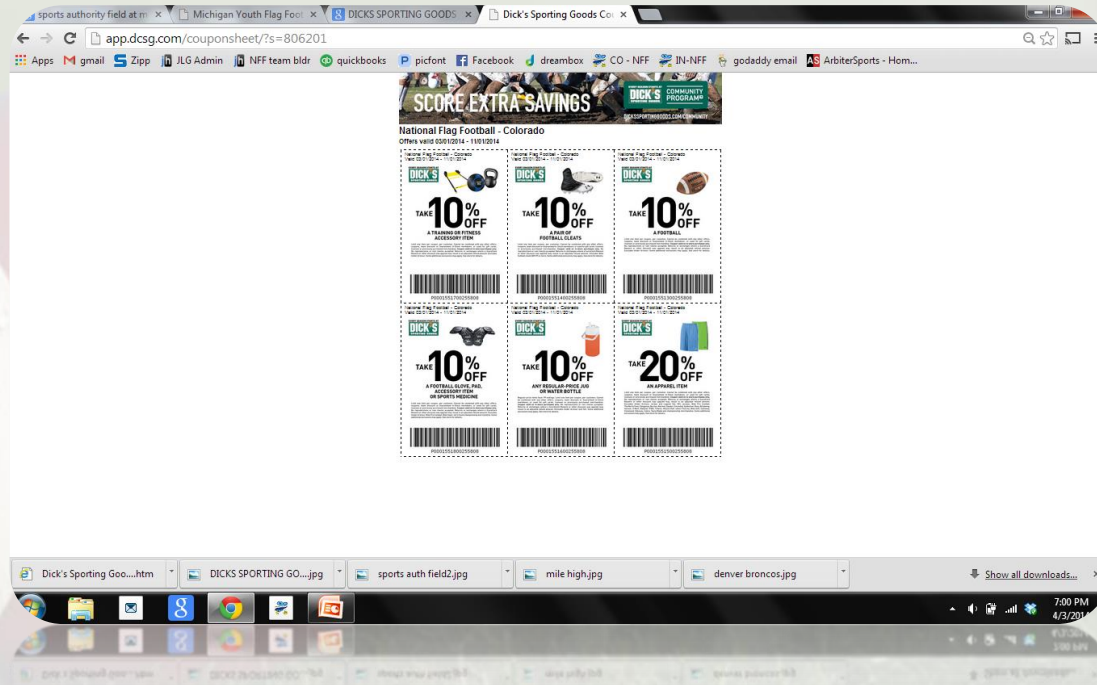
- ✓ If at any point during the game, there is a 28 point differential, the winning team will forfeit a defensive player. The winning team will only play with 4 players on defense until the point differential is lowered below 28 points.
- ✓ The losing team may add a 6th player to their defense until the point differential is lowered below 28 points.

MYFF/DICKS SPORTING GOODS DAY JASON REYNOLDS



20% OFF — SATURDAY, SEPTEMBER 12TH

DISCOUNT COUPONS ALWAYS ON OUR WEBSITE



SPONSORSHIP OPPORTUNITIES

We are looking for sponsors for the 2015 fall season.

20 Communities throughout Metro Detroit

6,000 participants playing with us this season

Coaches Shirts – Meijers

Trophies – Dicks Sporting Goods



All Opportunities are customizable to achieve your marketing goal. Popular concepts include:

- Promotions on our Facebook page (over 17,000 likes)
- Sponsor of the week on our email blasts
- Set up at the field to meet and greet our families
- Coaches meeting presentations
- Banners at our fields

HAPPY BIRTHDAY KATHLEEN

Kathleen Forsyth is our
Director of Operations

Today is her Birthday.

She came today to support us and spend some
time with some quality guys.



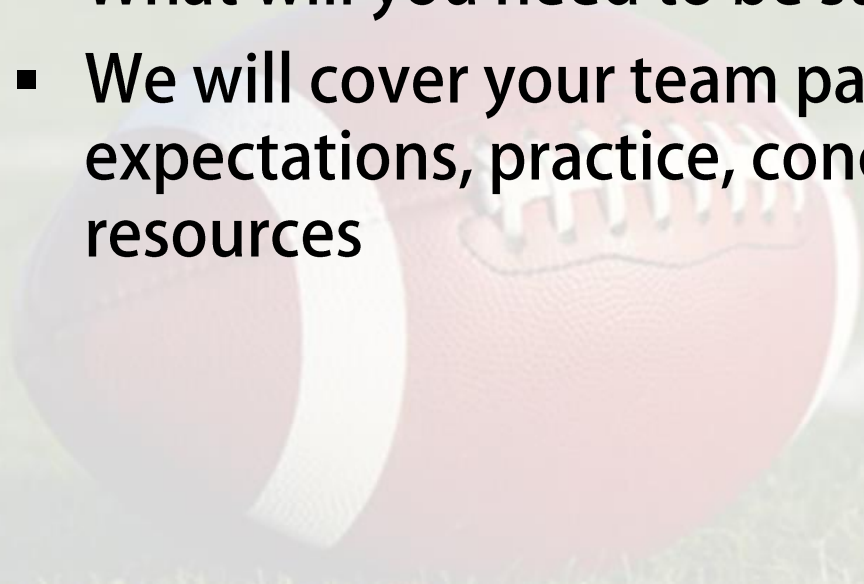
In return, I was hoping we could sing her Happy Birthday. What do you say?

INTERMISSION - 5 MINUTE BREAK

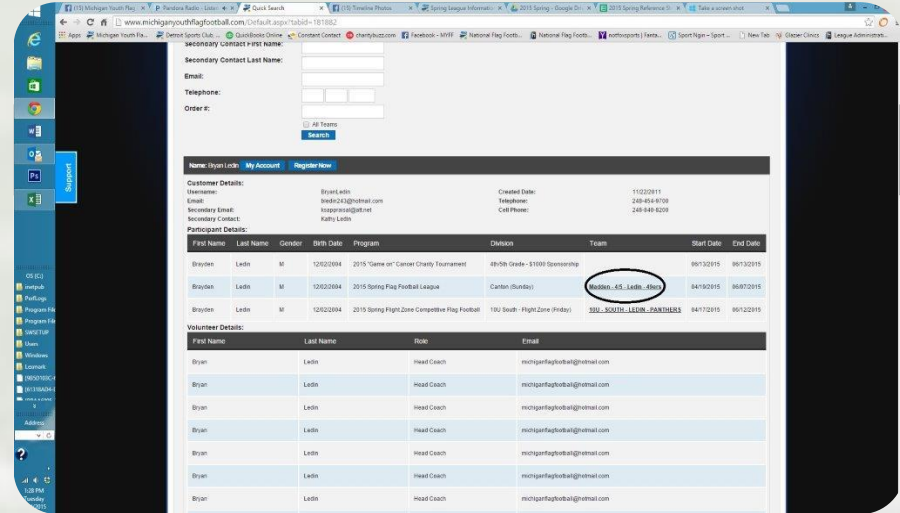
- Questions?
- Returning coaches can leave — contact your families via email or call within next 48 hours.
- Any returning coaches with equipment issues can see our staff in back of the room.
- NEW COACHES ORIENTATION — after 5 minute break.

NEW COACHES ORIENTATION

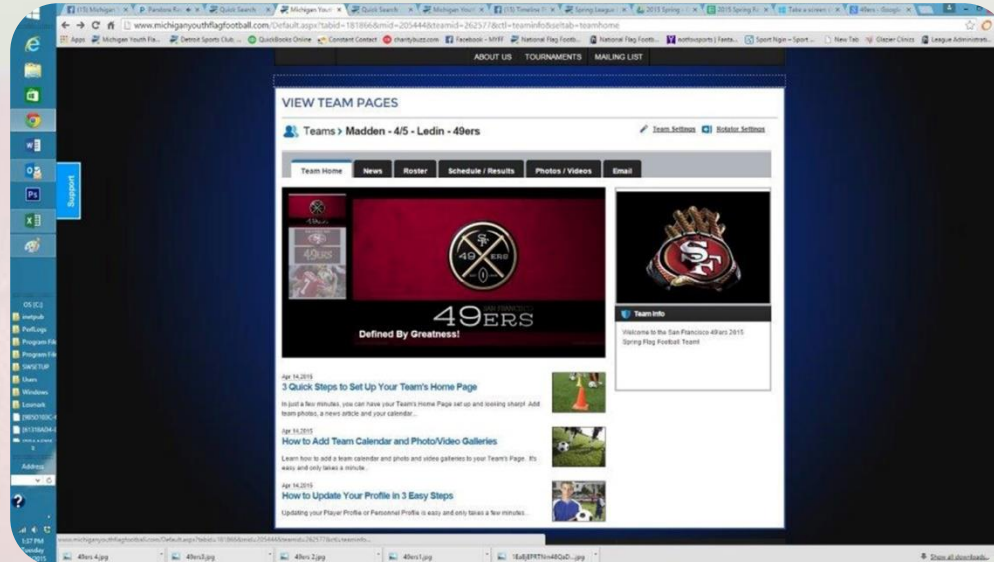
- THANK YOU for coaching
- What will you need to be successful in this league
- We will cover your team page, meet and greet expectations, practice, concussions, rules, tips, and resources



- Log back into your account at www.MichiganFlagFootball.com. Use the same username and password that you did to register.
- Click on the hyperlink of your child's name and team



TEAM PAGE — NEWS UPDATE PICTURES AND NOTES



MEET AND GREET EXPECTATIONS

- Meet/Greet Schedules are posted on website
- Call families in the next 48 hours to inform them of the meet and greet time and how to find you at the field.
- Meet/greet procedure 30 minute equipment distribution followed by 1 hour practice
- Wear your coaches shirts
- Flag belts sizing — 3 items needed all season, scissors, duct tape, sharpie, explain how to size belts.
- Communication/Snack Schedule/Conditions



MEET AND GREET EXPECTATIONS

- Team Meeting — medical/allergies, snack schedule, league philosophy, rotation, and team communication .
- Distribute equipment to families.
- Begin Practice - hand offs, center/QB exchange, flag pulling.
- Drills posted online under RESOURCES - COACHES



1ST PRACTICE SAMPLE DRILLS

- Quarterback/center exchange (practice snaps)
- Practice handoffs, bread basket technique, setup two lines and alternate handing off walking at first then faster pace keeping count on how many times they can complete before dropping ball.
- Flag pulling drills (Very Important)— “Gauntlet” 4 players spaced 1 yard apart stationary trying to pull a running backs flags.
- “Sharks and Minnows”
- Spinning drills
- Running routes — setup cones and have players follow routes, good way to see who can throw and catch.

CONCUSSION LAWS

- Michigan Sports Concussion Law took effect June 30, 2013.
- The sports concussion legislation requires all coaches, employees, volunteers, and other adults involved with a youth athletic activity to complete a concussion awareness on-line training program.
- The organizing entity must provide educational materials on the signs/symptoms and consequences of concussions to each youth athlete and their parents/guardians and obtain a signed statement acknowledging receipt of the information for the organizing entity to keep on record.
- The law also requires immediate removal of an athlete from physical participation in an athletic activity who is suspected of sustaining a concussion. The student athlete must then receive written clearance from an appropriate health professional before he or she can return to physical activity.



CONCUSSION
IN YOUTH SPORTS

CONCUSSION LAWS

- **SYMPTOMS REPORTED BY ATHLETE :** Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Just not “feeling right” or is “feeling down”
- **SIGNS OBSERVED BY COACHING STAFF:** Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly
 - Loses consciousness (even briefly)
 - Shows mood, behavior, or personality changes
 - Can not recall events prior to hit or fall
 - Can not recall events after hit or fall



CONCUSSION
IN YOUTH SPORTS

CONCUSSION LAWS

- WHAT ARE CONCUSSION DANGER SIGNS? One pupil larger than the other • Is drowsy or cannot be awakened • A headache that gets worse • Weakness, numbness, or decreased coordination • Repeated vomiting or nausea • Slurred speech • Convulsions or seizures • Cannot recognize people or places • Becomes increasingly confused, restless, or agitated • Has unusual behavior • Loses consciousness (even a brief loss of consciousness should be taken seriously)
- WHAT SHOULD I DO IF A CONCUSSION IS SUSPECTED?
 - REMOVE THE ATHLETE FROM PLAY.
 - ENSURE THAT THE ATHLETE IS EVALUATED BY A HEALTH CARE PROFESSIONAL.
 - PARENTS WILL NEED TO SUBMIT A MEDICAL CLEARANCE RETURN TO PLAY FORM TO BE ELIGIBLE TO PARTICIPATE IN THE LEAGUE.
 - KEEP THE ATHLETE OUT OF PLAY UNTIL CONTACTED BY THE LEAGUE.



WHEN IT DOUBT, SIT THEM OUT!

RULES



OFFENSIVE & DEFENSIVE TIPS

- Keep play calling simple.
 - Lombardi Division — Run, Run, and Run some more.
 - Shula Division — 60% run and 40% pass — keep passes short!
 - Madden Division — 20% run and 80% pass — set up the deep ball.
-
- Run a ZONE defense, STAY AWAY from man to man.
 - Play with 2 corners, 1 linebacker (or rusher in Madden division), & 2 safeties
 - Keep your defense behind the line of scrimmage so that you do not get yourself out of position.

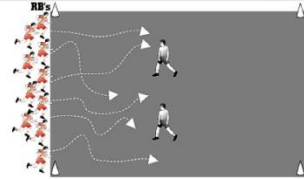
TEAM CONCEPT IDEAS



- Collect two mouthguards.
- Collect flags after each game.
- Write name on flag belt.
- Have kids label their waterbottles.
- Assign NEW captains per game.
- Have a system for rotating your players.
- End of season, have a short speech for each player when you provide them their trophies.
- End of each game, provide both positives and things to work on.
- Make it super fun! It is not about winning or losing, it is the experience that matters.

DRILL BOOK ONLINE

Preloaded drill book On website — Resources Section



Purpose: To develop running skills and avoid the DB. Also teaches RBs to run to an open area.

Organization: Set out a 20 x 20-yard area. 10 players start at one end zone, each with a football (if available). Two DBs are stationed in the middle of the field.

Drill Outline:

- The object is for the RBs to run past the DBs to the opposite end zone without getting their flags pulled.
- If a RB has his/her flag pulled, he/she sits out.
- Stop the drill after RBs reach the opposite end zone. Identify kids with pulled flags and allow players to catch their breath.
- The drill continues then by changing direction until there is one RB remaining.

Progression: Instead a RB sitting out after his/her flag is pulled, have him switch to a DB and assist in pulling other RB's flags.

Key Coaching Points:

- DBs should run to where the RB is going, not to where they are.
- Watch RB's waist, not his/her head or shoulders.

Michigan Youth Flag Football Drill #18: Defense

www.MichiganYouthFlagFootball.com

COACHING VIDEO ONLINE

Preloaded video instructions taught by the pros at a practice — on the website — Resources Section

Pros Included
In This Video Are:

Boomer Esiason
Former NFL QB

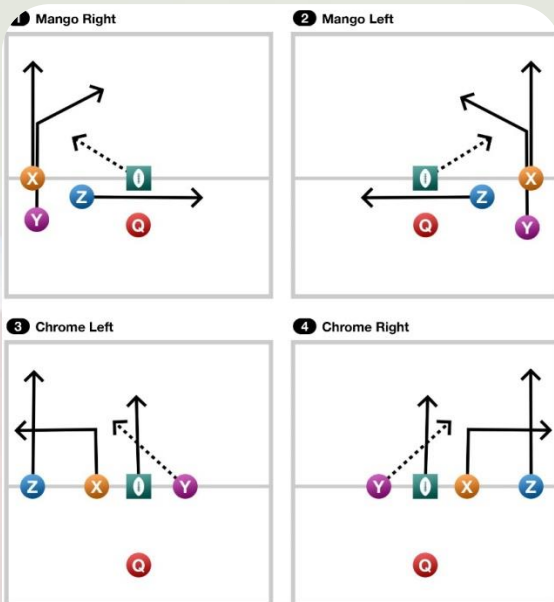
Cedric Jones
Former NFL WR

Mike Haynes
NFL Hall of Fame Cornerback



PLAY BOOK ONLINE

Preloaded play book — On website — Resources Section



Shula Playbook
www.nationalflagfootball.com

FLAG FOOTBALL
PLAYMAKER



www.nationalflagfootball.com
Shula Playbook

FLAG FOOTBALL
PLAYMAKER

- 1 Mango Right**
X runs a streak while Y runs a slant. Z comes for a fake handoff. The center delays and releases for a quick pass. Another option is to hand off to Z.
- 2 Mango Left**
X runs a streak while Y runs a slant. Z comes for a fake handoff. The center delays and releases for a quick pass. Another option is to hand off to Z.
- 3 Chrome Left**
This play is a good option for both X and Y receivers. Make sure that Y delays about 2 seconds before releasing on this play.
- 4 Chrome Right**
This play is a good option for both X and Y receivers. Make sure that Y delays about 2 seconds before releasing on this play.
- 5 Blizzard Left**
On this play we are setting up a center release. Use X to run a streak. Have Y run a post. X will run a slant. Your center will release left on a 2 - 3 second delay. This play can also be ran to the right.
- 6 Fireside**
On this play we are creating options. Runs to both Z and Y are available. Fake to one hand off to the other. Release both your center and X on corner routes giving you deep options. If you choose to fake both hand off, keep Y and Z short so you have numerous passing options.
- 7 Go Route - Field goal**
This is an excellent play when you have a full 7 seconds to execute. First players run a 5 yard curl. QB pumps and then yells GO. Then the two outside receivers turn upfield and run a streak. The two inside receivers then run an out. It's all about timing on this one. Keep in mind to throw the curl the first time you run this so that you can set up the outs and streaks.
- 8 Go Route - Cross**
Another variation of the go route. Again, we will have all receivers run a 5 yard curl. QB pumps and yells GO. X, Z, and your center will then run streaks. Y will use the open field to run an IN across the field. This can be run on both sides of the field.



Shula Playbook
www.nationalflagfootball.com

FLAG FOOTBALL
PLAYMAKER



www.nationalflagfootball.com
Shula Playbook

FLAG FOOTBALL
PLAYMAKER

PLAYMAKER APP

Preloaded play book — On website — Resources Section



REMINDERS

- Call/Email Families or within next 48 hours
- If cannot practice at scheduled meet/greet time need to let us and families know.
- Meet greet & game schedule posted on website
- Practice one hour before time listed on game schedule

THANK YOU FOR COACHING — HAVE A GREAT SEASON!!!

THANK YOU FOR COACHING!



HAVE A GREAT SEASON!