

WELCOME COACHES!



2015 Spring Coaches Meeting



Welcome To Michigan Youth Flag Football

- Introduce coaching
- Review final rosters, and verify correct information
- Team formation process
- Description of Michigan Youth Flag Football
- Philosophy of program
- Growth of the league

Packing List



National Flag Football League
DENVER - SOUTH

9 Blue

Number Of Players (1 jersey and flag belt per)

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	MALIWAT	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YL		MALIWAT						
JOHN	SULLIVAN	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YL		SULLIVAN		YL				AL
ISAAC	VIGIL	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YL								
NA'AYA	WILLIS	SHULA - 2/3 - SULLIVAN/WILLIS	Vikings	YL		GOOSE MODE						A3XL
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 Ordered
Will receive blank
jersey

Coaches
Shirt Size

Footballs:
Airtech
Blue
Brown

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

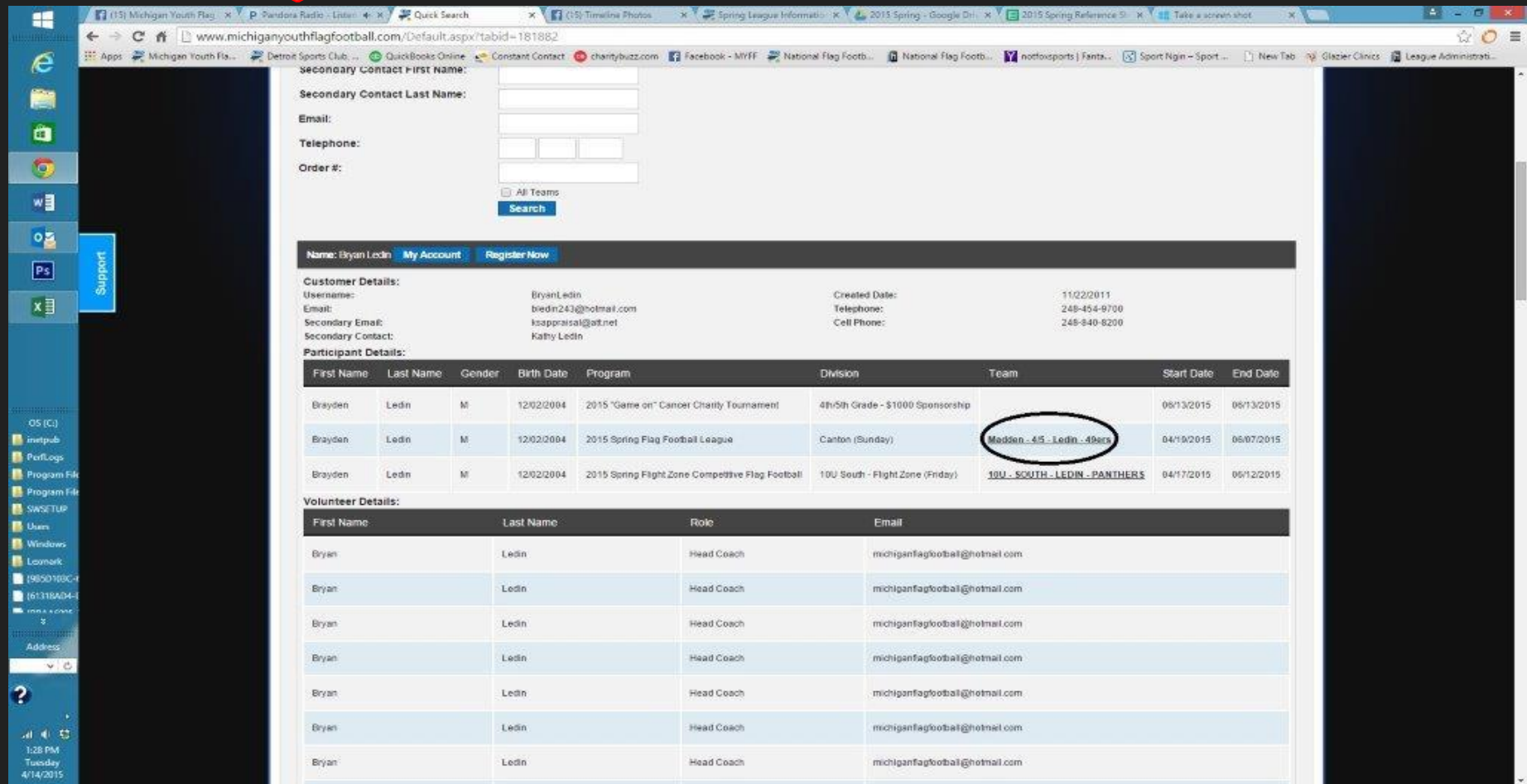
- Established in 2011
- Launched Indiana in 2011
- Launched Kentucky in 2012
- Launched Colorado in 2014
- Launched Florida in 2015
- Michigan will begin to rebrand itself through 2015 into 2016
- This season we are hosting 53 leagues representing over 12,200 children.



Meet and Greet Schedules Are Now Posted
Please call your families within the next
48 hours. We begin this Sunday, April 19th.

- **WALLED LAKE** will host its practice and games at **Walled Lake Northern High School** located at 6000 Bogie Lake Rd, Commerce Charter Township, MI 48382.
- **FARMINGTON** will practice and play games at **Soccer, Soccer Park** located at the Southwest corner of 12 mile and Drake.
- **Meet and Greet and Game schedules are now posted online.**
- **Game schedules will be posted online shortly.**

- 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

The screenshot displays a web browser window with multiple tabs open. The active tab shows the Michigan Youth Flag Football website. The URL bar indicates the page is a team page for the San Francisco 49ers. The website layout includes a top navigation bar with links for 'ABOUT US', 'TOURNAMENTS', and 'MAILING LIST'. Below this is a section titled 'VIEW TEAM PAGES' with a dropdown menu showing 'Teams > Madden - 4/5 - Ledin - 49ers'. The main content area features a large banner for the San Francisco 49ers with the text 'Defined By Greatness!'. To the right of the banner is a 'Team Info' section with a welcome message. Below the banner, there are three articles with dates and titles: '3 Quick Steps to Set Up Your Team's Home Page' (Apr 14, 2015), 'How to Add Team Calendar and Photo/Video Galleries' (Apr 16, 2015), and 'How to Update Your Profile in 3 Easy Steps' (Apr 14, 2015). The left sidebar of the browser shows the Windows taskbar with various application icons. The bottom of the browser window shows a download bar with several image files.

www.michiganyouthflagfootball.com/Default.aspx?tabid=181866&mid=205444&teamid=262577&ctl=teaminfo&seltab=teamhome

ABOUT US TOURNAMENTS MAILING LIST

VIEW TEAM PAGES

Teams > Madden - 4/5 - Ledin - 49ers

Team Settings Roster Settings

Team Home News Roster Schedule / Results Photos / Videos Email

49ERS

Defined By Greatness!

Team Info

Welcome to the San Francisco 49ers 2015 Spring Flag Football Team

Apr 14, 2015

3 Quick Steps to Set Up Your Team's Home Page

In just a few minutes, you can have your Team's Home Page set up and looking sharp! Add team photos, a news article and your calendar...

Apr 16, 2015

How to Add Team Calendar and Photo/Video Galleries

Learn how to add a team calendar and photo and video galleries to your Team's Page. It's easy and only takes a minute.

Apr 14, 2015

How to Update Your Profile in 3 Easy Steps

Updating your Player Profile or Personnel Profile is easy and only takes a few minutes.

49ers 4.jpg 49ers3.jpg 49ers 2.jpg 49ers 1.jpg 1EaBjEPRTNm48QaD...jpg

TEAM PAGE – DASHBOARD

Use this email function to communicate with your team

VIEW TEAM PAGES

Teams > Madden - 4/5 - Ledin - 49ers

Team Settings Rotator Settings

Team Home News Roster Schedule / Results Photos / Videos Email

Subject:

Message:

Reply To: bledin243@hotmail.com

Send To: ☐ Select All ☐ Send to Player/Personnel email?

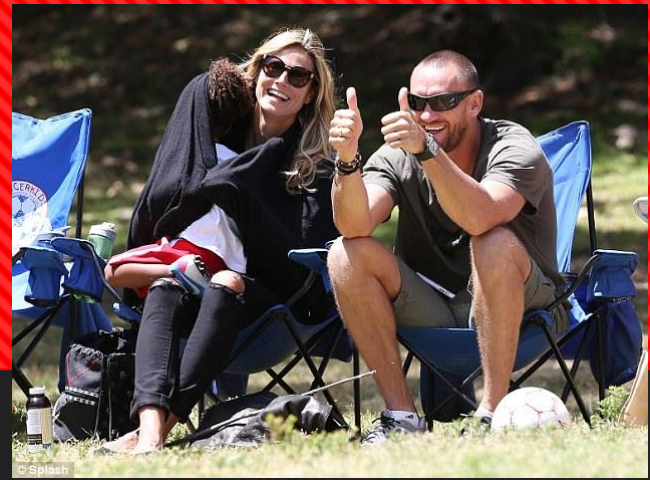
Team Personnel

	Seam Elliott Assistant Coach		Bryan Ledin Head Coach
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Team Roster

	Conner Curry		Jason Denny		Seth Elliott
	Derrick Graves II		Leo Griffin III		Kaiden Johnson
	Brayden Ledin		Kyle Moore		Landen Parker
	Tommy Vertes				

Meet and Greet Expectations



- Meet/Greet Schedules 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.
- 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

MosquitoJoe.com



- Greg Majewski – Longtime coach and friend of MYFF
- Provided every player in this league, sling bags to carry their equipment.

SEASON IMPORTANT DATES

**Save
the
Date**



Team Picture Dates



- Walled Lake – June 14th
- Farmington – May 17th
- You have picture packets in your bag. Please make sure to pass those out.

Game On Cancer Tournament



- Four years ago, we began running Charity Flag Football Tournaments during our Spring season.
- We have raised over \$65,000 to date for incredibly great causes such as the American Heart Association, St. Jude Children's Hospital, The Rainbow Connection, and Game On Cancer.
- What is Game On Cancer?
- Why get involved?

Tournament Information



- Saturday, June 13th, 2015 – 3 Game Guarantee
- Divisions
 - K/1st – 3 team spots remain
 - 2nd/3rd – 2 team spots remain
 - 4th/5th – SOLD OUT
 - 6th/7th/8th – 3 spots remain
- This event is limited to a 48 team field

What Do You Get With Your \$1,000 Entry?



- Includes one team entry fee to play in a charity tournament on Ford Field
- Includes a three game guarantee (with possibly up to three additional games, depending on bracket size). Top teams in each bracket will advance to a single elimination playoff.
- A Ford Field Locker Room Tour for your sponsored team and corporate representative
- Detroit Lions alumni may be present for a portion of the day, including but not limited to our tournament ambassador, Herman Moore and our favorite Mascot, Roary!
- Every player will receive a GOC/Detroit Lions Waterbottle
- Every player will receive a GOC/Detroit Lions Cinch Bag
- **Company name on all participant and volunteer shirts**
- **Banner recognition at Ford Field during tournament (please provide banner)**
- **Insert into 480 participant goodie bags (literature or marketing give-away)**
- **Link to your company on Tournament app (please provide logo and link to website)**
- **10 x 10 display booth at Ford Field during tournament**

Detroit Lions Summer Camps



Introducing, **Chris Fritzsching**, Director of Detroit Lions Youth Football and Master Trainer for USA FOOTBALL

Detroit Lions Camps Schedule

313.262.2248

Email: youthfootballcamps@detroitlions.com

June 6-7	Beverly Hills	Detroit Country Day	9:00 a.m.-12 noon	QB-WR Academy (Ages 8-14) - \$80
June 22-24	West Bloomfield	Drake Park	6:00 p.m.-7:00 p.m.	Lil' Lions Academy (Ages 4-8) - \$45
June 22-25	Detroit	Ford Field	8:30 a.m.-12 noon	Fundamentals Camp (Ages 6-14) - \$169
June 26	Detroit	Ford Field	9:00 a.m.-4:00 p.m.	QB-WR Academy (Ages 8-14) - \$95
June 27	Detroit	Ford Field	9:00 a.m.-5:00 p.m.	Parent-Child Camp (Ages 6-Adult) - \$95
June 29-July 2	Canton	High Velocity Sports	8:30 a.m.-12 noon	Fundamentals Camp (Ages 6-14) - \$169
July 6-8	South Lyon	Sayre Elementary	6:15 p.m.-7:15 p.m.	Lil' Lions Academy (Ages 4-8) - \$45
July 6-9	Chesterfield	L'Anse Creuse Middle School East	8:30 a.m.-12 noon	Fundamentals Camp (Ages 6-14) - \$169
July 6-9	Monroe	Monroe H.S.	8:30 a.m.-12 noon	Fundamentals Camp (Ages 6-14) - \$169
July 11-12	Brighton	Legacy Center	9:00 a.m.-5:00 p.m.	Fundamentals Camp (Ages 6-14) - \$169
July 13-16	Allen Park	Lions Training Facility	8:30 a.m.-12 noon	Fundamentals Camp (Ages 6-14) - \$169
July 13-15	Sterling Heights	Delia Park	6:00 p.m.-7:00 p.m.	Lil' Lions Academy (Ages 4-8) - \$45
July 18, 25, Aug 1	Southfield	Inglenook Park	10:00-11:00 a.m.	Lil' Lions Academy (Ages 4-8) - \$45
July 20-23	Lake Orion	Lake Orion H.S.	8:30 a.m.-12 noon	Fundamentals Camp (Ages 6-14) - \$169
July 20-23	White Lake	Lakeland H.S.	8:30 a.m.-12 noon	Fundamentals Camp (Ages 6-14) - \$169
July 25-26	Detroit	Ford Field	9:00 a.m.-4:00 p.m.	MS/HS OL-DL Academy (Ages 11-18) - \$169

**KEEP YOUR TEAM TOGETHER
AND JOIN US FOR SUMMER
LEAGUE PLAY!**



2015 Summer League Details

- Six game season played one day during the week, NOT on the weekend.
- Only \$99 per player to participate
- Games played at 6pm, 7pm, & 8pm
- Keep your spring team together
- Season runs mid June – End of July. Done in time for tackle!
- Four Locations to choose from:
 - L'Anse Creuse North High – Tuesday Evenings
 - Livonia Stevenson High – Tuesday Evenings
 - Lake Orion High – Wednesday Evenings
 - **Walled Lake Northern High – Thursday Evenings**
- Deadline to register is June 1st, 2015

Concussion Laws



CONCUSSION
IN YOUTH SPORTS

- **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 Laws



CONCUSSION
IN YOUTH SPORTS

- **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’t recall events prior to hit or fall • Can’t recall events after hit or fall

Concussion Laws



CONCUSSION
IN YOUTH SPORTS

- **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.

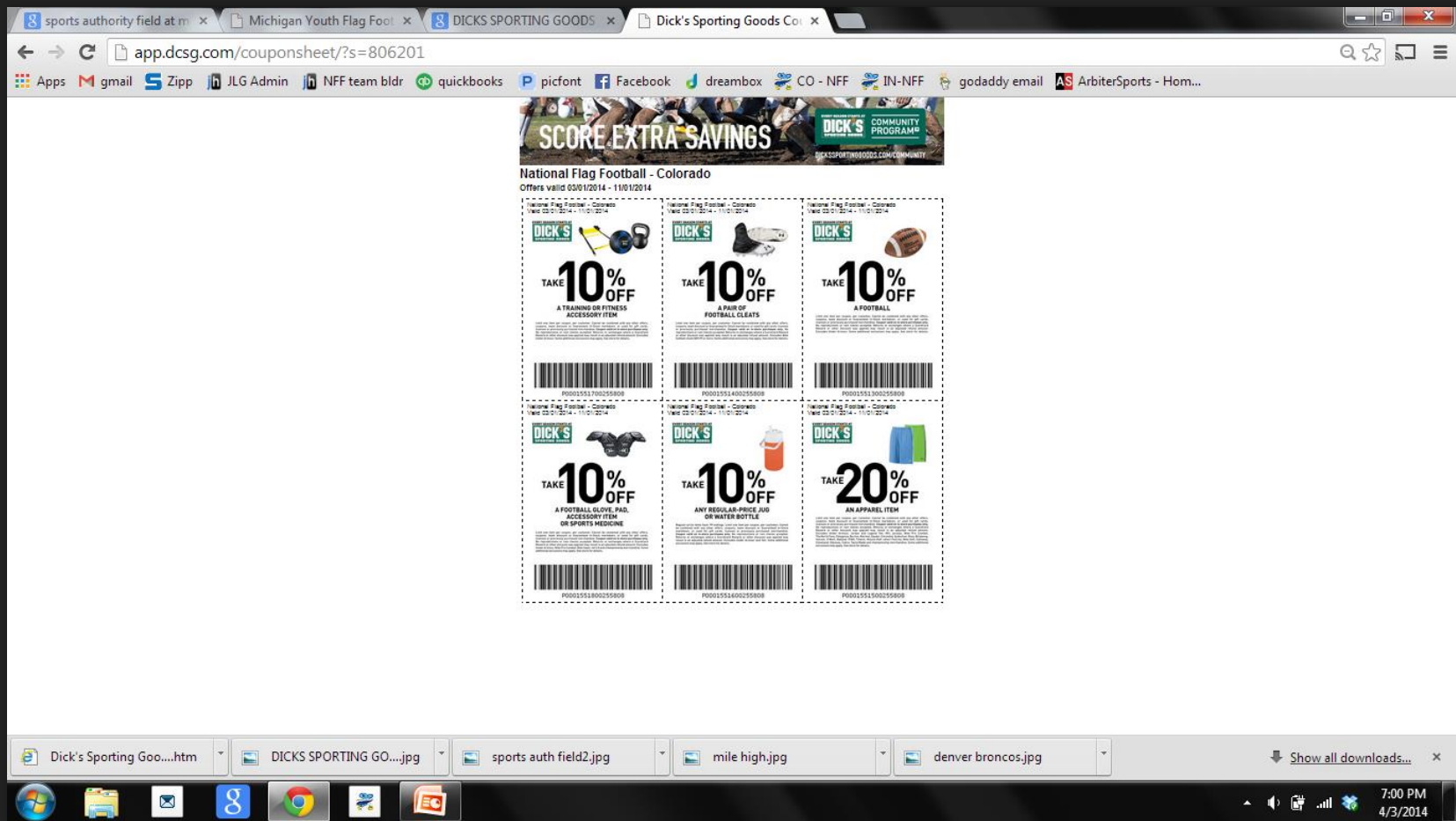
WHEN IT DOUBT, SIT THEM OUT!

PROUD SUPPORTING SPONSOR



DISCOUNT TEAM COUPONS IN BAG!
Jason Reynolds
Community Marketing Manager

DISCOUNT COUPONS ALWAYS ON OUR WEBSITE



Intermission - 5 minute break

- Questions??
- Returning coaches can leave – remind them to contact families via email or call within next 48 hours.
- Any return coaches with equipment issues see staff in back to take care of.
- NEW COACHES STAY FOR RULES – after 5 minute break

1st Practice Sample Drills

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

RULES



Offensive & Defensive Tips

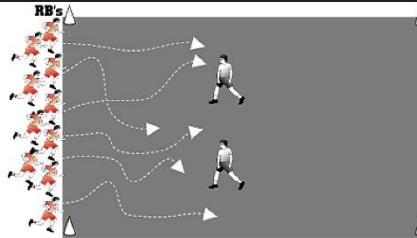
- Keep play calling simple.
 - Lombardi – Run, Run, and Run some more.
 - Shula – 60% run and 40% pass – keep passes short!
 - Madden – 20% run and 80% pass – set up the deep ball.
-
- Run a ZONE defense, STAY AWAY from man to man.
 - Play with 2 corners, 1 linebacker, 2 safeties
 - I would advice you to keep your defense behind the line of scrimmage so that you don't 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 to 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's not about winning or losing, it's 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.

COACHING VIDEO ONLINE

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

Pro's Included In
This Video Are:

Boomer Esiason
Former NFL QB

Cedric Jones
Former NFL WR

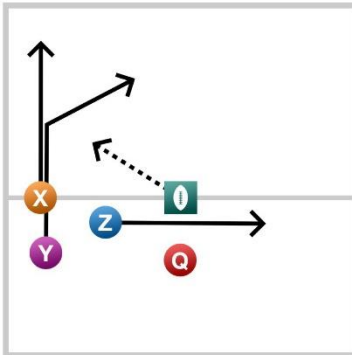
Mike Haynes
NFL Hall of Fame
Cornerback



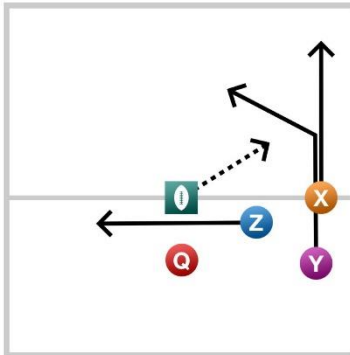
PLAY BOOK ONLINE

Preloaded play book – On website – Resources Section

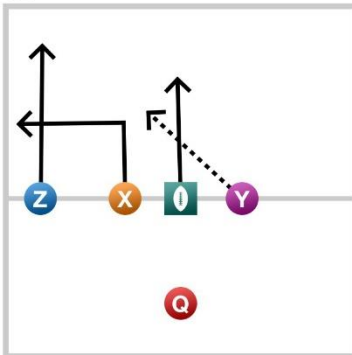
1 Mango Right



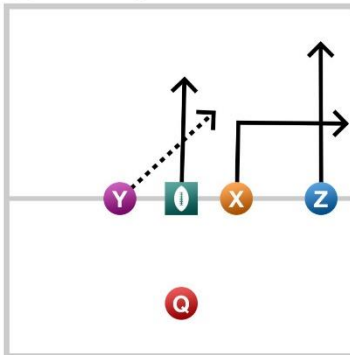
2 Mango Left



3 Chrome Left



4 Chrome Right



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.

Playmaker App

Preloaded playbook – On website – Resources Section



Reminders

- Call/Email Families (today if playing tomorrow) 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 always 1 hour before time listed on game schedule

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

Thank You For Coaching!



Have a great season!