

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
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National Gay Flag Football League (NGFFL)



Local League Toolkit Module VI: Local League Logistics

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

1.0 Overview and Purpose

The National Gay Flag Football League (“**NGFFL**”) is committed to proudly fostering community, comradery and inclusivity by providing opportunities to engage in competition through flag football. As part of this vision, the NGFFL has a supporting agenda which includes driving local membership growth and development.

The purpose of the Local League Toolkit (“**Toolkit**”) is to provide lessons learned and resources that can help start or strengthen a local flag football league. Each city and league will be different, but there are common elements that will make this Toolkit useful to local leaders and other stakeholders who organize and run local leagues. This Toolkit is meant to share best practices, examples and lessons learned, all in an attempt to make organization and execution as efficient and as high of quality as possible.

The purpose of this module is to discuss recommended strategies for executing a successful local flag football season.

2.0 Approach

Your local board should define goals for success in executing each local season. Defining that success could be as simple as trying new options, making it the best league, or just surviving that one season. No matter what your goals are, you will have ongoing and regular work to maintain your local league.

The good news is that you are not the first to do it, and you can borrow heavily from other leagues who can offer guidance and tools so you don’t have to start from scratch.

To leverage the other leagues’ experiences, try posting a comment on the NGFFL City Leaders Private Group on Facebook. This Module (and others in the Toolkit) have been updated to include other leagues’ best practices and lessons learned that have been shared in the NGFFL City Leader Private Group on Facebook.

3.0 Seasons/Schedule

Any decision around the season and schedule should be made by taking local circumstances into account.

Many leagues organize a spring and fall season with a break in between. Weekends are often the best time to play to allow for flexibility in schedules—but be sure to not compete with other LGBT sports leagues (*See Toolkit Module IV: Recruitment, Registration & Retention*). Seasons typically have a regular season that lasts six to eight weeks followed by a week or two of play-

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

off games. Depending on your weather, field access, and local social calendar/culture, you should try to plan your season to allow the maximum number of players to attend their games.

Be very conscious of avoiding major and religious holidays, as well as any major community conflicts (i.e. Memorial Day and beyond when many people have travel plans). You should try to advertise the season schedule as far in advance as possible so players know what they're getting into before they register. Including the dates they will be unavailable as part of the registration documentation is also helpful.

4.0 Captains

Captains serve a few purposes in you local league:

- they provide leadership to their team;
- they help organize and communicate to the league
- they serve as source to spread the work load beyond the board
- they create a hierarchy on the field that make it easier to run the games.

Captains can be elected or chosen from a pool of volunteers. Ideally, captains show a high level of responsibility, know the game well enough to teach or model to others, have a high level of character and integrity, and have a natural ability to lead. Figuring out how many captains you'll need is dependent upon how many players, and thus teams, you'll have, but it is better to have more captains to choose from than fewer.

Being clear with responsibilities assigned to captains ahead of the season is also recommended so that individuals understand all the associated responsibilities. Some leagues have even had captains sign an acknowledgement of responsibilities to reinforce what is expected.

See Appendix A for additional information.

5.0 Registration

Registration process and best practices are included in another module. See *Toolkit Module V: Fundraising, Income and Sponsorship*).

6.0 Draft

The draft can be as simple as a random division of players into teams of equal size or as complex as having multiple means of skill assessment (i.e. self assessment, try-outs, referred assessments from other players/captains) followed by a formal draft.

Your primary goal should be to make the draft as fair as possible (however you define it). Other leagues have spent time thinking through how to have a fair draft and avoid problems that might

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

result from a perception of an unfair draft. Please see the appendix section below which, if nothing else, will broaden the list of questions you'll have to answer in structuring your draft.

7.0 Wait List

Similarly, if you chose to have a wait list of players that were undrafted and available to be leveraged once there is room on teams, there are some questions you'll want to consider:

- How many players can be added to each team?
- If someone is absent or injured for part of the season and returning, does that team get a wait list pick?
- Do wait listed players have to pay the full registration fee if they join the league?

See Appendix C for a sample wait list rules.

8.0 Rules of Play

Many local leagues follow the rules that are set by the NGFFL. This is encouraged, especially given that many local leagues will send a team to compete in the Gay Bowl or other national tournaments which use the NGFFL rules. It should be noted that the NGFFL makes occasional changes to the rules which are communicated to the individual affiliates.

For a copy of the current NGFFL Rules of Play, see www.ngffl.com

9.0 Quarterbacks

Attempting to have at least one competent quarterback on each team in your local league can be an important consideration when you set up your draft. Some local leagues assign teams and hope that a member of the team steps into the quarterback role, while others identify prospective quarterbacks beforehand and have a separate quarterback draft.

The enjoyment of the game and quality of play can be impacted by how you choose to approach this. Successfully recruiting quality quarterbacks should be a focus of your local league's recruiting efforts (See *Toolkit Module IV: Recruitment, Registration & Retention*).

10.0 Training & Skills Building

Your league is most likely to consist of players that have a wide range of athletic ability and skill level. By offering trainings or skills-building clinics, you can help improve individual players while elevating the level of play of the entire league. You can also help decrease the number of injuries that are bound occur, especially if you teach people how to properly warm up and stretch.

NGFFL Toolkit Module:	Original Issue Date:	Most Recent Version Issue Date:
Local League Logistics	2012	06/29/2018

It is often helpful to offer a training or two before the season starts (or even before registration opens) to demonstrate the proper way to play flag football. This will also help attract recruits by answering questions and/or allaying fears they might have. Consider offering different levels of clinics, i.e. football 101 for beginners vs. skills building for more advanced players. In addition to these league-wide events, captains can also offer trainings for their individual teams.

Ideas for Skills Clinics are found in Appendix D below.

11.0 Fields

Depending upon your location and size of league, you will need to secure fields that will accommodate your league schedule. Or more likely, your schedule will have to accommodate the field options available to you. You will often have to secure field permits through the local parks and recreations division, so please check with them directly. Give yourself enough time to figure out what deadlines or processes they have in place to secure fields. **Most parks and recreations divisions have autonomous control – so do whatever you can to get on their good side.** This can often mean the difference between time-consuming red tape and getting the permits you have requested.

12.0 Equipment

Depending upon the size and budget of your league, you can purchase equipment or get it donated. You should not only account for the initial purchase but also additional purchases for lost or broken equipment. Though you may not buy all of these, here is a list of what you may need:

- Cones – large
- Cones – small
- Markers (line of scrimmage, 5 yards, and first down)
- Flags
- Footballs
- Equipment bag
- Kicking tee
- Ref equipment
 - Whistles
 - Shirts
 - Stop Watch
 - Penalty/yellow flags
- League Banner / signage

A possible sponsorship opportunity is having a business provide cones or footballs for the league; individuals may also sponsor equipment purchases (See *Toolkit Module V: Fundraising, Income & Sponsorship*).

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

For the markers (line of scrimmage and first down), some leagues have found that buying inexpensive “chains” are too much hassle because of the poor quality and would recommended not selecting the cheapest option. Other leagues have had success with ditching the first down chains entirely and go to a system where the line of scrimmage, the 5-yard rush line and the first down are all marked on the field with different colored pucks or bean bags. This option is a cheaper and easier way, but has the disadvantage of some players not knowing what down it is or where exactly the first down is located (which are addressed when you use proper chain markers). Again, depending upon your local league’s needs and budget, you should select the best method.

13.0 Referees

Some leagues hire professional refs, some have volunteer refs, and some have a hybrid of paid and volunteer refs. The NGFFL offers some great resources to help train your refs and prepare them for the games. They also can serve as a resource to connect you with professionals or offer training guides for your local refs.

Because this is a large concern for many leagues, there are various ways to tackle this problem. You could decide to home grow a select number of referees that will mature and improve in quality over time (with various levels of compensation based upon their experience). This could leverage players or league supporters that like the rules and want to see games called correctly. You could also make the captains responsible for identifying and providing referees for their games from their players or from others they know of. Some leagues have paid professional referees—but most find that to be a cost-prohibitive option.

Some leagues have provided for a hybrid approach—paying for a head referee (or “white hat”) who is assisted by two player-referees. This can also help to train the player-referees into becoming home grown referees.

One caution: leveraging local high school or little league tackle football referees provides some challenges as those referees are unfamiliar with flag football-based rules, like flag guarding, rush lines, run rule, etc. Additionally, those referees sometimes let play get too physical since they are accustomed to tackle-football structure.

Some leagues have provided an opportunity for both a mid-season and end of season review and scorecard for their referees as a way to provide constructive feedback for the individuals as referees. This should be handled professionally and only seek to provide constructive feedback and not as an outlet to complain about particular situations.

Please contact the NGFFL Director of Officials for more information.

14.0 Awards



NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

It is recommended that you provide some awards (both individual and team) at the end of your season to both celebrate successes and highlight accomplishments. These could take the form of paper certificates (which are an economical option), t-shirts, personal medals or even trophies (both a one-time trophy or a traveling trophy). Awards should be given to the winning team but can also be in any category you want to highlight—from League MVP, Best Offensive Player, Best Defensive Player, Best Rookie, Most Improved, etc.

It is also recommended to provide some funny/sarcastic awards that may be unique to your league, such as “Best Player Who Always Shows Up 10 Minutes After the Games Have Started,” or “Most Likely to Have a Halftime Beer,” or “Most Likely to Leave Early.” The local commissioner or board may also want to highlight specific players and give out sportsmanship awards.

You can also provide non-players (including referees) with awards for their support, including Honorary Team Mom/Dad or “Best Athletic Supporter.”

Awards can be leveraged via your communication channels and social media presence to also tell the full story of your league and show how fun playing can be. Awards can also allow for your sponsors to play a role—inviting them to the presentation ceremony is a great way to show support or even having them hand out some awards to get your sponsors involved. You may even want to give a trophy to the sponsor of the championship team which can be displayed in their place of business.

15.0 Revision History

Version	Version Issue Date	Description of Changes:
1	2012	Initial version
2	03/15/2018	Restructured Toolkit into module format and made required edits to content to account for new format; added updated examples
3	06/29/2018	Added additional information as shared in the NGFFL City Leaders Facebook page

14.0 Appendices

Appendix A – Tips for Captains and Coaches

Appendix B – Sample Draft Methodology

Appendix C – Wait List Rules

Appendix D – Skills Clinic Ideas



NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------



NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

14.1 Appendix A

Tips for Captains and Coaches

Overview:

Coaching a flag football team can be both challenging and fun. By preparing your players well, you can make sure that your team is ready for each game as it arrives. Follow these steps to best coach a flag football team.

#1 Be Organized.

Whether you are coaching in your league or for a tournament, put together a plan that you can communicate to your players and assistants. This includes outlining a schedule for practices, communicating what you expect from your players, and setting team goals.

Schedule practices ahead of time. To give the players on your team enough time to clear their schedules, it's best to plan out the practice times and locations at the beginning of the season. To get the most out of your practices take the time to put together an itinerary for every practice that you can follow. This will help you have structure and help you identify what you want to accomplish during practice.

Practice Guidelines

A key ingredient for any successful team is practice. A successful team will have a productive practice, with everyone working hard all the time.

While working hard, it is imperative to concentrate on doing whatever you are doing correctly. Remember, practice does not make perfect, practice makes permanent. Only perfect practice makes perfect!

As a (Team Name), please work within these guidelines

1. **Be Here.** Team practice will be held every Thursday from 8:00 – 10:00. Practices will take place at various parks please refer to the weekly e-mail/website/facebook/etc.
2. **Be Ready.** We will start at the times listed above. You should arrive early to change shoes, stretch, and warm up so that you are ready to start.
3. **Be On Time.** If you are going to be late for practice, please call (coaches Name) at [555-555-5555](tel:555-555-5555) no later than 30 minutes prior to practice. At this point you should be aware that you are going to be late. This allows your teammates and coach to focus on practice and not who is running late.
4. **Be Courteous.** Please notify (Coaches Name) [555-555-5555](tel:555-555-5555) at least 24 hours in advance if you will miss practice. When planning a practice it is extremely helpful to know who – and how many – will be there.
5. **Be Responsible.** Bring the equipment required to have a successful practice. This means: cleats, shorts with no pockets, one black and one white shirt, and your own water bottle. Check to make sure you have all your equipment with you when you leave the field.
6. **Be a (Team Name)!** Bring a coach-able attitude. Please listen when we talk. Please hustle on the field. Learn your position, and strive for excellence!

#2 Assess the talent on your team.

Identify positions where your players can be successful. The most accurate passer should be the quarterback of your team. The faster players should play wide receiver on your flag football team. The stronger players are better suited to play as blockers. Defensively, you want to look for strong players to

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

rush the quarterback and quick players to defend the wide receivers. Allowing each player to fill a role they are capable of filling is a huge key in coaching a successful flag football team.

#3 Play to the strengths of your team.

Put together a game plan that works for the makeup of your team. If you have a lot of speedy players who can catch the ball and a quarterback with a strong arm, utilizing a pass heavy offense makes sense.

However, if your team lacks speed or a quarterback that has accuracy downfield, consider using a short-field approach that features coordinated routes designed to help receivers get open.

Defensively, put together a game plan that features your players strength. If you lack speed to cover downfield consider using a stronger rusher to get more pressure on the quarterback or drop more players into pass protection. Much like on offense, work on several different defensive packages. Help your players learn several different zone schemes and how to play man-to-man coverage.

#4 Educate yourself.

Learn as much as you can about offensive and defensive strategies and schemes. Consider acquiring flag football plays online. Often they have playbooks for sale that can help you design offensive and defensive schemes. There are also a lot of great resources online for skill building exercises for wide receivers, quarterbacks, and defensive backs. Watch teams that have been successful and talk to their players and coaches about what they do.

And it shouldn't have to be said, but know the rules.

#5 Make it Fun!

Make the flag football experience fun for your players. The more fun you help your players have the more retention you will have on your team. Remain patient with your players. Flag football is a difficult game to manage and takes great team chemistry to be successful. That team chemistry can only be built over time after the players on your team have played with each other for a while.

#6 Game Day.

On game day communicate a time for your players to be at the field that allows everyone plenty of time to stretch and the team to warm up (e.g. one hour before kickoff). You should already have written out a depth chart for each position that includes every player. This should also include a game plan for each game. Doing this before game day will allow you to focus on getting your team prepared for the game.

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

14.2 Appendix B

Sample Draft Methodology

Purpose: Since its inception in the fall of 2008, the DGLFFL has strived to be a league of inclusion. With that as the primary focus, the draft of players was developed so that team captains would not know the identity of the players they were selecting, other than by the score that each player provided for themselves on the registration questionnaire, i.e. no player would be “picked last”. We understand that there are inherent problems with this due to players not having a standard against which to score themselves; however, we believe this is mitigated by the league spending a significant amount of energy promoting player development both before and during league play and is the best and right system for us at this time.

Inputs: In order to play in the DGLFFL, each player must register, which includes filling out a questionnaire on which they score their skill level in three categories of football ability (Athleticism, Basic Football Knowledge and Flag Football Specific Skills). Within each of these categories there are several questions in which the player scores themselves from 1 to 10, with 10 meaning significant expertise or ability.

In order for the league’s male and female players to be distributed evenly among all teams, separate drafts are held for men and women, both using the exact same methodology described below. Please note that unlike other co-ed leagues, the DGLFFL does not institute any gender specific rules of play. In order for the league to distribute players with the self-described unique ability to play quarterback evenly among all teams, there is an additional set of questions for these players to score themselves using the same 1 to 10 scale. A separate draft is held for quarterbacks using the methodology described below.

Methodology:

There will be eight team captains that each draft a team of 12-14 players. The draft order will be determined randomly prior to the draft by the Captains Committee, with each captain being assigned an order number from 1-8. Then the captains will each select one player per round (12-14 rounds) until all players have been drafted. The draft order will reverse for each round.

For example:

Round (1, 3, 5, 7, 9, 11, 13) order: 1, 2, 3, 4, 5, 6, 7, 8;

Round (2, 4, 6, 8, 10, 12, 14) order: 8, 7, 6, 5, 4, 3, 2, 1

Since there will be three drafts, they will occur in the following order, QB, Males, Females. Only eight selections will be made in the QB draft, so the last captain to pick in the QB draft will be the first captain to pick in the Male draft (i.e. QB draft is round 1, Male draft starts with round 2). The female draft will begin after the last male player is selected and the order of selection will continue without restarting. For example, if the last male player is selected in round 9 by captain number 6, the first female player will be selected by captain number 7 and the order will continue as described above.

The captains will be provided a list that includes every registered player in the league. Each player will be identified by a player number; only the Captains Committee will know which number corresponds to which player so that the draft remains anonymous. A captain will draft a player by selecting their player number, which will be recorded by the draft secretary. Please note that any member of the Board or Captains

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

Committee that is also serving as a team captain will not have access to the identity of players until the draft is complete.

The players in the draft will each have an overall player rating of 1, 2 or 3 (1 – expert, 2 – intermediate, 3 – beginner). The assignment of these ratings will be described below. Prior to the draft the Captains Committee will determine what distribution of players of each rating will provide the most equitable distribution of players to each team. For example, if there are 32 players rated 1, 24 players rated 2 and 40 players rated 3, each team captain would be allowed to draft 4 players rated 1, 3 players rated 2 and 5 players rated 3 (assuming 8 teams). Since it is unlikely that the number of players of each rating will be divisible by the number of teams, the Captains Committee has the final say on what an equitable distribution of players of each rating will be for any specific draft.

The information that each captain will have to select players will consist of height, overall player rating (1, 2 or 3), player rating in each of the three categories of football ability (Athleticism, Basic Football Knowledge and Flag Football Specific Skills) and, only for the Flag Football Specific Skills category, the player rating in offense and defense. The captains will also have the ability to see the average of the scores that each player gave to themselves in each of the three categories (1-10, which is used to assign player rating). The above should provide all of the information that the captains need to make their selections, therefore they will not be provided with the individual player scores provided on individual questions.

For the QB draft only, there will be only one round (assuming less than 16 players self-describe as capable of playing the position). The captains will have the same information available to them as they do for the non-QB draft, except they will also have the scores that each individual supplied for themselves when answering the QB specific questions on the registration questionnaire. Any players not drafted in the QB draft will put into the player pool for the standard draft.

Determining player ratings:

In an attempt to simplify the player-provided information that each captain must examine when selecting a player, basic averaging and grouping are used to condense the several questions in each category of flag football ability into a rating for that category. Similarly, the averages from the three categories of flag football ability are condensed into an overall player rating. The ratings that the individual scores are condensed to are 1, 2 or 3.

For purposes of this exercise, 1 should be thought of as “expert”, 2 is “intermediate” and 3 is “beginner”. To describe the actual calculation of a player’s rating, we will provide an example from one category of football ability. The same method is used for each player on the other two categories.

Example: We will use the Athleticism category. This category has five questions and each player scores themselves from 1-10 for each of them. Let’s assume player A provides the following scores in this category:

- Speed = 8
- Agility = 9
- Jumping ability = 5
- Coordination = 7
- Strength = 6

The average of this player’s scores in this category is 7.0 $[(8 + 9 + 5 + 7 + 6) / 5]$.

The ratings for a player are broken down as follows:

1 = average between 6.67 and 10



NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

2 = average between 3.34 and 6.66

3 = average between 0 and 3.33

This player's average in this category is 7.0, which would make them a level 1 player in the Athleticism category.

Now assume that this player had a score average of 3.0 in the Basic Football Knowledge category, and a score average of 4.8 in the Football Specific Skills category. So he/she would be a level 3 player in the Football Knowledge category and a level 2 player in the Football Skills category.

The overall average of this players football ability is 4.9 $[(7.0 + 3.0 + 4.8) / 3]$. Therefore, this player's overall rating would be level 2.

Conclusion:

The Denver Gay & Lesbian Flag Football League recognizes the complexity of this methodology for placing players on teams. However, the League believes this methodology is the best and highest embodiment of the League's commitment to be fair, equitable and anonymous in assigning players to teams, while at the same time investing in a level of parity across league teams that will maximize player enjoyment at every level.

This methodology was developed by a volunteer statistician.

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

14.3 Appendix C

Wait List Rules

- (1) The draft order will go 1-12 and then start over (there isn't a snake to this draft).
- (2) If you do not draft anyone in the preceding round, you are out of the draft and are not permitted to re-enter the draft. For example, if in the 1st round, Lime decides it wants no one. It will not get to draft anyone in the 2nd round either.
- (3) The maximum number of players you are permitted to have on your team is 16. This permits every team to at least take 1 draft pick, if you wish. You may choose to take no one in this draft.
- (4) The draft order was chosen by the board last night. It is based upon several factors, including current record, strength of schedule thus far, number of players lost, how close your games were, and the eyeball factor.
- (5) The number in the brackets next to each team is the number of players the team is permitted to pick. So if you have lost 3 players, your number would be [4] because you started with 15 lost 3, which leaves you with 12 and you are allowed up to 16.
- (6) Draft Order is: (1) Dark Blue [2]; (2) Maroon [4]; (3) Pink [2]; (4) Gold [3]; (5) Dark Green [1]; (6) Purple [2]; (7) Red [2]; (8) White [2]; (9) Light Blue [1]; (10) Black [2]; (11) Silver [3]; (12) Lime [1].

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

14.4 Appendix D

Skills Clinics Ideas

Day Before Skills Clinic

MC's Responsibilities –

- Confirm volunteer instructors' attendance
- Confirm location of balls, cones, and flags
- Ensure there are sufficient copies of liability and photographic waivers forms with pens and clipboards
- Confirm park/practice area is open

Day of Skills Clinic

MC/Instructor Responsibilities –

- 60 Minutes Prior to Start
 - Field Set Up
 - Volunteer instructors arrive
 - Review agenda and responsibilities with volunteer instructors
- 15 Minutes Prior to Start
 - Greeters take positions
 - Remain for the duration of the skills clinic, greeting newcomers
 - Intercept late arrivals, process as quickly as possible, place them in the skills clinic without interruption.
- Volunteers set-up any refreshments

Welcoming

Duration: 5 minutes

Person Responsible:

Agenda:

1) Welcome

- Diverse crew of people
- Looking forward to having a fun, injury free season
- Today, we're here to ensure that we all have the same understanding of flag football... how to play offense, how to play defense, the fundamentals of catching and throwing a ball, as well as the rules and penalties for breaking them.

2) Overview of Today's Clinic

- We're fortunate to have the following instructors to help us develop this baseline understanding of the game:
 - Basic Terminology
 - Warm-up and Injury Prevention
 - Playing Offense
 - Playing Defense
 - Rules and Penalties
- Understand that some of the things we'll be covering will be old hat, while some will be brand new. Have patience with those things you already know and be open to learning the things that you don't.

NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

3) First Session – Terminology

Terminology

Duration: 15 Minutes

Person Responsible:

Collateral Support Needed: Flip Board

Agenda:

- 1) Instructor introduces himself
- 2) Brief explanation why your instruction is important
- 3) Football (the ball itself)
- 4) Field
 - The field is 100 yards long, demarcated with cones every 10 yards.
 - The field is designed to have two “end zones,” where teams score points (more on that later)
- 5) Purpose of the game
 - Offense: To throw or run the ball from a starting point to the “end zone,” where points are awarded for “scoring.” The offense has four plays or “downs” to throw or run the ball ten yards in order to get four more “downs.” This is why the field is demarcated into 10 yard increments.
 - Defense: To prevent the offense from throwing or running the ball so that they do not reach the end zone and score points. They prevent this by blocking a pass, intercepting a pass, or pulling down an opponent’s flag.
- 6) Scoring: In flag football, a team is awarded six points when they advance a ball into the end zone. They are also given the chance to score “extra points” by passing or running the ball into the end zone.
- 7) Timing: The game is usually made up of four “quarters” divided up into 15 minute increments. After two quarters, play is paused for “half time” to give the teams a chance to contemplate what is going right or wrong in the game thus far. In flag football, however, the game is usually divided into two halves of 30 – 45 minutes, with the game ending at the conclusion of the second half.
- 8) Winning: Whoever has the greatest number of points at the end of the second half wins the game.
- 9) Questions
- 10) MC takes over and introduces next instructor

Warm-Up and Injury Prevention

Duration: 10 Minutes

Person Responsible:

Collateral Support Needed: One Volunteer

Agenda:

- 1) Re-Introduce Yourself
- 2) Tell the players why your session is important
- 3) Introduce your volunteer
 - This person will be demonstrating your warm-ups and stretches
- 4) Planned Agenda
 - Variety of warm-ups and stretches
- 5) First Exercise
 - Demonstration
 - Ensure everyone finishes each exercise before beginning the next
 - Keep facing the players at all times
- 6) Second Exercise



NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

- Demonstration
- Keep facing the players at all times
- 7) Third Exercise
- Demonstration
- Keep facing the players at all times
- 8) Fourth Exercise
- Demonstration if necessary
- Keep facing the players at all times
- 9) Fifth Exercise
- Demonstration if necessary
- Keep facing the players at all times
- 10) Additional Items
- 11) Wrap-Up
- 12) MC thanks you and introduces the third instructor

Offense

Duration: 40 minutes

Person Responsible:

Collateral Support Needed:

- Seven Volunteers
- Flip Board

Agenda:

- 1) Introduction of yourself
- 2) Why your instruction is important
 - You win the game by advancing the ball and scoring points. Offense is how you advance the ball.
- 3) How to throw a ball
 - Example (two helpers throw while instructor is explaining)
- 4) How to catch a ball
 - Example (two helpers throw while instructor is explaining)
- 5) Throwing and Catching
 - Learn and practice routes (experienced player/instructor/volunteer matched up with a new player if possible)

Pulling the group back together, the instructor should go into more advanced lessons:

- 1) Offensive Positions
 - Names and explanation of positions (QB, wide receiver, etc)
- 2) Play Begins
 - Explanation of initial cadence (“down, set, hike” or “set, hike”)
 - Snapping the ball (“shot gun” vs. normal snap)
 - Examples of the cadence and snap
- 3) Play Continues
 - Player catches the ball or runs with the ball
 - Blocking the Rusher
 - Example
- 4) Play Ends
 - Ball is blocked, intercepted, or flag is pulled
 - Knee hits the ground (flag football)

Instructor might then shift gears to talk about routes:



NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

- 1) Demonstrate one route, with a QB and receiver giving the example while instructor explains
- 2) Break up into small groups and practice the route
- 3) Return to big group to demonstrate second route, with a QB and receiver giving the example while instructor explains
- 4) Continue process until all routes are demonstrated

Finally, the instructor might shift to advanced training, time allowing. The instructor could ease any potential factor by emphasizing that newbies should not worry if they don't understand or can't do the following, as it takes considerable practice.

- 1) What to do with your eyes to trip up the defense
- 2) The importance of cutting
- 3) What to do when a play breaks down
- 4) Blocking in support of a teammate
- 5) How to find a "seam"
- 6) How to handle a defender who is "bumping" you on the line

Defense

Duration: 40 minutes

Person Responsible:

Collateral Support Needed:

- Seven Volunteers
- Flip Board

- 1) Defensive Positions
 - Position names and duties
- 2) The Box
 - Why we use it in flag football vs. tackle football
 - Size/shape
- 3) Defensive Set Up
 - Man-on-man coverage
 - Example
 - Zone coverage
 - Example
 - Rushing
 - Example
- 4) Play Begins
 - Emphasize initial cadence (down, set, hike)
- 5) Play Continues
 - Player catches the ball or runs with the ball
 - Interception
 - How to block (with practical exercise)
 - How to de-flag (with practical exercise)
- 6) Play Ends
 - Setting up the box

The instructor moves into more advanced defensive training:

- 1) Lining up on the offensive player
 - Inside, outside, straight on



NGFFL Toolkit Module: Local League Logistics	Original Issue Date: 2012	Most Recent Version Issue Date: 06/29/2018
---------------------------------------------------------------	--------------------------------------------	-------------------------------------------------------------

- Examples
- Bumping
- Examples
- 2) Backpeddling
 - Examples
- 3) Predicting a play
 - Watching a QBs eyes
 - Watching the ball
- 4) Flag pulling
 - Examples
- 5) Talking
 - Mismatch
 - Fake
 - Ball's in the air ("Thowing!")
 - Ball's on the ground ("Running!")

Rules and Penalties

Duration: 10 minutes

Person Responsible:

Collateral Support Needed:

