

**2007 Weinstein JCC  
NFL Flag Football  
Volunteer Contract**

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

Address: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Email) \_\_\_\_\_

Athletic/Coaching Experience: (YES/ NO) Explain: \_\_\_\_\_

**Code of Conduct**

\_\_\_\_\_ Coaches must always conduct themselves in a manner that credits the Carole & Marcus Weinstein JCC and the NFL Flag Football program.

\_\_\_\_\_ Coaches must be courteous and may not use profanity at any time.

\_\_\_\_\_ Coaches must ensure that each parent and participant is aware of the dates and times of practice, games, picture day, award presentation and any other functions. (Only applies to your team)

\_\_\_\_\_ Coaches are expected to actively participate and show up on time for all functions including practice, games, picture day, award presentation and any other functions.

\_\_\_\_\_ Coaches shall respect and abide by decisions made by League Commissioner, referees and other Weinstein JCC staff.

\_\_\_\_\_ Coaches are expected to keep all comments directed towards parents and participants positive.

\_\_\_\_\_ As a coach, sportsmanship is your responsibility. Taunting, trash talking, unnecessary celebration, physical or verbal abuse, etc., of ANY kind, from players or coaches will not be tolerated.

\_\_\_\_\_ Coaches and players must shake hands with the opposing team after every game.

**Contract**

I understand that by signing this document I agree to volunteer coach for the Carole & Marcus Weinstein JCC NFL Flag Football program. I agree to conduct my duties in an ethical manner, and to reflect good sportsmanship and fair play at all times. I understand that if I do not abide by the rules and regulations, my responsibilities as a volunteer may be terminated.

I further agree to indemnify and hold the Carole & Marcus Weinstein JCC, Virginia and its staff harmless from and against any/all liability for any injury, which may be suffered thru my participation in this program.

I have read, understood and agree to abide by the above Code of Conduct and Contract.

Signature \_\_\_\_\_

Print Name \_\_\_\_\_ Date \_\_\_\_\_

# Practice Plan Template: Player to Player Defense

Cue Words: Quick Feet, Hands Up, Ball--You--Man

Time		
10	<b>Warm up &amp; Stretching</b>	Part 1 (5 Minutes) 4 Station Rotation (1 minute each) Jog between each station when switching Station 1- defensive slides Station 2- fast feet Station 3- grapevine Station 4- zig zag drill Part 2 (5 Minutes) Arm Stretches
20	<b>Skills Instruction</b>	1. "Mirror Skill" --coach is wide receiver. Player mirrors all movements of coach with slide shuffle (left & right), back pedal (back), & sprint forward. Coaches remind players to stay low. 2. Two Minute Water Break 3. Timing Drill (4 Minutes)-run 25 yards when whistle blows (3/4 speed) "Quick Feet" 4. Role Playing (9 minutes)-Coach is QB and athletes are receiver/defender. Defenders position themselves between QB & Receiver and run patterns. Athletes rotate being receiver and defender.
20	<b>Competition Experience</b>	2 Groups going at the same time (3 coaches) Tag-Zig Zag Tag (each twosome goes twice) Role Playing-QB throws ball (each athlete on defense twice) Race-Using timing drills at sprint racing speed (2 athletes race against each other—each pair runs 4 times)
10	<b>Cool-Down &amp; Team Talk</b>	Two Groups—each goes 4 times Back pedal 25 yards @ 50% Grapevine 25 yards @ 50% Recap skills and go over player-to-player defense. Let athletes know "great job today. Every one worked hard!"

Practice Plan Template: Center Snap

Cue Words: Hike, Offsides, Laces Up, Shotgun, Pass

Time		
10	Warm up & Stretching	*Jog 2 laps around football field* Jumping jacks* Stretches- arm circles, upper body, quads, hamstrings, calves, lunges, toe touches
30	Skills Instruction	The center's job is to hike (snap or pass) the ball to the QB, this sets the play in Accuracy drills-have athletes stand back to back with partner (each group has ball)-

		<p>motion Under Center—QB stand directly behind the center with hands under center's legs Shotgun snap—QB is 5-7 yards behind the center *explain position—ask for volunteers*if no volunteers—2nd best athlete should be nominated*all players should try snap</p>	<p>partners take turns using both types of snaps-completed snap (no drops) considered accurate-review position of body, line of scrimmage and offsides-types of snaps, how to hold the ball, and position of laces-accuracy of shotgun snap and under center snap-snap then run</p>
10	Competition Experience	<p>Pair off and see what team can complete 5 snaps in a row (shotgun and under the center)Line up offense, snap and try to run play with a completed pass</p>	<p>3 on 3 with defense Each team gets 5 plays. Must make accurate snap then continue play. Team with the most completions wins.</p>
10	Cool-Down & Team Talk		<p>Run/walk a lap—repeat stretches above Team huddle—review snap, give out handout for parents, players discuss cue words</p>
Drill Variation		<p>Snap-Run Drill-have athletes stand back to back with partner (each group has ball)-partner snaps ball, releases and receives a pass from QB (partner)-switch</p>	

Practice Plan Template: Defense  
 Cue Words: Deflecting, Shadowing, Pulling

Time		
10	Warm up & Stretching	<ul style="list-style-type: none"> <li>• Start warm up following 25 yard square, each athlete circles 5 times</li> <li>• Come to middle for 10 push ups/sit ups</li> <li>• stretch seated quad, hamstring, calf,</li> <li>• stand stretch triceps, chest, rotations</li> </ul>
30	Skills Instruction	<p>1. Deflect Passes            2. Partner Shadowing A. Task: Pulling the flag B. Skill: Balance, Stutter step, ready position, pull C. Administer: partner tag (offensive partner attacks, defense pulls and then switch)</p> <p>(Repeat 5 times per athlete)            • Athletes line up behind each other            • Coach throws pass for athlete to deflect            • Circle to back of line(Repeat 4 times per athlete)            • Athletes Pair up            • Partner 1 defensively back pedals and shadows all moves of partner for 25 yards • switch</p>

10	Competition Experience	Monkey in the middle with groups of 3 athletes	<ul style="list-style-type: none"> <li>• Two athletes pass to each other with monkey trying to deflect ball and pull flag</li> <li>• Switch</li> <li>• Athlete who achieves most in group competes against other group winners</li> </ul>
10	Cool-Down & Team Talk	Review cue words, areas of focus and favorite drills	<ul style="list-style-type: none"> <li>• Light jog around 25 yard square (2 laps)</li> <li>• Come to middle and stretch (runner's stretch, standing glut, AB adductors, lateral flexion)</li> <li>• Team talk during stretching</li> </ul>

Practice Plan Template: Passing & Catching

Cue Words: look, laces, point, shift weight, eyes on the ball, tuck it in, move feet

Time			
10	Warm up & Stretching		Pair up--Stand 10 yards apart for 2 min or until everyone arrives 1 line do a set distance including (jog, back pedal, high knees, butt kick, karaoke) Stretch-v-sits, butterfly, arm circles, triceps stretch and forearm stretch
30	Skills Instruction	Skill #2 (15 Min) Shuttle lines-2 lines opposite each other 3 catches & move to the back Running routes-5 yard out, post & curl	Task #1 (passing)—look at the ball, grab the laces, hold the ball by your ear with elbow at 90 degrees, point at target, step with opposite foot and rotate body towards target. Follow through with shifting weight. Task #2 (catching)—keep your eyes on the ball, keep your body in front of the ball and catch with your body. Move to the ball, make the catch and tuck it in then move your feet.
15	Competition Experience		Eggs toss—completed pass and then move further back. Dropped pass back to the starting line Target Practice 2 minute timed # of catches
5	Cool-Down & Team Talk		Slow jog, circle up, stretch then debrief

Have Fun!!!!

Practice Plan Template: Running

Cue Words: Anticipate, Fast Feet, Hold Tight

Select a different athlete to be a leader for each practice for warm ups and

## Stretching

Time			
10	Warm up & Stretching	5 Minute team stretch-sitting hamstring - butterfly-point/flex toes - cross leg stretch-shoulder roll -head rolls	5 Minute Warm up Course-sprint to cone-side step to 2nd cone-back pedal to 3rd cone-sprint homeStationary-5 squat thrusts-10 high knees-10 glute kicks
30	Skills Instruction	*teach how to hold the ball & how to switch hands*teach how to hand off and receive a hand off1. run down with the ball in the arm closest to the sideline *same on the way back*Other athletes cheer on the race	*fast feet holding the ball*fast feet switching feet*fast feet hand off to partner1. set up cones and put the team in 4 rows*run down & back in a straight line twice, the third time is a race2. zig zag in & out of cones down & back with out the ball twice, third time is a race3. zig zag in & out of cones down & back with the ball twice, third time is a race
10	Competition Experience	Game with no passing—only hand offs and running*coach is the QB*Each athlete gets 2 hands offs and runs	
10	Cool-Down & Team Talk	-March in place-Shoulder rolls-Head rolls-Team chant	

## **2007 NFL Flag Football Practice Plans**

### **Warm-ups: 5 minutes**

- Stretching (jumping jacks, toe touches, lunges, jogging in place, jogging down and back, etc.)

### **Passing Drills: 5 minutes**

- Pass patterns (button hook, down and left, down and right, etc.)
- Pass with a partner or in a circle
- Pass to a target (cone, line, etc.)
- 1-on-1 passing (1 player on defense, 1 player on offense with 1 quarterback, quarterback lines up with offensive player and tries to complete a pass)

*Passing cues:* fingers on string, flick wrist, step into your pass, etc.

### **Flag Pulling Drills: 10 minutes**

- **Washing Machine** (have group of kids line-up in a straight line, while in line they twist their hips in a washing machine motion, one player zig zags in and out of the line trying to pull as many flags as possible, the player pulling flags can not stop once they've past a twisting player)
- **1-on-1** (set up cones in a box format for boundary lines, one person runs the ball past a certain spot the other player tries to pull the flag, have each player rotate positions)
- **Mini scrimmage** (set up 2 on 2 or 3 on 3, once flag is pulled play is dead)

*Flag pulling cues:* player may not pull jersey only flag, person running may not jump to escape a flag pull, you may spin but your feet may not leave the ground, once you've pulled the flag hold it in the air for referee to see.

### **Center Snaps: 10 minutes**

- Have all kids rotate practicing their center snap, you can put kids in several groups

*Snapping cues:* legs shoulder width apart, hips facing "square" to the opposite team, knees bent, make sure the ball is placed in quarterbacks hands before releasing the ball, ball must be snapped between the legs and not off to the side.

### **Player Positioning, Offensive and Defensive Plays, Other Drills: 15 minutes**

- Please use this time to teach anything else you feel you need to introduce. If you need any assistance with a drill or explaining a concept please feel free to notify ShaVohn Curley.