

COACHING GUIDELINES

Welcome to the Back to the Roots Flag Football Coaching Guide for young kids. This guide is designed to provide you with the tools, tips, and techniques you need to create a safe, fun, and enjoyable experience for your young athletes.

About Back to the Roots Flag Football

At Back to the Roots, we believe that flag football is more than just a game - it's an opportunity for kids to develop their physical, emotional, and social skills in a supportive and encouraging environment. Our goal is to provide young athletes with a positive and rewarding experience that builds confidence, character, and a love for the game.

Coaching Philosophy

At Back to the Roots, we believe that coaching is about more than just teaching the rules of the game - it's about fostering a sense of teamwork, sportsmanship, and personal growth. Our coaching philosophy is based on the following principles:

- **Safety:** The safety of our young athletes is our top priority. We encourage coaches to create a safe and supportive environment that minimizes the risk of injury.
- **Fun:** We believe that kids learn best when they're having fun. We encourage coaches to make practices and games engaging, exciting, and enjoyable for all players.
- **Skill Development:** We believe that flag football is a great

way for young athletes to develop their physical, emotional, and social skills. We encourage coaches to focus on skill development and to provide opportunities for players to improve their technique and strategy.

- Sportsmanship: We believe that sportsmanship is an important part of flag football. We encourage coaches to teach players to respect the rules of the game, their opponents, and their teammates.

Coach's Responsibilities

As a Back to the Roots flag football coach, you have the important responsibility of creating a safe, fun, and engaging experience for your young athletes. Your main responsibilities include:

- Developing practice plans that focus on skill development and fun
- Creating a positive and supportive team environment
- Communicating with parents and players about practice and game schedules
- Ensuring the safety of all players during practices and games
- Encouraging players to work hard and have fun

Practice Guidelines

Practices are a crucial part of flag football, as they provide players with the opportunity to learn new skills, improve their technique, and work together as a team. Here are some guidelines to keep in mind when planning and conducting practices:

- Keep practices fun and engaging by incorporating drills and games that focus on skill development and teamwork. • Start each practice with a warm-up that includes stretching and light cardio exercises.
- Break players into small groups based on skill level to provide targeted instruction and support.
- Emphasize the importance of good sportsmanship and teamwork during practices.
- Keep players hydrated and take regular water breaks during practices.
- End each practice with a cool-down that includes stretching and relaxation exercises.

Game Day Guidelines

Game days are exciting for players, coaches, and parents alike. Here are some guidelines to keep in mind when preparing for and participating in games:

- Communicate with parents and players about game schedules and expectations.
- Arrive at the game site early to set up equipment and prepare for the game.
- Encourage players to have fun and do their best, regardless of the outcome of the game.
- Emphasize good sportsmanship and teamwork during the game.
- Ensure the safety of all players during the game. • Celebrate the achievements of your team, regardless of the outcome of the game.

Conclusion

Thank you for choosing to coach with Back to the Roots flag football. By following the guidelines outlined in this coaching guide, you will help create a safe, fun, and engaging experience for your young athletes. If you have any questions or concerns, please don't hesitate to reach

