

# **Flag Football Curriculum**

## **Introduction:**

1. Have all the kids sit down in a group and wait for them to listen
2. Introduce all the staff members
3. Ground Rules Introduction
4. Safety Issues
5. Flag football Rules

## **Ground Rules:**

1. There is absolutely no physical contact
2. Watch the language – no swearing, negative comments towards anyone
3. RESPECT your team and the coaches/refs
4. Anyone steps out of line at any point – will be asked to sit out for 10 minutes and the parents will be notified, second time out for 30 minutes and final conflict will result in not being able to participate for the remainder of ALL classes
5. Coaches – be positive and encouraging at all times – your responsibility is to make sure the kids are safe, playing correctly and giving positive feedback.
6. Dismissal – Coaches have the attendance, the kids bring their ride over to the coach with the roster, check off his/her name and give a high five – High fives must be given to ALL coaches before the child is able to leave. Whoever has the attendance needs to see every kid before the leave. Dismissal is the one of the most important parts of a class!

## **Flag Football Rules:**

1. Set up the field before the start of the class – **arrive 15 minutes early** to do this. Depending on the size of the class you may have to set up 2 fields
2. 4 sets of downs
3. 2 complete passes during the drive, must be in front of the line of scrimmage (use best judgement) = first down
4. 1 running play per set of first downs
5. Kids have to rotate QBs EVERY drive (you can give kids numbers if they can't figure it out on their own)
6. Coaches can be QBs if kids can't work it out or want you to be the QB
7. You can either play 2 halves (20 min each) or 4 quarters (10 min. each)
8. Water breaks at any point
9. To start the game – there is a throw off instead of kick off
10. No stiff arms, pushing, blocking of flags, **FLAGS must be on the HIPS!!!**
11. Each week change up the teams and team names