

# SYFA 2011 Football Evaluations

## Prior to Evaluations

1. At Gear Days, number helmets according to player's grade. For example: 8<sup>th</sup> grade will have an 800 series number, 7<sup>th</sup> grade will have a 700 series number and so on. Numbers to be tracked at that time.
2. Coaches will be requested to attend an evaluation meeting (approx 30 minutes) the Sunday before evaluations (August 7<sup>th</sup>). Time could be 6pm at Tahpah or HS Fields. Discuss the set up of 3 drills and grading criteria for tackling. Also instruction on how the drill should be run. Clayt would volunteer to
3. Equipment will need to be gathered:
  - a. **Cones** (approx 20 cones per site for a total of 40 cones).
    - i. Tackling drill will need 8 cones.
    - ii. 40 yard dash will need 6 to 8 cones
    - iii. Pro agility will need 3 to 4 cones
  - b. **Stop watches** (4 working stop watches at each location for a total of 8).
    - i. 4 for the 40 yard dash
    - ii. 4 for pro agility. Need to race against someone, did not do this last year.
  - c. **Spray paint** (one per site for a total of 2 cans.
  - d. **Tape measure** (one per site for a total of 2) A 120 foot tape measure would be preferred for each site.
  - e. **Bean Bags** to keep players honest (4 per location, 8 total). Erasers or batons will also work.
  - f. **Signs** for getting flag kids in the correct grade for evaluations. Also a sign for equipment location so kids know where to go. Need two of these signs.
4. Need an equipment person to assist players with equipment issues –both locations(Tomei and Freisen)
  - a. Need help with what you need to asst players on equipment (a little of everything and be prepared to outfit a couple of kids entirely). I would assume we would need a spreadsheet to account what we give out and to whom.

## Day of Evaluations

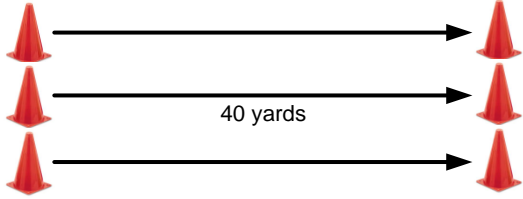
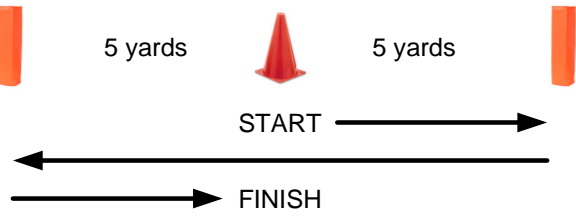
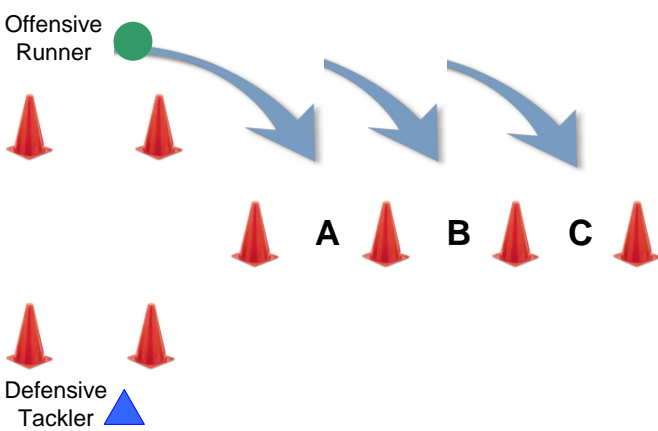
Monday, August 8<sup>th</sup>      6:00PM    Tahpah Main    All Flag

1. Stretch and perform cals as a group. (Breegemann, Liska or Tomei)
2. Separate kids by grades (one group: 1<sup>st</sup> & 2<sup>nd</sup>, another group: 3<sup>rd</sup>)
3. Separate sub-groups by size – eyeball it – small vs large kids
4. Have helpers at the finish line
5. Have head and assistant coaches off to the side, with their kids
6. Run heats of 4-6 kids at a time from group of smaller kids
  - a. the “4-6” number should be a subset of the number of teams
7. Note their finish order. Assign kids to teams in order of finish (1, 2, 3, 4...)
8. Continue running heats & assigning kids to teams in serpentine fashion 1, 2, 3... 3, 2, 1, 1, 2, 3...)
9. Do same with larger kids, assigning to teams in opposite serpentine order as smaller kids

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Tuesday, August 9<sup>th</sup>      6:00PM      Tahpah Main      4<sup>th</sup> Grade  
Wednesday, August 10<sup>th</sup>      6:00PM      Tahpah Main      5<sup>th</sup> Grade

1. Coaches arrive at 5:30 for station set up

<p>40 Yard Dash</p> <p>a. Will be set up using the length of the field. Could use a side line as a guide. Run two players at a time</p>	 <p>The diagram shows three parallel horizontal lines representing the 40-yard distance. At each end of the lines are two red cones, for a total of four cones. The middle line is labeled '40 yards'.</p>
<p>Pro Agility</p> <p>a. Start from a three-point stance, facing the timer, with feet straddling the line, right hand touching the line</p> <p>b. Turn and sprint 5 yards to the right, touch pylon</p> <p>c. Turn and sprint 10 yards to the left, touch pylon</p> <p>d. Turn and sprint 5 yards through the finish line</p> <p>Always turn towards the timer when making cuts.</p>	 <p>The diagram shows a track with two orange pylons at the ends. A red cone is placed 5 yards from the start line on the right. The track is labeled '5 yards' between the start and the cone, and '5 yards' between the cone and the finish line. Arrows indicate the path: 'START' points right towards the cone, and 'FINISH' points left towards the pylon.</p>
<p>Tackling Drill</p> <p>a. Runner will start on top two cones. Will get cadence from Station leader to which cones to cut to (A, B or C)</p> <p>b. Defense will start at bottom two cones and make a read on the offensive player.</p> <p>c. Grading criteria:</p> <ol style="list-style-type: none"> <li>1. Offense: <ul style="list-style-type: none"> <li>• 1 pt for running without hesitation</li> <li>• 1 pt for beating defense through the cones</li> <li>• 1 pt for not getting touched by defender</li> <li>• 1 pt for breaking a tackle</li> <li>• 1 pt for falling forward</li> <li>• -1 pt for fumbling</li> </ul> </li> <li>2. Defense: <ul style="list-style-type: none"> <li>• 1 pt for reading back correctly</li> <li>• 1 pt for beating back to the cones</li> <li>• 1 pt for tackling back and back falling backwards</li> <li>• 1 point for proper form (head in front of rb) using correct shoulder to tackle</li> <li>• 1 point for wrapping the back up. <ol style="list-style-type: none"> <li>a. Bonus pt for causing back to fumble</li> </ol> </li> </ul> </li> </ol>	 <p>The diagram shows an 'Offensive Runner' (green circle) starting at the top left and moving towards three red cones labeled A, B, and C. A 'Defensive Tackler' (blue triangle) starts at the bottom left and moves towards the runner. Arrows indicate the path of the runner and the tackler.</p>

2. Stretch and perform cals as a group. (Breegemann, Liska or Tomei)

3. Divide into 3 equal groups: this will be determined on Sunday; group one: (600 to 630 is group one to the 40 yard dash) group two: (631 to 660 to the pro agility station) group 3: (661 to 690 to the Tackling drill). Before the start of each station, the players will be instructed by the station leader on what the drill is and how to properly perform the drill.

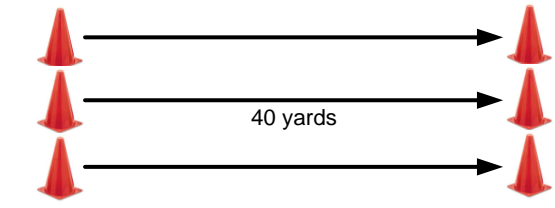
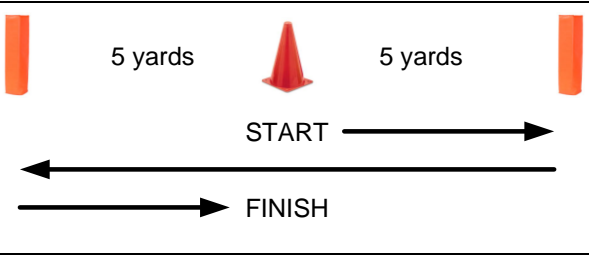
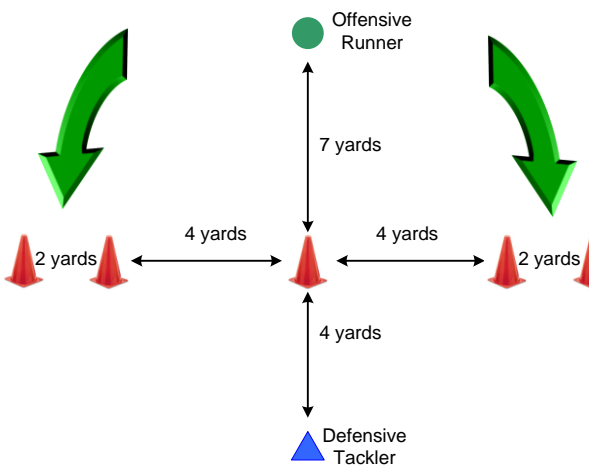
4. Once each kid has gone through the drill twice, coaches will have players take a knee to signal to other groups they are finished. All groups will rotate once all stations have been completed.

5. Ideally, on Tuesday the coaches for the 4<sup>th</sup> grade will all evaluate the tackling drill and coaches for 5<sup>th</sup> grade will assist with timing the 40 yard dash and pro agility stations. This will change for Wednesday as the 5<sup>th</sup> grade coaches will evaluate the tackling drill on Wednesday and 4<sup>th</sup> grade coaches will assist timing the 40 yard dash and pro agility stations.

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<u>Monday, August 8<sup>th</sup></u>	<u>6:00PM</u>	<u>High School</u>	<u>6<sup>th</sup> Grade</u>
<u>Tuesday, August 9<sup>th</sup></u>	<u>6:00PM</u>	<u>High School</u>	<u>7<sup>th</sup> Grade</u>
<u>Wednesday, August 10<sup>th</sup></u>	<u>6:00PM</u>	<u>High School</u>	<u>8<sup>th</sup> Grade</u>

1. Coaches arrive at 5:30 for station set up

<p>40 Yard Dash (3 Lines)</p> <p>a. Will be set up using the length of the field. Could use a side line as a guide. Run two players at a time</p>	
<p>Pro Agility (2 Stations)</p> <p>e. Start from a three-point stance, facing the timer, with feet straddling the line, right hand touching the line</p> <p>f. Turn and sprint 5 yards to the right, touch pylon</p> <p>g. Turn and sprint 10 yards to the left, touch pylon</p> <p>h. Turn and sprint 5 yards through the finish line</p> <p>Always turn towards the timer when making cuts.</p>	
<p>Tackling Drill</p> <p>a. Runner will start on top two cones. Will get instruction from Station leader to which cones to cut to (Left or Right)</p> <p>b. Defense will start at bottom two cones and make a read on the offensive player.</p> <p>c. Grading criteria:</p> <ol style="list-style-type: none"> <li>2. Offense: <ul style="list-style-type: none"> <li>• 1 pt for running without hesitation</li> <li>• 1 pt for beating defense through the cones</li> <li>• 1 pt for not getting touched by defender</li> <li>• 1 pt for breaking a tackle</li> <li>• 1 pt for falling forward</li> <li>• -1 pt for fumbling</li> </ul> </li> <li>3. Defense: <ul style="list-style-type: none"> <li>• 1 pt for reading back correctly</li> <li>• 1 pt for beating back to the cones</li> <li>• 1 pt for tackling back and back falling backwards</li> <li>• 1 point for proper form (head in front of rb) using correct shoulder to tackle</li> <li>• 1 point for wrapping the back up.</li> <li>• Bonus pt for causing back to fumble</li> </ul> </li> </ol>	

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4. Once each kid has gone through the drill twice, coaches will have players take a knee to signal to other groups they are finished. All groups will rotate once all stations have been completed.

5. Ideally, on Monday the coaches for the 6<sup>th</sup> grade will all evaluate the tackling drill and coaches for 7<sup>th</sup> and 8<sup>th</sup> grade will assist with timing the 40 yard dash and pro agility stations. This will change for Tuesday and Wednesday as the 7<sup>th</sup> grade coaches will evaluate the tackling drill on Tuesday and 8<sup>th</sup> grade coaches for Wednesday, other grade coaches will assist with timing the other two drills.