

7 sessions – 5 for youth coaches. (Derek Stockel ; 3rd. grade last year)

Roger Lenahan – football director/Minnetonka. (600 in grades 3-8; 167 coaches; 5 - 8th. Grade teams).
12 years

Red Stripe

Nuture those who can't advance the ball!! RETENTION.

At the weigh in, have Varsity Heavies attend.

“Welcome to our club.”

T-shirt – “Proud to be a Red Stripe”.

8th. Grade team visits locker room during pre-game.

Aug 1-4, mandatory youth coaches clinic put on by high school staff.

Each youth coaching staff has pre-season meeting with parents.

Background check (D.U.I. last 12 months), concussion training.

2 teams in the league – try not to schedule themselves – moral.

Coaches success is defined by retention from last year.

Association pays 50% for any concussion training costs.

Let all players try off, def, run, catch during season – found to be extremely important for RETENTION.

DVD's supplied to coaches to use and return.

Sports psychologist talks to coaches & parents.

Kids play youth football to have fun and be with their friends.

Setup discipline for horsing around at practice beforehand, not at the moment.

Don't punish with exercise. - RETENTION.

Don't over condition (2/5 practices).

Free admission to high school home games – let them see what they have to look forward to.

League Rules:

Every 6 plays – 11 in, 11 out. Backfield is one position.

Head up alignment.

Can't shoot gap.

No one over center.

6 Standardized plays – all teams.

Unwritten league rule – up by 24, throttle down.

Kids feed off of coach's energy.

No 2 players learn the same, perhaps no 2 players should be taught the same.

Have parents volunteer to film practices for coach's use.