

2022 Eagan Flag Football Coaches Summary Information

Recommended run/pass play mixes to put the kids in position for success

<u>Grade</u>	<u>Offense#</u>	<u>Defense#</u>	<u>QB</u>	<u>Run</u>	<u>Pass</u>
1 st	5	5	coach	80-90%	10-20%
2 nd	5	5	coach	70-80%	20-30%
3 rd	6	5	kid	60-70%	30-40%
4 th	6	6	kid	50-60%	40-50%
5 th	6	6	kid	30-40%	60-70%
6 th	6	6	kid	20-30%	70-80%
7 th &8 th	5	5	kid	10-20%	80-90%

Ideally, we would like to have a flag pulled on 75% of the plays; avoid 75% of the plays being an incompleteness.

FAQs

QBs cannot run with the ball past the line of scrimmage and there are no fumbles.

- 1st grade starts all possessions at midfield therefore there are no first downs.
- 1st and 2nd grade cannot run pitch or toss plays; allowed in 3rd grade and above.
- Motion is allowed starting in 3rd grade.

Points of Emphasis: Improved pace of play:

Coaches **CANNOT** bring a whiteboard into the huddle; strive for 30 second huddles.

Reminder:

- All possessions following a team's failure to make a touchdown or first down after four downs results in the defending team getting the ball, there is **no punting**, prior to turning the ball over on downs:
 - o If the team crossed midfield, change of possession occurs at the spot of the ball.
 - o If the team did not cross midfield, change of possession occurs **back at mid field**.

Practice Format – skill development time mixing players between 2 teams

- 10 minutes to warm up, passing lines, let the kids have some fun.
- Skill development time; players are to be mixed between teams on the same field into small groups to rotate through stations:
 - o 1st and 2nd grade: 20-30 minutes; 2-4 stations.
 - o 3rd, 4th and 5th& 6th: 30-45 minutes; 3-5 stations.
- 20-30 minutes of team time to run plays.

Know what you are doing, Hustle and have Fun