

Key Aspects of Being an Effective Football Coach

Farmington Youth Football Association

2025

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Introduction

This document provides guidance for youth football coaches in Farmington to create a positive and impactful experience for players. By following these guidelines, coaches can foster a safe, inclusive, and enjoyable football experience that prioritizes player growth and a love for the game.

Fundamentals

Learn the Fundamentals



Gain a strong understanding of basic football skills and tactics relevant to the age group you are coaching.



Teach proper tackling techniques and safety protocols.



Follow the USA Football Certification guidelines.

Obtain Coaching Certificates

Get certified through a recognized coaching program to learn best practices for youth coaching.

Farmington Football requires annual USA Football certification.



Prioritize Player Development

- Focus on teaching skills and building individual player confidence.
- Set grade-specific, obtainable goals for players to meet through coaching.

Create a Positive Environment

- Make practices fun and engaging.
- Celebrate individual achievements and encourage positive team dynamics.
- Instill competition through simple rewards for performance and fun, competition-based drills.



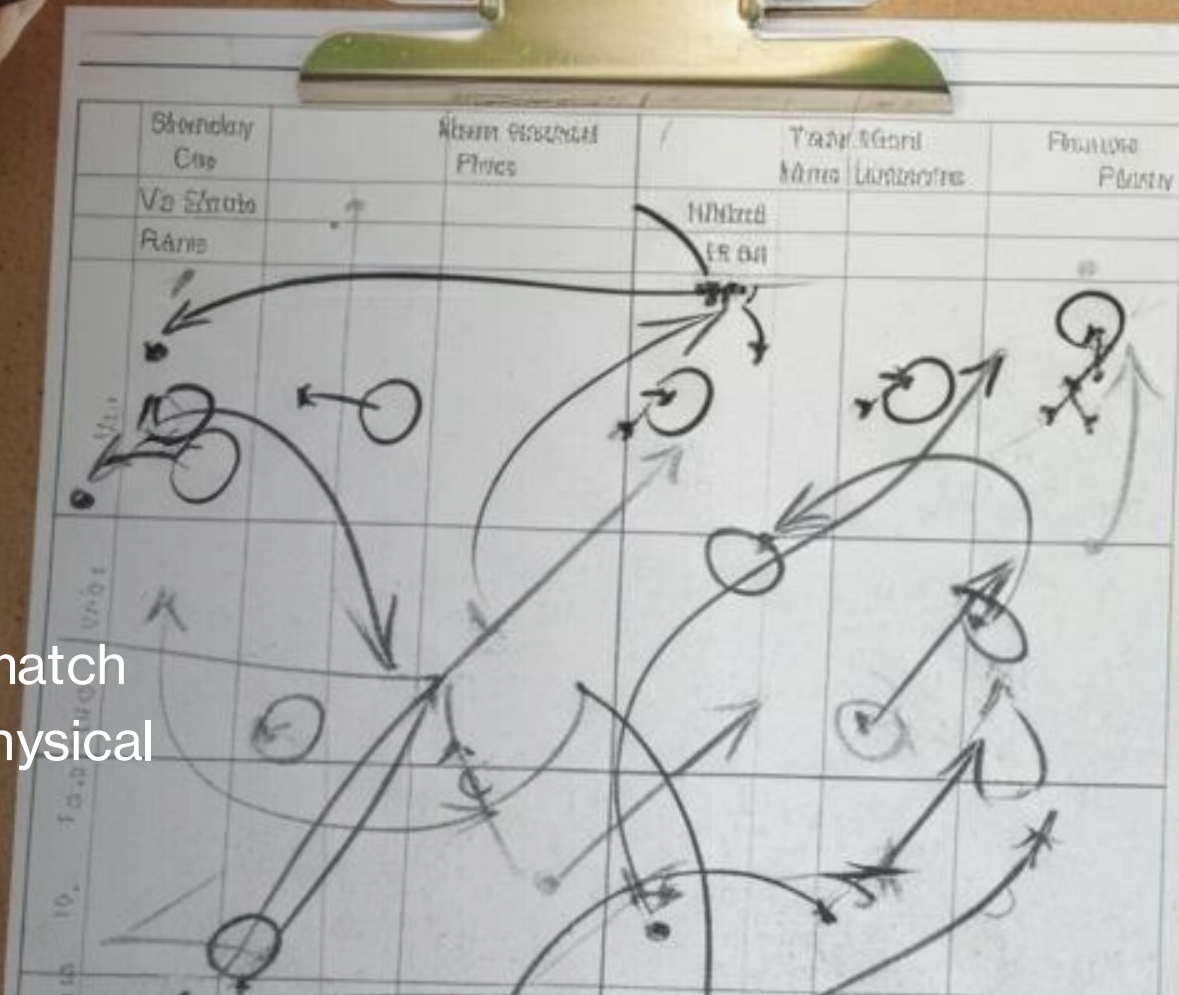
Effective Communication

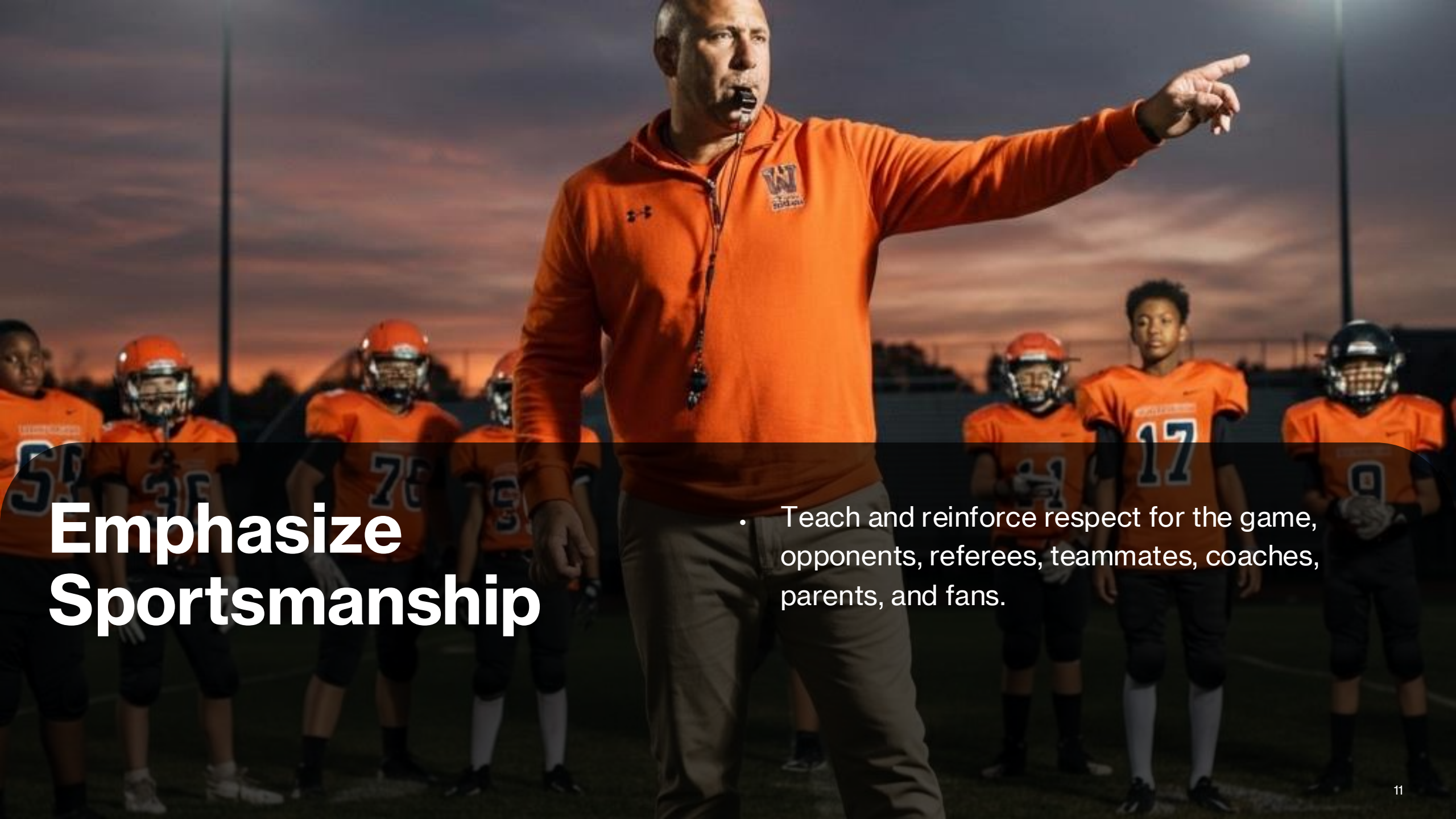
- Clearly explain drills and provide constructive feedback.
- Actively listen to players' concerns.
- Coaches should know each player personally to communicate effectively. (Example: Line coach should know each lineman individually.)



Age-Appropriate Practice

Design training sessions that match players' attention spans and physical abilities.



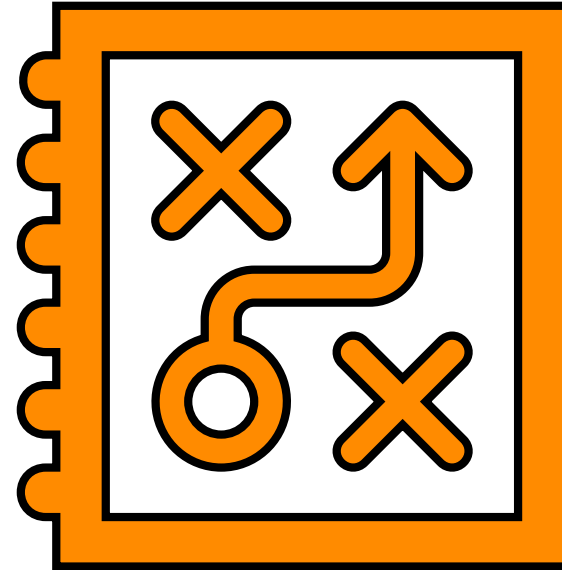


Emphasize Sportsmanship

- Teach and reinforce respect for the game, opponents, referees, teammates, coaches, parents, and fans.

Adaptability

Be flexible and adjust your coaching approach based on individual player needs and game situations.



Positive Reinforcement

Use praise and encouragement to motivate players and build confidence.



A row of wooden figures, with one red figure standing out from a line of white figures. The figures are arranged in a line on a white surface, receding into the background. The red figure is in the foreground, slightly to the right of the center, and is the only one of its color in the line.

Parental Communication

- Keep parents informed about team progress and expectations.
- Limit position coaches' communication with parents to after practices and preferably with the Head Coach present (if applicable).

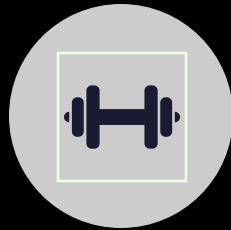
Designing Effective Practices

- Create relevant, realistic, and age-appropriate practices to enhance learning.
 - Develop football-related challenges that emphasize skill-building.
 - Offer continuous support and coaching.
 - Keep players on track with clear objectives.
 - Encourage self-reflection and creativity.
 - Promote character on and off the field.

Fun & Development Over Winning



PRIORITIZE A FUN AND POSITIVE ENVIRONMENT WHERE DEVELOPMENT COMES FIRST.



ENSURE EVERY PLAYER FEELS INCLUDED AND VALUED REGARDLESS OF SKILL LEVEL.



MAINTAIN A POSITIVE ATTITUDE AND COMMUNICATE EFFECTIVELY.



USE CONSTRUCTIVE FEEDBACK AND SHOW GENUINE INTEREST IN EACH PLAYER.



ADAPT LANGUAGE AND COMMUNICATION STYLE TO EACH AGE GROUP AND INDIVIDUAL PLAYER.

Skill Development

Skill Development Focus



Teach age-appropriate fundamental skills (footwork, catching, handoffs, etc.).



Increase skills throughout the season and career progression.



Emphasize game understanding and tactical awareness.



Incorporate fun drills and activities to practice skills.



Provide individualized coaching and support for players of different abilities.

Creating a Positive Environment

Creating a Positive Team Environment

1

Foster teamwork and collaboration.

2

Ensure fair playing time based on ability and effort per age group.

3

Celebrate team successes.

4

Address bullying or negative behavior immediately.

Structured Practices

Structured Practice Sessions

1. Plan well-organized practices with clear objectives.
2. Vary activities to keep players engaged (fun, competitive drills for each position).
3. Include warm-up, skill development, game-like situations, and cool-down.



Understanding Child Development

Understanding Child Development

1. Be aware of physical and mental capabilities at different age levels.
2. Adjust training intensity and complexity accordingly.
3. Treat every practice as a competition for starting roles (no predetermined starters, including coaches' players).



Parent Involvement



Parent Involvement

1. Communicate regularly with parents about their child's progress.
2. Encourage positive parental involvement and support.

Characteristics of a Poor Football Coach

Characteristics of a Poor Football Coach

A bad coach may exhibit the following:

1. Unreasonable expectations for players.
2. Poor communication with players, league, or community.
3. Verbal abuse or bullying behavior.
4. Being a poor role model.
5. An authoritarian, overly strict style.
6. Failure to listen to players or other coaches.
7. Lack of player development focus.
8. Resistance to learning and improving.
9. Blaming others for lack of success rather than self-reflection.

If you experience a poor coach, report the issue to the Youth Board President.

Improving Yourself Each Year

Improving Yourself Each Year as a Coach



To grow as a youth football coach, commit to continuous improvement:

- **Reflect on the Season** – Assess what went well and identify areas for improvement. Gather feedback from players, parents, and assistant coaches.
- **Study the Game** – Stay updated with the latest strategies and techniques by watching games, studying playbooks, and reading coaching materials.
- **Practice Planning** – Develop structured, age-appropriate practice plans focusing on skill development, teamwork, and fun.
- **Emphasize Player Development** – Encourage growth in skills, sportsmanship, and teamwork.
- **Set Personal Goals** – Improve coaching techniques, communication skills, and understanding of the game.
- **Continued Education** – Attend coaching clinics, workshops, or webinars. Renew coaching certifications.

Self Improvement, continued...

- **Foster a Positive Environment** – Create a supportive and respectful team culture that promotes love for the game.
- **Engage with Parents** – Maintain regular communication with parents and foster a positive team community.
- **Network with Other Coaches** – Share ideas, challenges, and best practices.
- **Demonstrate Drills** – Maintain your own physical fitness to lead by example.
- **Encourage Feedback** – Be open to constructive criticism from players, assistant coaches, and parents.
- **Adapt and Evolve** – Adjust methods based on team needs, board communication, USA Football guidance, and Glazier coaching education.

By committing to these steps, you can continually grow as a coach and positively impact your players' experiences.

Thank You