



# **Developing Grade Leaders & Coaches in the Youth Football Program**

Farmington Youth Football Association

2025

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# Introduction

This document provides guidelines for developing effective grade leaders and coaches to ensure a positive football experience for youth players and create a strong foundation for their transition to high school football. By implementing these strategies, the Farmington Youth Football Program aims to cultivate strong leadership, foster player growth, and ensure a positive experience for all participants.

# For Grade Leaders

# Leadership Training

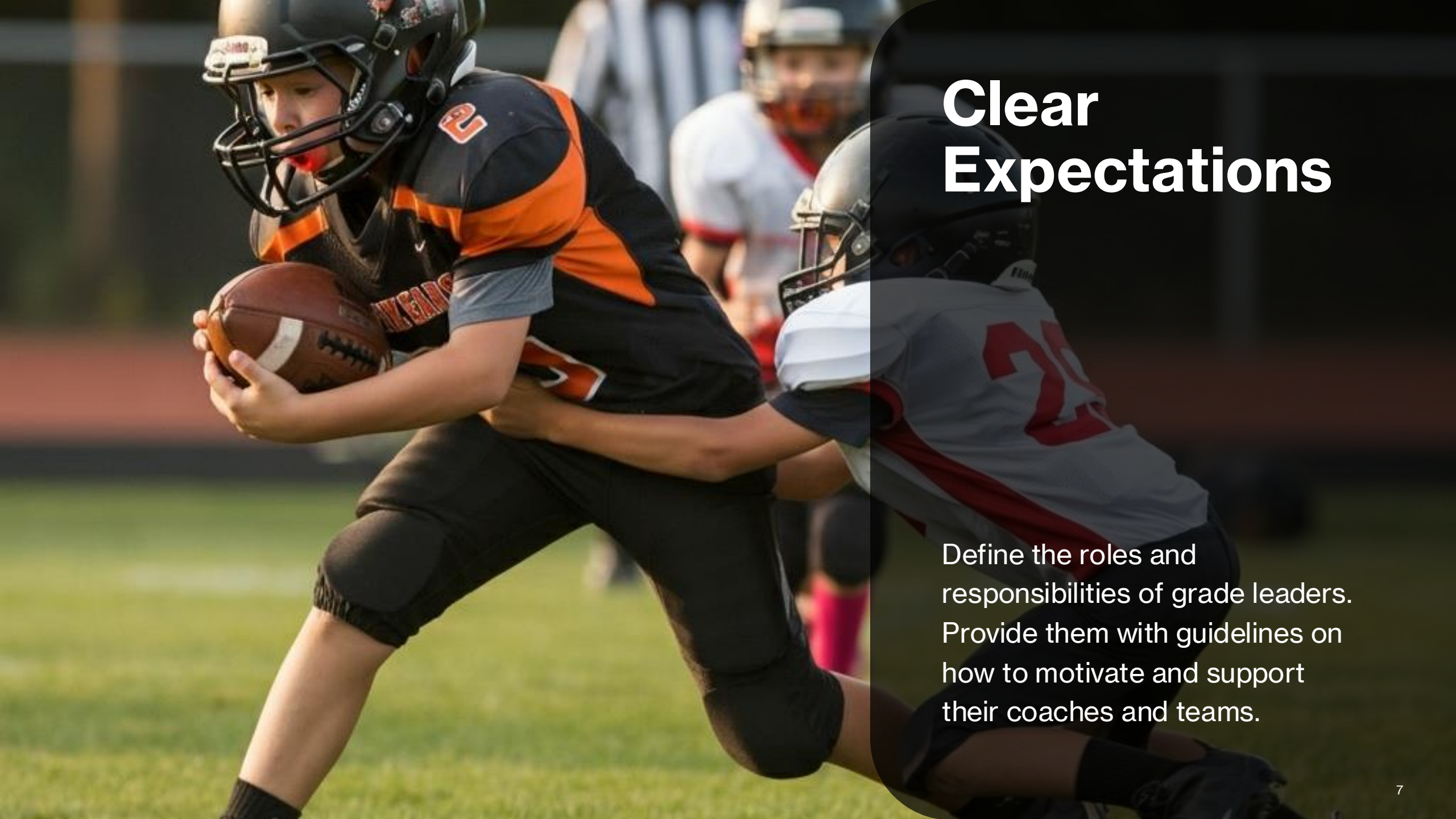
Organize workshops focused on leadership skills, communication, and teamwork. Consider bringing in guest speakers or facilitators specializing in youth leadership for the coaches' meetings.



# Mentorship Program

Pair grade leaders with experienced coaches or higher-level grade coaches for shadowing. This mentorship provides guidance, support, and real-world insights into leadership.





# Clear Expectations

Define the roles and responsibilities of grade leaders. Provide them with guidelines on how to motivate and support their coaches and teams.

# Regular Meetings

Schedule and attend regular meetings to discuss challenges, share successes, and brainstorm ideas to foster a sense of community and collaboration. Example: The Director/Asst Director meets with Grade Coaches as a group or individually, and the Grade Coaches meet with team coaches at the beginning, mid-season, and end of the season.



## **Encourage Initiative**

Empower grade leaders to take on specific projects or initiatives, such as organizing team-building activities or community service events.

# For Coaches

# Coaching Clinics

Host or attend regular clinics and training sessions covering coaching techniques, player development, and effective communication strategies.

- **Glazier Clinics:** These offer both in-person and online training opportunities, providing coaches with access to the latest techniques and strategies.
- The Farmington Director/Asst Director should host annual clinics for all coaches.



A photograph of a brown leather football resting on a green grass field with white yard lines. The football is positioned on the right side of the frame, slightly off-center. The background shows the field stretching into the distance under bright, natural light.

# Resource Sharing

The youth board should provide access to coaching materials, including:

- USA Football certification links
- General coaching information and help pages
- A "Coaches Page" with password-protected resources
- A shared online platform where coaches can exchange ideas and drills beyond the supplied practice plans from Grade Leaders and the Board Development Director

# Feedback & Evaluation

Implement a system for constructive feedback to coaches, including:

- Peer evaluations
- Self-reflection sessions
- Post-practice/game evaluations
- End-of-season evaluations



# Promote Collaboration

Encourage coaches to work together across grade levels through:

- Joint practices (e.g., K-3, 4-5, 6-7, 7-8, 8-9)
- Shared drills (via an online database and practice plans)
- Strategy discussions to enhance coaching techniques at different levels
- Experience-sharing and offering assistance to one another





# Recognize & Celebrate Success

Acknowledge and celebrate the achievements of both coaches and grade leaders. Recognizing milestones and efforts fosters motivation and dedication.

# Encourage Lifelong Learning

Support ongoing education by offering rewards or incentives for attending coaching courses or obtaining certifications.



# **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.

Thank You