

AYYA NFL Flag Football 2016

August 18, 2016

6u Practice and Game Guidelines

This program begins one week later than the other age groups, with practices directly preceding games. Saturday Play periods begin at 2:30PM and last for 90 minutes. First, there will be 40 minutes of individual team training and practice, then a 5 minute break, and then a 40 minute game, beginning at 3:15PM made up of 2 - 20 minute periods with a 5 minute half time.

Practices should focus on teaching the children some skills, some rules and always team work and sportsmanship. Games are meant to help the children reinforce and exercise what they have learned

It is particularly important at this age to teach and reinforce the basics, no contact, giving and taking hand offs, running, receiving, passing, defensive attack angles, flag pulling, knowing and yelling pass or run, pass coverage, protecting the sideline. etc.

Each child should be exposed to each position. We understand that coaches are parents as well, but each child should be treated equally, please give no preference to your own child.

For the training and practice period, each team will occupy half of the field and will practice in the direction of mid field towards the end zones to avoid collisions. The coaches will teach the children rules and skill and run the children through drills. AYYA will provide training and some helpful training material to new coaches and NFL FLAG has a lot of good resources as well. Please study and be prepared... it will be worth it for you and the children.

Games should start promptly 45 minutes after the start of the session. Each head coach and up to one assistant coach for each team should be on the field to help set up the children for each play and encourage and teach them during and after each play. Both head coaches will keep rough track of time and will very loosely enforce all rules, penalties, and time constraints. The two head coaches, at a minimum, need to have whistles at the ready to help end plays and move the game along. Scores will not be kept.

Games will be generally played according to the official rules. But the rules are a guide only for this age group. Coaches from each team, who will be on the field guiding play, will all work together to keep the games fun, with loose rules, and will teach and encourage each child from each team equally. Players should be rotated automatically in and out of the game and each child should get a chance to play each position at least once every 3 games or so.

The main goal at this age is for the children to have fun and learn the game. If any coach takes any game too seriously, please contact the commissioner right away. There should NEVER be a time where there is a conflict or uncomfortable moment. Coaches and parents should work together to ensure this is the case.