

# FOOTBALL - COACHES MEETING -



# - INTRODUCTIONS -

**BILLY** – SPORTS COORDINATOR

**MATT** – ASSISTANT COORDINATOR

# - JOB DESCRIPTIONS -

HEAD COACH

ASSISTANT COACH

TEAM PARENT

# - HEAD COACH -

## JOB : HEAD COACH

### DESCRIPTION

- 1.) HEAD COACH MANAGES AND RUN THE PRACTICES AND GAMES, SETTING UP THE PRACTICES AND GAME STRATEGIES, USING THE MOJO APPLICATION OR ON PAPER FROM THE RECSOURCES THAT WE HAVE GIVEN YOU.
- 2.) COMMUNICATION WITH THE PARENTS.
- 3.) MANAGE THEIR ASSISTANT COACHES AND TEAM PARENT.
- 4.) ARE RESPONSIBLE FOR THEIR PARENTS AND PLAYERS.
- 5.) ARE RESPONSIBLE FOR MAKING SURE THAT ALL PLAYERS ARE PICKED UP BEFORE LEAVING THE GYM.
- 6.) ARE RESPONSIBLE FOR FINDING REPLACEMENTS IF THEY CANNOT ATTEND A PRACTICE OR GAME.
- 7.) COACHES ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING, AND BACKGROUND CHECKS.

# - ASSISTANT COACH -

## JOB : ASSISTANT COACH

### DESCRIPTION

- 1.) HELP THE COACH WITH THE PRACTICES AND GAME PLANS.
- 2.) HELP THE COACH WITH PRACTICE DRILLS AND SETTING UP THE PLAYERS FOR GAMES.
- 3.) HELP THE COACH MANAGE THE TEAMS.
- 4.) COMMUNICATE WITH THE PARENTS.
- 5.) ALL ASSISTANT COACHES ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING AND BACKGROUND CHECKS.

# - TEAM PARENT -

## JOB : TEAM PARENT

### DESCRIPTION

- 1.) HELP THE COACH AND ASSISTANT COACH AS NEEDED WITH PRACTICES AND OR GAMES.
- 2.) THE TEAM PARENT IS RESPONSIBLE FOR TEAM COMMUNICATION, MAKING SURE THAT ALL PARENT KNOW WHAT IS GOING ON. (MAKING SURE THAT EVERY PARENT KNOWS HOW TO USE TEAMSIDLEINE.)
- 3.) THE TEAM PARENT IS RESPONSIBLE FOR SNACK SCHEDULE FOR GAMES ONLY NO PRACTICES. YOU CAN USE SPORTS PLUSE GROUP CHAT, VOLUNTEER MODULE, TEXTS OR OTHER APPLICATIONS TO GET THIS INFORMATION OUT TO THE PARENTS.
- 4.) THE TEAM PARENTS ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING, AND BACKGROUND CHECKS.

# - CODE OF CONDUCT -

## COACHES / PLAYERS / PARENTS

- WE HAVE ONE CODE OF CONDUCT THAT EMBODIES ALL OF THESE 3 CATEGORIES.
- YOU DID READ THROUGH THIS WHEN SIGNING UP YOUR PLAYER FOR THE LEAGUE.
- IF YOU EVER WANT A PAPER VERSION YOU CAN EMAIL BILLY AND HE CAN SEND IT TO YOU AS A PDF DOCUMENT.

# - QUESTIONS -



# - PRACTICE DATES -

## PRACTICE DATES

- ❖ PRACTICES START ON THE WEEK OF MARCH 9<sup>th</sup>
- ❖ PRACTICES END ON THE WEEK OF APRIL 27<sup>th</sup>
- ❖ PRACTICE TIME SLOTS = 5:30 to 6:30 OR 6:30 to 7:30

***AT THE END OF THE MEETING PLEASE COME UP AND CHOOSE YOUR  
PRACTICE DAY AND TIME.***

# - GAME DATES -

## GAME DATES

- ❖ **FIRST GAME STARTS ON THE WEEK OF MARCH 30<sup>th</sup>**
- ❖ **LAST GAME ENDS ON THE WEEK OF MAY 4<sup>th</sup>**

# - ALL STAR GAME -

## GAME DETAILS

- ❖ **DATE: ON MAY 14th**
- ❖ **EACH COACH WILL SUBMIT SEVERAL PLAYERS FROM (1-4) PLAYERS TO FORM THE ALL STAR ROSTERS.**

# - UNIFORM DISTRIBUTION -

## UNIFORMS

- ❖ **COACHES WILL PASS OUT ALL UNIFORMS THIS SEASON.**
- ❖ **COACHES PICK UP DATE – SUNDAY MARCH 22<sup>nd</sup>**
- ❖ **DISTRIBUTION DATE – THE WEEK OF MARCH 23<sup>rd</sup>**

# - MEDIA DAY -

## DATE / TIME / LOCATION

❖ DATE : APRIL 3<sup>rd</sup>

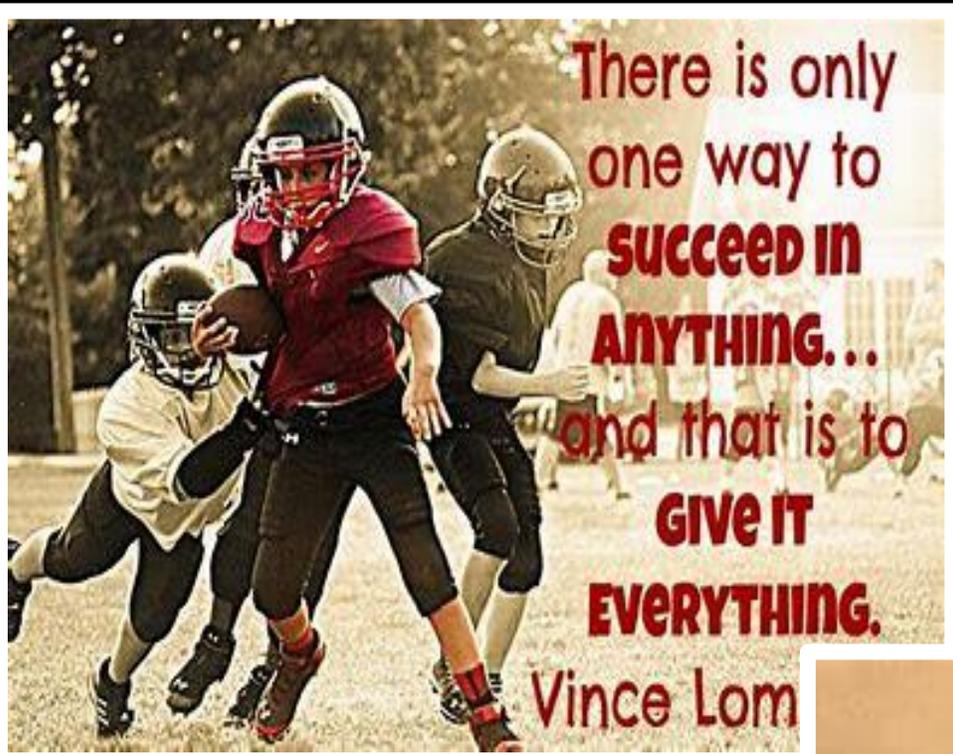
❖ TIME : 5:30pm to 9:00pm

❖ LOCATION : STAR REC BUILDING

THIS YEAR WE WILL BE TRANSITIONING TO A MEDIA DAY INSTEAD OF JUST PHOTOS.

COMPANY NAME : SHOOTING TRIO PHOTOGRAPHY  
PRICING IS CHEAPER AND QUALITY IS BETTER





There is only  
one way to  
**SUCCEED IN  
ANYTHING...**  
and that is to  
**GIVE IT  
EVERYTHING.**

Vince Lombardi

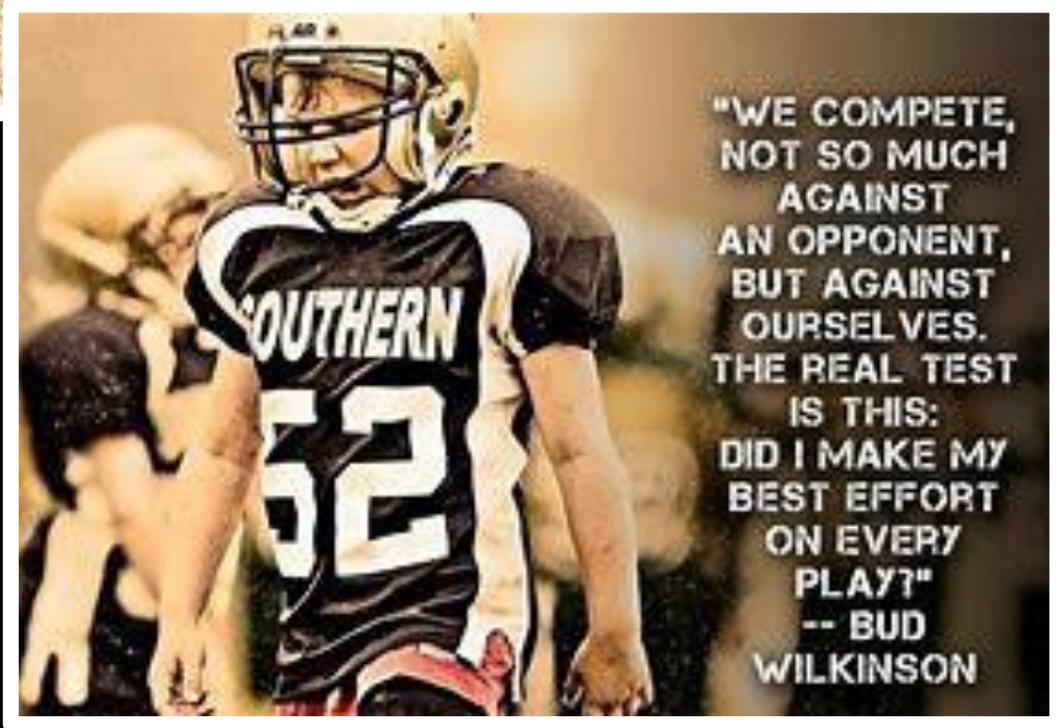
**MOTIVATE**

**MENTOR**



FAILURES ARE EXPECTED BY LOSERS.  
**IGNORED BY WINNERS.**  
JOE GIBBS

SUCCESS.com



"WE COMPETE,  
NOT SO MUCH  
AGAINST  
AN OPPONENT,  
BUT AGAINST  
OURSELVES.  
THE REAL TEST  
IS THIS:  
DID I MAKE MY  
BEST EFFORT  
ON EVERY  
PLAY?"  
-- BUD  
WILKINSON

**TEACH**

# - TRAINING SESSION PLAN -

## FOOTBALL TRAINING SESSION PLAN

DATE: \_\_\_\_\_ TOPIC: \_\_\_\_\_

- ◁ WARM UP - ( 5 MINUTES )
- ◁ DRILL # 1 - ( 10 MINUTES )
- ◁ DRILL # 2 - ( 10 MINUTES )
- ◁ SCRIMMAGE AND GAME SCENARIOS - ( 20 MINUTES )

# - MOJO COACHING APP -

MOBILE APP : MOJO

LOGIN

***CLICK*** HOME – UNDER THE BROWSE TRAINING VIDEOS AND PLANS ***CLICK*** HOME TRAINING – ***CLICK*** FOOTBALL

[Youth Sports Coaching | MOJO Sports](#)

# - COACHING RESOURCES -

WEBSITE

LINK

**Football Tutorials**

[Football Practice Planning 101 \(football-tutorials.com\)](http://football-tutorials.com)

**Drills and Practice Plans**

[Microsoft Word - Flag\\_Football\\_Drills\\_and\\_Practice\\_Plans\\_FINAL.doc \(reginayouthflagfootball.com\)](http://reginayouthflagfootball.com)

**- ROSTERS RELEASED -**

**ROSTERS WILL BE REALSED TO  
YOU COACHES AND THE LEAGUE**

**ON FEBRUARY 26<sup>TH</sup>**

# - TEAM SIDELINE APP -

**MOBILE APP : TEAM SIDELINE**

WEBSITE

<https://www.teamsideline.com/sites/StarIdahoRec/home>

**THIS WILL BE OUR MAIN SOURCE OF TEAM  
COMMUNICATION BETWEEN PARENTS AND COACHES.**

**- GAME SCHEDULES -**  
**- PRACTICE SCHEDULES -**

**MOBILE APP : TEAM SIDELINE**

**FORGET  
PASSWORD**

**LOGIN**

**EVENTS / ROSTERS / CHAT / EMAILS**

**REVIEW GAME EVENTS AND PRACTICE EVENTS**

# FIELD – STAR MIDDLE SCHOOL

## INFORMATION

- ❖ THERE WILL BE *4 FIELDS LOCATED AT STAR MIDDLE SCHOOL* ON THE SAME SIDE AS THE TRACK AND MAIN MIDDLE SCHOOL FOOTBALL FIELD...
- ❖ ON GAME DAY THERE WILL BE A TENT OUT ON THE FIELD AND UNDER THE TENT WILL BE A MAP OF THE FIELDS AND THEN WHO IS PLAYING ON WHAT FIELD AND AGAINST WHAT TEAM. *(FLAG NUMBERS WILL ALSO BE ON THE FIELD)*

# - FIELD EXPECTATIONS -

## INFORMATION

- ❖ PICK UP YOUR TRASH AND THROW IT AWAY
- ❖ **HOME TEAM** SITS ON ONE SIDELINE WITH THEIR FANS
- ❖ **AWAY TEAM** WILL SIT ON THE OTHER SIDELINE WITH THEIR FANS

## - EQUIPMENT -

- ❖ PICK UP YOUR EQUIPMENT FROM THE ORANGE BOX BEFORE PRACTICE
- ❖ PUT AWAY YOUR EQUIPMENT AFTER PRACTICE IN THE ORANGE BOX

# - SAFE SPORT COURSE -

## SAFE SPORT

THE REASON FOR TAKING THE COURSE

PROTECTING YOURSELF AND YOUR PLAYERS

[SafeSport Courses for All | U.S. Center for SafeSport \(uscenterforsafesport.org\)](#)

# - CONCUSSION -

## HEADS UP INFORMATION

<https://www.cdc.gov/headsup/youthsports/training/index.html>

# - FIRST AID -

## INFORMATION

[Sports Injuries: Types, Treatment and Prevention  
\(clevelandclinic.org\)](https://www.clevelandclinic.org/health/condition/first-aid)

# - BACKGROUND CHECK -

## INFORMATION

[City of Star \(quickapp.pro\)](https://quickapp.pro)

# - QUESTIONS -



# - COMMUNICATION -

## CANCELATIONS / WEATHER

- ❖ BILLY / MATT WILL BE SEND OUT CANCELATIONS DUE TO WEATHER.
- ❖ We are establishing a clear timeframe for cancellations, ensuring that if we do decide to cancel, it will not be last-minute—such as just before a game or practice. This way, we'll have sufficient notice to avoid unnecessary travel, only to find out that the event is canceled.

# - COMMUNICATION -

## COORDINATORS COMMUNICATION

- ❖ BILLY OR MATT WILL BE COMMUNICATING TO
  - COACHES
  - PARENTS
  - REFEREES
- ❖ WE WILL SEND OUT MASS COMMUNICATION TO PARENTS WHEN NEEDED.

# - COMMUNICATION -

## COACHES COMMUNICATION

- ❖ WE EXPECT THAT THE **COACHES** WILL SEND OUT TEXT MESSAGES THROUGH THE TEAM SIDELINE APP
  - DISCUSS PRACTICE INFO (AVAILIABILITY)
  - DISCUSS GAME INFO (AVAILABILITY) AND (HOME OR AWAY COLOR)
  - DISCUSS ANY CANCELTATIONS THAT YOU NEED TO CANCEL BECAUSE OF PERSONAL ISSUES.
- ❖ PLEASE MAKE SURE THAT YOUR PARENTS MARK OFF THEIR PLAYERS AVAILABILITY FOR PRACTICES AND GAMES.

# - QUESTIONS -



**- DRAFT -**

**NO DRAFT FOR THE  
SPRING SEASON**

**<> TEAMS WILL STAY TOGETHER**

# - REFEREES -

## COORDINATORS / COACHES / REFEREES

BEFORE EVERY GAME THERE WILL BE A REFEREE & COACHES MEETING

\*\*\* THIS MEETING WILL HAPPEN DURING TEAM WARMUPS \*\*\*

### THINGS THAT WILL BE DISCUSSED IN THIS MEETING....

- 1.) THE COACH IS IN CONTROL OF THE PLAYERS, PARENTS AND FANS FOR THEIR TEAM.
- 2.) THE REFEREE IS IN CONTROL OF THE GAME AND THE REFEREE WILL REMIND YOU OF SOME OF THE IMPORTANT RULES FOR THAT AGE GROUP.

# - REFEREES -

## COACHES

BELOW ARE THE ITEMS THAT YOU ARE IN CONTROL OF

***\*\*\* YOU ARE IN CONTROL OF YOUR PARENTS AND FANS \*\*\****

### IF A PARENT IS TALKING TO THE REFF IN A DISRESPECTFUL MANNER ...

- 1.) THE REFEREE WILL GO OVER TO THE COACH AND ASK THE COACH TO GO AND TALK TO THAT PARENT TO CONTROL THE SITUATION AND TELL THEM TO STOP.
- 2.) IF IT DOES NOT STOP AND CONTINUES THE REFEREE WILL STOP THE GAME AND GO OVER TO THE COORDINATOR WHO WILL GO AND SPEAK TO THAT PARENT.

# - QUESTIONS -



# - CONTACT INFORMATION -

## COORDINATOR

❖ Billy Goveia

**EMAIL** = bgoveia@staridaho.org

**CELL PHONE NUMBER** = (408) 508-2008

# FOOTBALL RULES

↔ **LOCATED IN OUR DOWNLOADS PAGE  
ON OUR MAIN WEBISTE**

LINK : [https://cdn.mediavalet.com/usca/rcx/DgBtnnoMFUCXWCBQE3YN2w/XMiAtpBTH0er4fUrKeYJAQ/Original/NFL\\_Flag\\_Rulebook\\_21423.pdf](https://cdn.mediavalet.com/usca/rcx/DgBtnnoMFUCXWCBQE3YN2w/XMiAtpBTH0er4fUrKeYJAQ/Original/NFL_Flag_Rulebook_21423.pdf)



## NFL FLAG FOOTBALLS

NFL FLAG offers three (3) sizes of standard footballs for all ages of play. Our new red mini ball mimicks the feel of a pro-style football, using the same pebble feel players will use at the next level, for players 6 and under. Our Pee Wee (blue)

is a classic air-filled ball with upgraded air bladders and a distinct pebbled feel, ideal for players 6-9 years old. Our largest junior size (brown) is perfect for all players 9+ with an upgraded air bladder and distinct pebble feel.



NFL FLAG Fan Shop

# Official Standard NFL FLAG Football