

COACHING TIPS & EXPECTATIONS

Flag Football

Call all parents on your roster

1. Notify them of their first practice time and location.
2. Remind parents that their child will need a mouth guard to participate.
3. Cleats are not required, but recommended.
4. Verify/Update emergency contact information.
5. Notify parents that in case of a cancellation, you as the coach, will contact them.
6. You may also wish to see if they would be interested in picking a date and signing-up for snack.

COACH EXPECTATIONS

1. Communication:

- a. If something changes or you need to update parents make sure you meet with them after the game/practice. Keep the communication open and the parents involved.
- b. Ask your parents if their emergency contact information is up-to-date, or if you should be aware of any allergies or medical issues relating to their child.

2. Enlist the help of your parents – You don't have to do it alone

- a. Designate a parent to help pass-out jerseys and flags before the game and have them collect the equipment at the end of the game.
- b. Designate a parent to help on the sidelines, so you can rotate your team in and out smoothly and maximize playing time.
- c. Involve the parents (i.e. designate a snack and drink coordinator for games and practices, or have a sideline helper to assist with player rotations).

3. Rosters:

- a. Review your roster/e-mail for any last minute player additions or roster changes.
- b. Make sure you have a roster with you at all practices and games, so you can contact parents in case of a cancellation or emergency.

4. Reschedules:

- a. You are responsible for rescheduling due to any cancellations and notifying your team. You are also responsible for contacting the opposing coach and rescheduling.

5. Weather:

- a. Do not play if there is lightning, thunder, or a weather warning or weather watch, or if field conditions are too wet and could pose a risk for injury.
- b. Allow additional water breaks during hot weather.

6. Game & Practice Days:

- a. Introduce yourself to your parents at the first meeting and ensure all parents receive a schedule.
- b. Arrive early to both games and practices. You may start practicing following the scheduled coach meeting (practices outside of the schedule are optional).
- c. Introduce yourself to the opposing coach and discuss and proposed changes prior to the game. Remember, any changes must be agreed upon by each coach prior to the start of the game.

7. What to Wear: Wear a plain brightly colored shirt, so parents and players can easily find you.

8. Snack

- a. Snack is optional. Please make sure you ask if there are any allergies that you should be aware of.

9. Injuries: Report any injuries to the referee and the Park and Recreation Office (715.623.3633 extension-131/154 or srepp@antigo-city.org), and complete the Participant Accident/Injury Form

10. Following your last scheduled event please leave all equipment, folders, and pencil cases in the equipment box, and parks staff will pick-up.

Remember the focus of this league is having fun, getting kids active and having the kids learn basic skills. Making it fun tips:

- Incorporate fun activities into practice and end every game on a positive note.
- Promote good sportsmanship.
- Limit standing around
- Everyone plays
- Make every effort to evenly distribute playing time amongst the players.
- Teach every position to every participant
- Emphasize the fundamentals (footwork, blocking technique, alignment, assignment, ball handling, route running)
- Incorporate a progression of skill development
- Yell encouragement, whisper constructive criticism
- ***Place player safety, fun and education above all else***



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