



Dear Flag Football Coach,

Thank you very much for becoming a part of the Antigo Red Robin football program! The time commitment and effort to helping these players is greatly appreciated. I would like to assist you as much as I can to ensure that these athletes are learning the proper fundamentals of the game, sportsmanship, hustle, and most importantly having fun! If the game is not fun for the athletes they might shy away from it in the future. As the coach, showing up to practices and games on time with a positive attitude with the understanding that it will take time and patience for teaching is key. We want to make every athlete on the field enjoy coming to the gridiron.

From 4k-6th grade it is crucial preach effort, hustle, and respect. Each of these aspects of the game take absolutely no talent! During flag football athletes should become better each year at their stance, footwork, breaking down in space, coming to balance, and taking proper pursuit angles. All of these aspects of the game can be taught at the flag football level and highly enhance their safety and play during 7th grade tackle.

We have a coaches clinic video uploaded to youtube that goes over the fundamentals of the game in the Antigo football program that includes a warm-up, offensive, and defensive coaching points.(It is labeled AFCC Spring 2015 and has 4 segments) Please take some time to watch the video and help keep the Red Robin football tradition strong! There is also a link below to get 60 free fundamental drills and practice planning guide that is a great resource. If you have any questions or concerns please feel free to email me at tschofield@antigoschools.org to set up a time to meet or talk. Thanks!

60 free fundamentals link: <http://www.footballfundamentals.net/free-football-drills-ebook/>

Coach Schofield