



CHASKA • CHANHASSEN

# **Flag Football Coach's Toolkit**

**2025 - 2026**



CHASKA • CHANHASSEN

## FALL 2025 FLAG FOOTBALL

### CONTACT INFORMATION

Website: [www.ccfafootball.com](http://www.ccfafootball.com)

Preferred Email: [ccfa.flagfootball@gmail.com](mailto:ccfa.flagfootball@gmail.com)

Facebook: <https://www.facebook.com/CCFAFlagFootball>

### CCFA FLAG FOOTBALL LEADERSHIP

#### Director

Gretchen Mellies

Phone: 612-845-7525

#### Grade Level Captains:

Jeff Horton: Pre-K/Kindergarten

Eric Witthus: 1<sup>st</sup> Grade

Tom DeSautel: 3<sup>rd</sup> Grade



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## FALL 2025 FLAG FOOTBALL

### SEASON PLAYDATES

Saturdays, August 16 – October 11

*\*NO playdate Labor Day weekend (August 30)*

### FIELD LOCATION

Chaska High School (545 Pioneer Trail, Chaska, MN)

- Fields 1-9: Practice Fields
- Fields 10-11 (Girls League only): Outfields of Baseball Field 4
- Fields 12-15 (Passing League only): Stadium

### SESSION SCHEDULE

	Grade/Division	Team #s	Field Location	Fields Used	Time
<b>K-3 Flag Football League</b>					
	PK/K	1 - 6	CHS Practice C	1, 5, 6	8:30 - 9:45
	1	1 - 12	CHS Practice C - D	1, 5, 6, 7, 8, 9	10:00 - 11:15
	2	1 - 10	CHS Practice C - D	1, 5, 6, 7, 8	11:30 - 12:45
	3	1 - 12	CHS Practice C - D	1, 5, 6, 7, 8, 9	1:00 - 2:15
<b>4-8 Passing League</b>					
	4-5	1 - 8	CHS Stadium (A)	12, 13, 14, 15	1:00 - 2:15
	6-8	1 - 6	CHS Stadium (A)	12, 13, 14	2:30 - 3:45
<b>K-8 Girls League</b>					
	K-2	1 - 3 (or 4)	CHS Practice E	10, 11	8:30 - 9:45
	3-5	1 - 6	CHS Practice D	7, 8, 9	8:30 - 9:45
	6-8	1 - 4	CHS Practice E	10, 11	10:00 - 11:15



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- CCFA & Flag Football Contact Information
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## CCFA PHILOSOPHY

### CCFA Mission

The mission of the CCFA is to develop life skills through teamwork, sportsmanship and respect for peers and adults by providing a safe, fun learning environment for the youth of our community.

### CCFA Goals

- All participants' experience with the CCFA was positive and fun.
- All participants' experience a safe learning environment.
- All players improve their fundamental football skills
- All eligible players return for the next football season.



## OUR PHILOSOPHY IN ACTION

### BEST PRACTICES

- **GAME PLAY**

- No formal score is kept
- As much as possible, equal playing time for all athletes
- As much as possible, equal distribution of the ball on offense
- Give all players the opportunity to all positions on the field

- **CONDUCT**

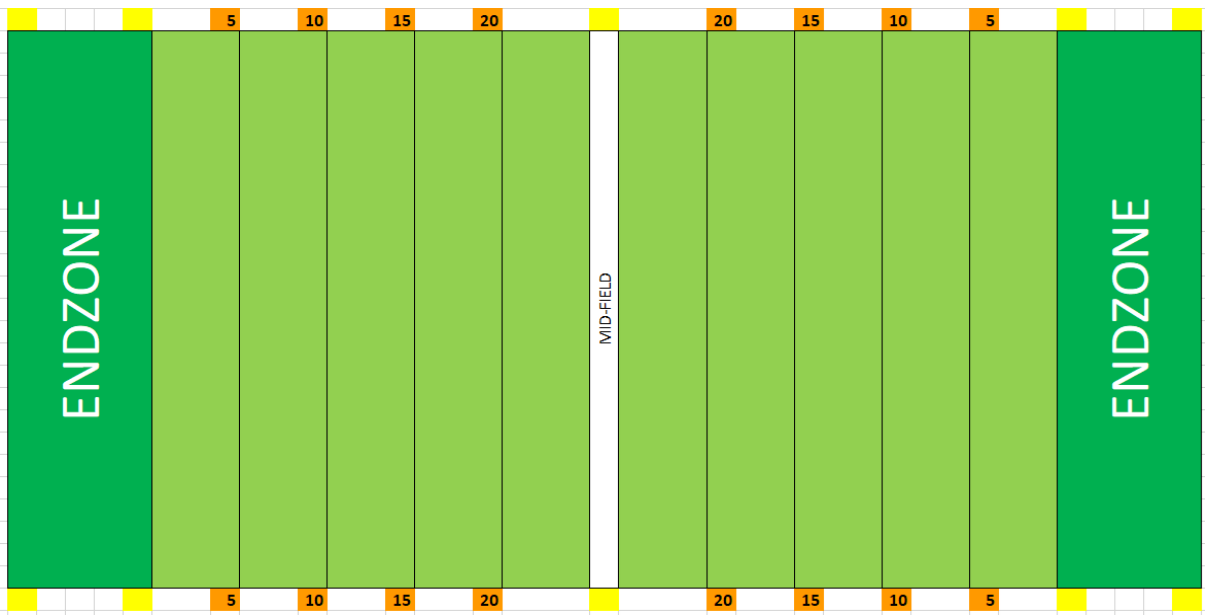
- Stay positive
- If “trash talk” /offensive language among players, coaches, or spectators occurs one warning will be given. If it continues, the offending player/coach/fan will be asked to leave the game.
- Coaches and players shake hands after the game
- Disagreement on calls & violations results in replay of the down
- If Coaches or a CCFA board member witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game.



# GAME OPERATIONS

## FIELD SETUP

Coaches should arrive at least 5-10 minutes prior to session time to setup up their field per to the layout below:



## TIME ALLOTMENT

Each playdate is 75 minutes long

1. 15 minutes: warmup/practice, players put on flags
2. 5 minutes: teams prep to start game, coaches determine which team starts on offense
3. 25 minutes: 1<sup>st</sup> half
4. 5 minutes: Halftime
5. 25 minutes: 2<sup>nd</sup> half
6. Players shake hands



# **FLAG FOOTBALL RULES**

**Rules for ALL Grade Levels**

**Rules & Guidelines for Specific Grade-levels**





# FLAG FB RULES: PK/K – 3<sup>rd</sup> Grade

## EQUIPMENT & UNIFORMS

### TEAM EQUIPMENT

- **CCFA-provided:** Coach's Toolkit (this document), first aid kit, flags, field markers, and youth footballs (required for use in all game play)

### PLAYER ATTIRE & GUIDELINES

- **CCFA-provided:**
  - Team jersey tucked into shorts or pants
  - Belts with flag attached
    - Flags should be positioned on each players hips
    - Excess length of the belt must be tucked into the players waistband
    - Players may not secure flags in any way to the belt so that they cannot be pulled off the belt
- **Player-provided:**
  - Athletic shorts or pants
  - Shoes: athletic shoes or molded cleats are recommended. Metal cleats are not allowed.
  - Long-sleeve shirts/jackets may be worn UNDER the team jersey

## GAME PLAY

### FLOW OF GAME

- The offensive team takes possession of the ball at its 10-yard line and has 4 plays to cross midfield for a first down.
- Once a team crosses midfield, it has 4 plays to score a touchdown.
- If a touchdown is scored, the 1-2 extra points can be earned via an extra play starting at the 5-yard line for 1 point or 10-yard line for 2 points
- If the Offensive team does not get a 1st down and / or a touchdown, the opposing team takes over on offense at their own 10-yard line.
- The game ends after 60 minutes of play. There is no overtime.



# FLAG FB RULES: PK/K – 3<sup>rd</sup> Grade

## GAME PLAY (CONTINUED)

### SCORING

- Touchdown: 6 points
- Extra Point(s):
  - 1 point (from the 5-yard line)
  - 2 points (from the 10-yard line)

### PLAYER LINEUP AND ROTATION

- A series consists of a drive on offense and a defense stand
- Players should play either a full series (offense AND defense) or a half-series (offense OR defense) before rotating out of the game. Unless an injury occurs, players should not be rotated in/out on a play-by-play basis.
- Players should never sit out more than 1 full series (offense and defense) before being rotated back into the game

### OFFENSE

*A CCFA playbook is provided but optional for coaches to use*

- **Running**
  - Once the ball has been handed off, all defensive players may rush.
  - Multiple handoffs are allowed. The player who takes the handoff can throw the ball from behind the line of scrimmage
  - The Quarterback may NOT run the ball from the initial hike
  - When the ball carrier's flag is pulled, the ball is spotted where the ball carrier's feet are, not where the ball is.
  - Interceptions change the possession of the ball and the defense can return it for a touchdown.
- **Passing & Receiving**
  - All passes must be thrown from behind the line of scrimmage
  - All players are eligible to receive passes
  - Receivers must have at least one foot inbounds when making a reception.



# **FLAG FB RULES: PK/K – 3<sup>rd</sup> Grade**

## **GAME PLAY (CONTINUED)**

### **DEFENSE**

#### **Rushing**

- Runs: The defensive may rush once a ball is HANDED off.
- Passing: On a fake handoff or pass, the defensive team may not rush the passer until after counting “one apple, two apple, three apple, four apple, five apple” in a normal speech pattern after the quarterback has touched the ball.

### **DEAD BALLS**

- Players are ineligible to catch a pass if their flag has fallen off.
- There are no fumbles - the ball is spotted where it hits the ground.
- Flag-guarding is not allowed (swatting or blocking an opponent from trying to remove the flag)
- The ball carrier deliberately makes contact with a defensive player
- Play is ruled dead when:
  - Ball carrier’s flag is pulled or falls off.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - When any part of the ball carrier’s body, other than hand or foot, touches the ground.

### **INJURY**

If a coach or the CCFA suspects that an athlete may have sustained a concussion, or other injury, the player should be removed from play immediately. The CCFA Flag football coordinator should be notified. Also, the player should not be left alone, and the parent/guardian should be notified so they can follow up accordingly.



## **RULES & GUIDELINES:**

- **PRE-K/K**
- **1<sup>st</sup> Grade**
- **2<sup>nd</sup> Grade**

### **GAME PLAY**

#### **PLAYERS ON THE FIELD:**

- Offense = 5 players + Coach as QB (player CAN play QB if they want to try it but recommend waiting until mid-season)
- Defense = 5 players

#### **FLOW OF GAME**

- Centers can snap the ball to the coach/QB either with a side snap or between the legs.

#### **PLAYER LINEUP AND ROTATION**

- A series consists of an offense drive and a defense stand
- Players should play either a full series (offense AND defense) or a half-series (offense OR defense) before rotating out of the game. Unless an injury occurs, players should not be rotated in/out on a play-by-play basis.
- Players should never sit out more than 1 full series (offense and defense) before being rotated back into the game
- Each player should be given an equal opportunity to play both offense and defense

**PENALTIES:** No penalties will be assessed at this level



# RULES & GUIDELINES:

## • 3<sup>rd</sup> Grade

### GAME PLAY

#### PLAYERS ON THE FIELD:

- Offense = 6 players, including QB (who cannot run the ball)
- Defense = 5 players

#### FLOW OF GAME

- Centers must snap the ball between the legs to the QB.
- Each team gets 1 – 30 second timeout.

#### SCORING

- Safety: 2 points

**PENALTIES** *Coaches are encouraged to officiate their own games.*

#### Defensive Penalties

- **Offside:** 5 yards and repeat the down
- **Pass Interference:** 10 yards and automatic first down
- **Holding:** 5 yards and repeat the down
- **Illegal flag pull** (before receiver has ball):  
10 yards from the spot of the catch
- **Illegal rushing** (run/prior to handoff; pass/ prior to 5 apple):  
5 yards, repeat the down
- **Unsportsmanlike Penalty:** +10 yards and automatic first down.

#### Offensive Penalties

- **False Start:** 5 yards and repeat down
- **Offensive holding:** 5 yards and repeat down
- **Offensive pass interference** (illegal pick play, pushing off/away defender): 10 yards and loss of down
- **Flag guarding** (carrying ball close to flag in an effort to guard or stiff-arm): 5 yards from the point of foul and loss of down
- **Unsportsmanlike Penalty:** +10 yards and automatic first down. This includes running over / through a defensive player without attempting to avoid them.



# FOOTBALL DRILLS



# PRACTICE/PRE-GAME PLAN

## **WARMUP**

### **RUNNING DRILLS (5 minutes)**

Have the Players lineup in equal lines, run between 10-15 yards

- High Knees
- Butt Kickers
- Bear Crawl
- Light Jog
- Sprints

### **BASIC FORMATION (10-20 minutes – see next page for details)**

Coaches should be spending majority of your practice time on this drill.

At the younger levels, coaches spend a lot of their time putting players into position and these players may struggle with translating Xs & Os to actual game play.

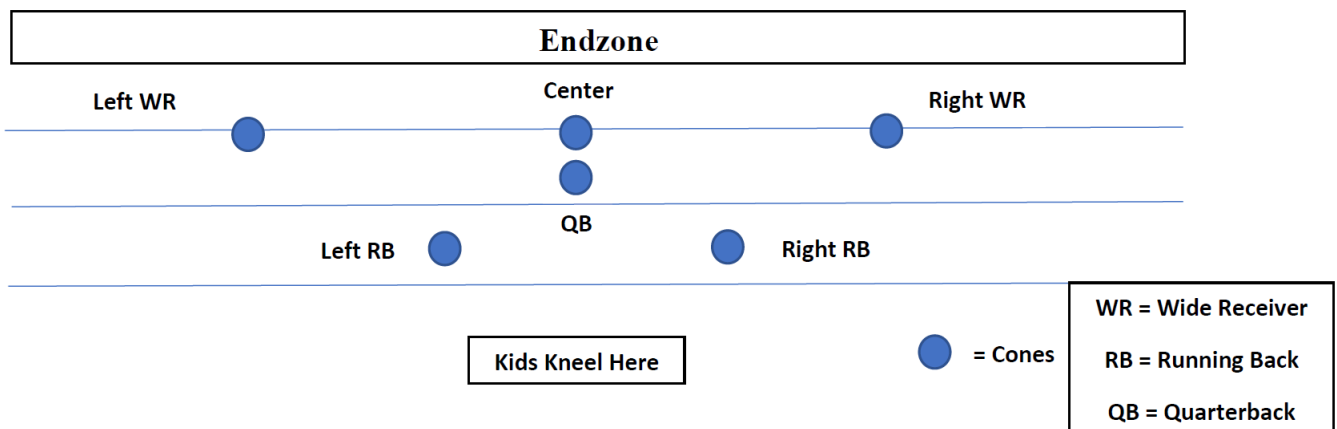
This drill should be done before EVERY game. It may seem redundant, but consistency will generate more playing time and less confusion for the players.



# PRACTICE/PRE-GAME PLAN

## BASIC FORMATION - OFFENSE

1. Lay the cones out (blue circles in illustration below) and have players kneel facing the field setup.
2. Explain each position's location and responsibilities:
  - QB
  - Center
  - Wide Receivers
  - Running backs
3. Test the players knowledge - example questions
  - What position primarily goes out for passes?
  - What position hikes the ball to the quarterback?
  - Which position runs the jet sweep?
4. After explaining the positions, test the players and ask them to go to a certain position. Have each player go to each position.
5. Continue to complete this drill and players will know where to line up on a consistent basis. From this basic formation, coaches can vary it to create different formations going forward



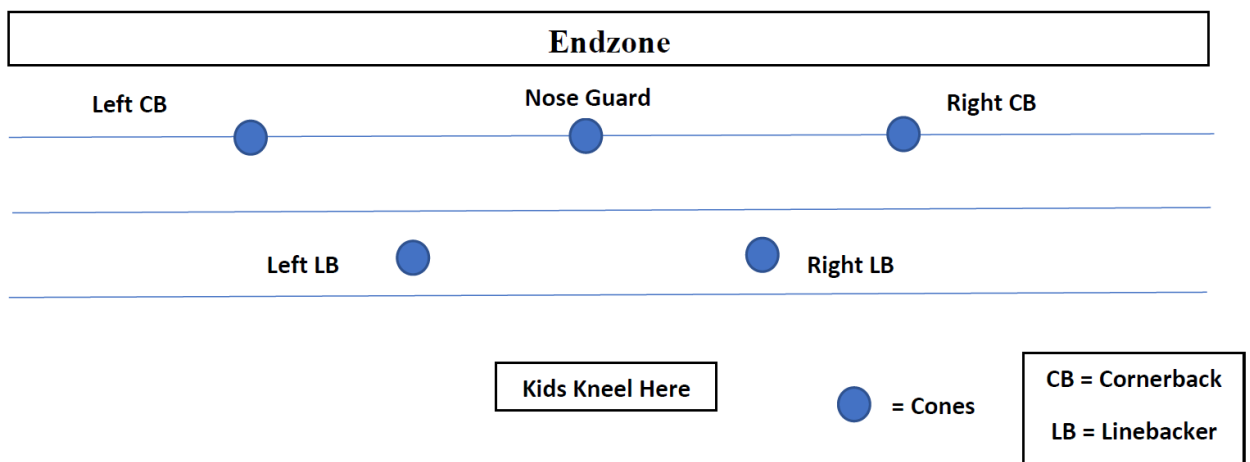




# PRACTICE/PRE-GAME PLAN

## BASIC FORMATION - DEFENSE

1. Lay the cones out (blue circles in illustration below) and have players kneel facing the field setup.
2. Explain each position's location and responsibilities:
  - Nose Guard
  - Cornerbacks
  - Linebackers
3. Test the players knowledge - example questions
  - What position covers the Center?
  - What positions cover the Wide Receivers?
  - Which positions cover the Running Backs?
4. After explaining the positions, test the players and ask them to go to a certain position. Have each player go to each position.
5. Continue to complete this drill and players will know where to line up on a consistent basis. From this basic formation, coaches can vary it to create different formations going forward to align with the opponent's offensive formation





# PRACTICE/PRE-GAME PLAN

## OTHER DRILLS (ideal for younger ages)

### CATCHING

Players lineup in 1-2 lines, Coach QB(s) throws to a player running a short route, vary routes and switch lines each time

- Down & Out and/or Down & In
- Button Hook
- Slants

*Drill Variations:*

- Add a defensive player attempting to pull the flag after the catch
- Add a defensive player attempting to intercept or deflect the pass

### HANDOFFS/SHOVEL PASSES

2 Players lineup as running backs behind the Coach QB. Practice fake and actual hand-offs & shovel passes

*Drill Variations:*

- Add a defensive player attempting to pull the flag after the hand-off
- Introduce crossing plays with Running Backs starting wider and running behind QB to receive the handoff/shovel pass

### PULLING FLAGS

Players line up in 2 parallel lines (these are the defenders).

1 player with a ball (Offense/Ball Carrier) runs between the lines while the defenders try to grab the ball carrier's flag



## WANT MORE DRILLS?

Sign up and get certified through  
**USA Flag Football**

- Optional and FREE
- Unlimited resources for extra drills and practice plans



# **CCFA FLAG FOOTBALL PLAYBOOK**



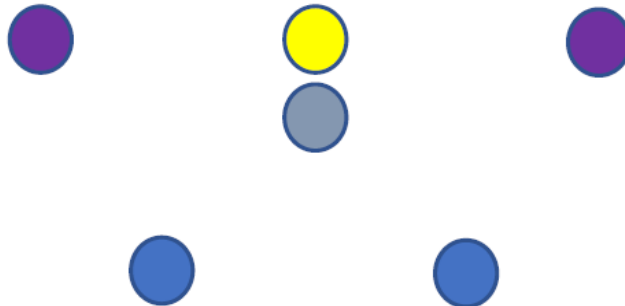
# PLAYBOOK

## BASIC FORMATION

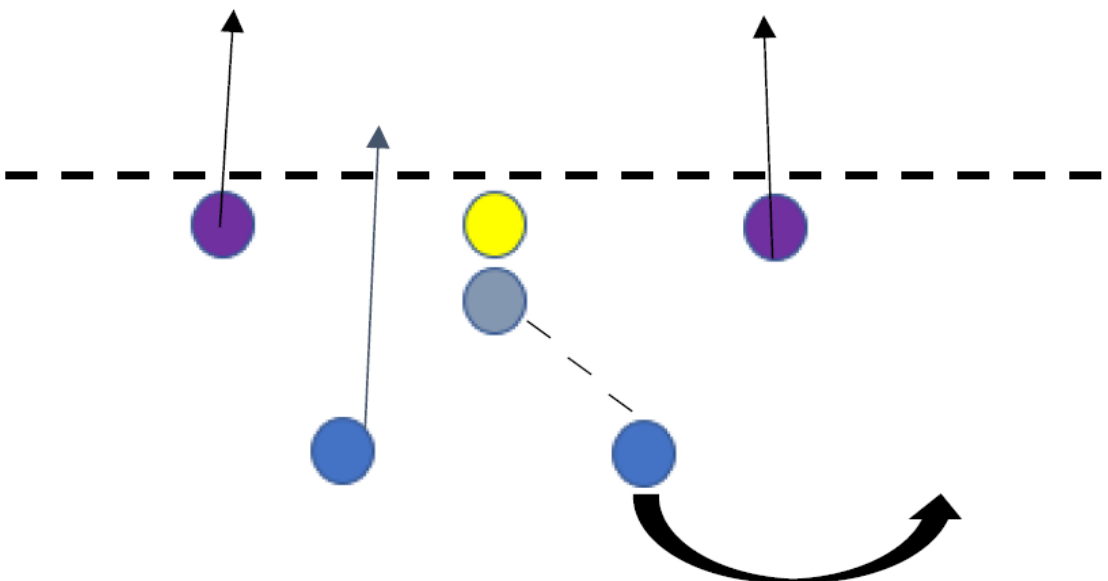
### Key:

● Quarterback    ● Center    ● Running Back(s)    ● Wide Receivers

Line of  
scrimmage:



## PLAY: TOSS RIGHT





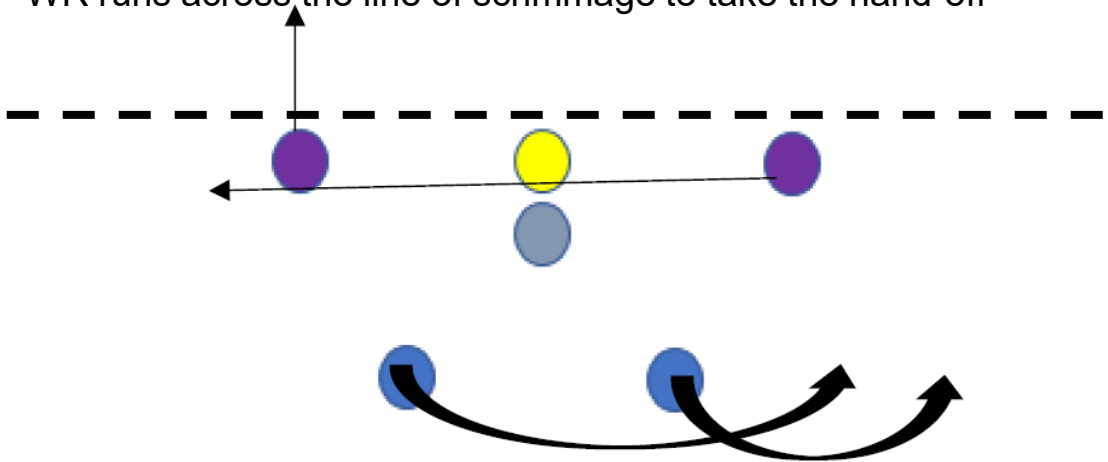
# PLAYBOOK

## Key:

● Quarterback ● Center ● Running Back(s) ● Wide Receivers

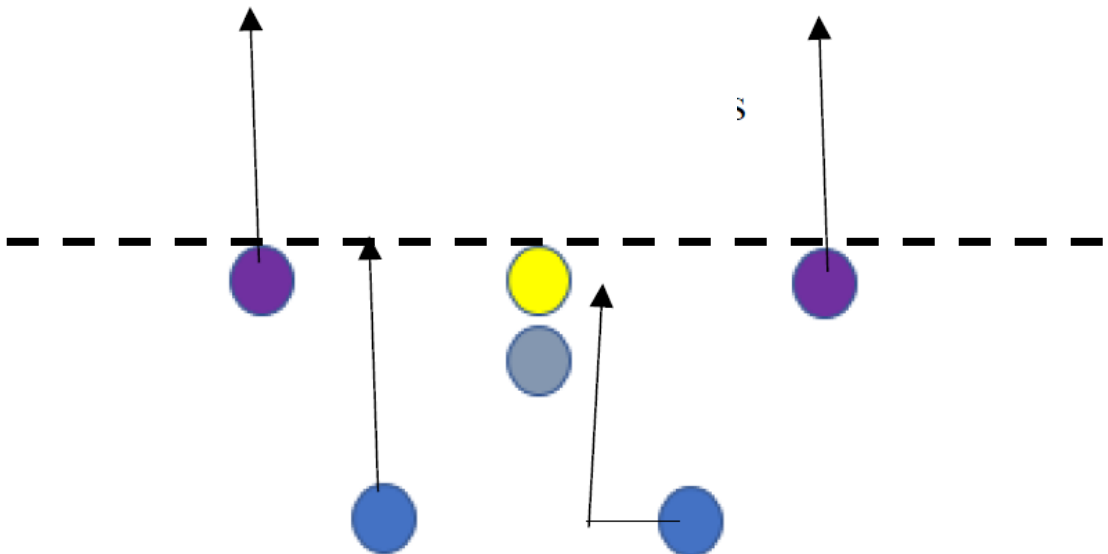
### PLAY: FAKE TOSS RIGHT JET SWEEP

WR runs across the line of scrimmage to take the hand-off



### PLAY: DRAW RIGHT

Delay the hand-off while everyone goes out for a pass





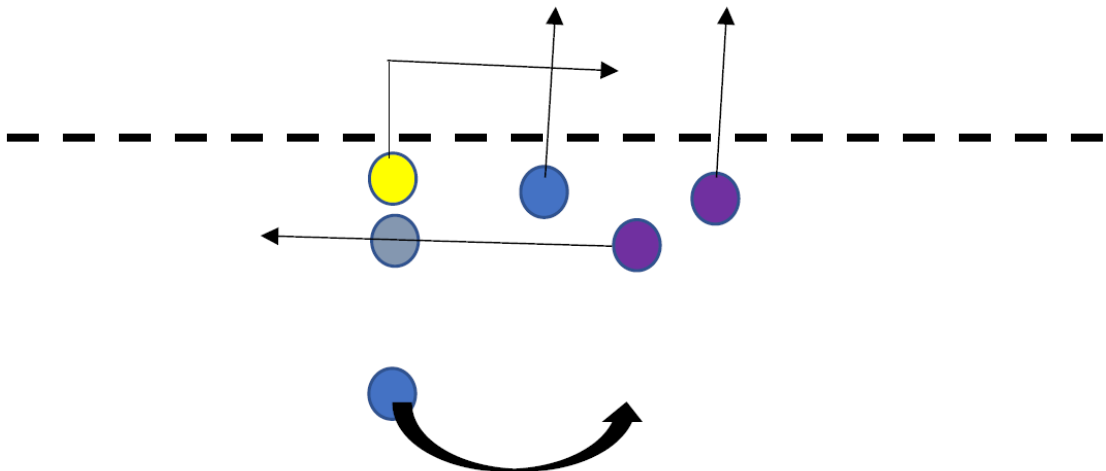
# PLAYBOOK

## Key:

● Quarterback ● Center ● Running Back(s) ● Wide Receivers

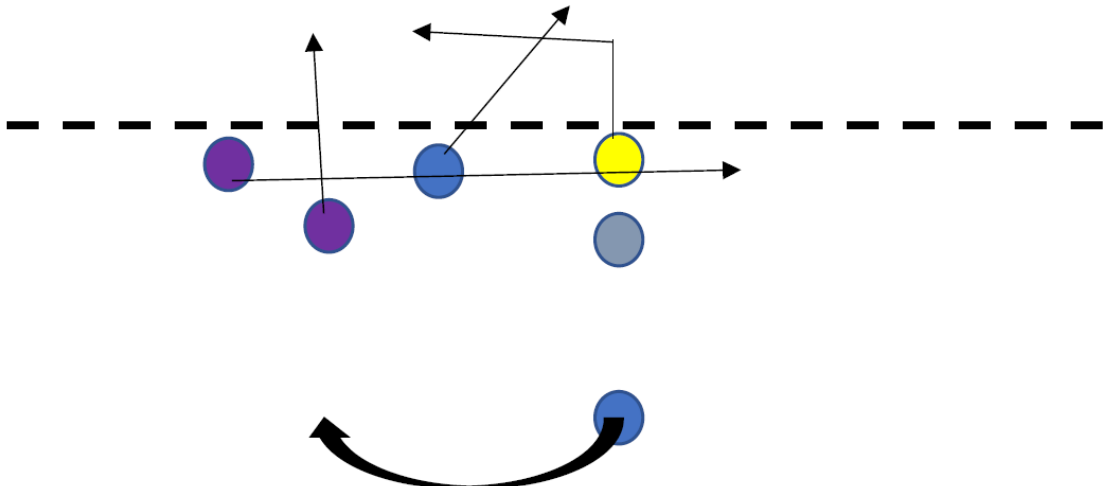
### PLAY: TRIPS RIGHT

The RIGHT running back moves to the line of scrimmage (3 WR to the RIGHT).  
Can run toss, jet sweeps, draws and pass plays out of this variation.



### PLAY: TRIPS LEFT

The LEFT running back moves to the line of scrimmage (3 WR to the LEFT).  
Can run toss, jet sweeps, draws and pass plays out of this variation.





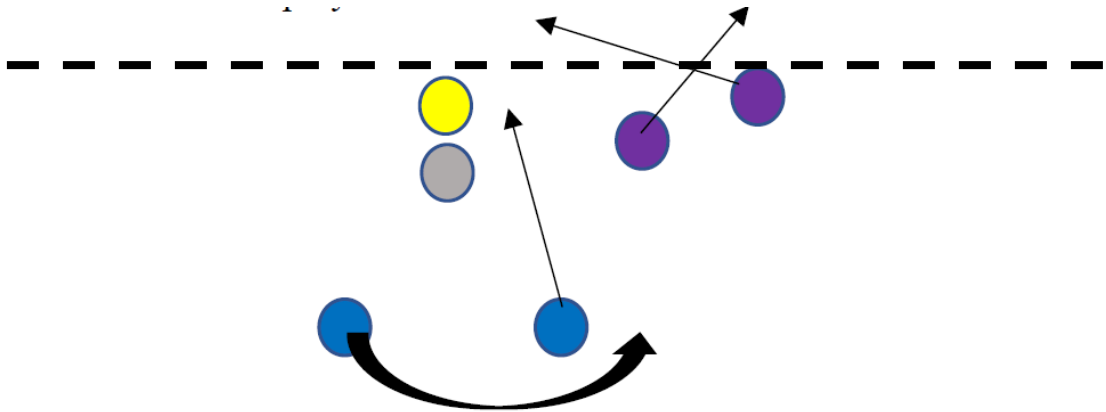
# PLAYBOOK

## Key:

● Quarterback    ● Center    ● Running Back(s)    ● Wide Receivers

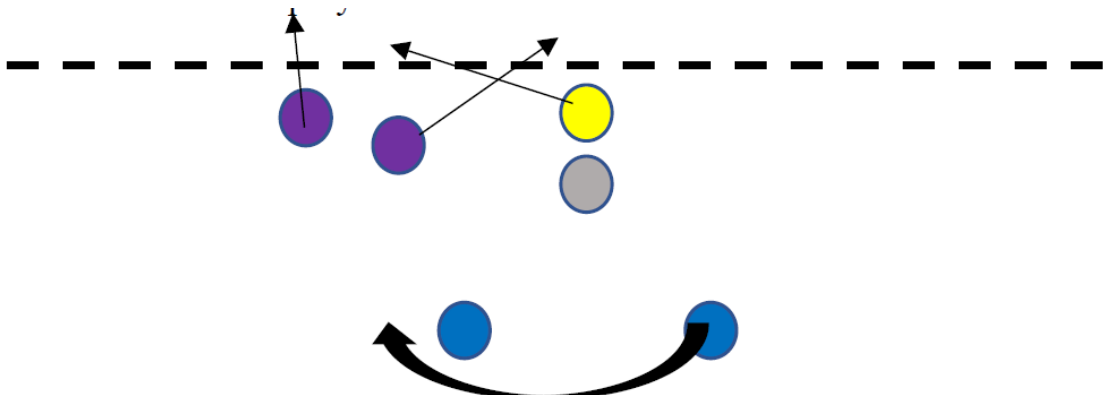
### PLAY: TWINS RIGHT

The LEFT WR moves to the right side of the Center.  
Can run all plays out of this formation.



### PLAY: TWINS LEFT

The RIGHT WR moves to the left side of the Center.  
Can run all plays out of this formation.





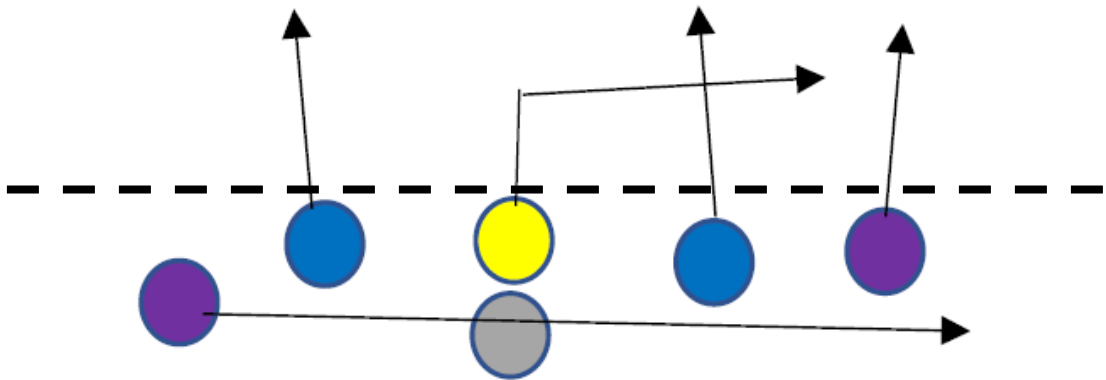
# PLAYBOOK

**Key:**

● Quarterback    ● Center    ● Running Back(s)    ● Wide Receivers

## PLAY: DOUBLE TWINS

Running backs come up to the line of scrimmage. No players in the backfield. Can run all plays out of this formation.



## WANT MORE PLAYS?

Sign up and get certified through  
USA Flag Football

- Optional and FREE
- Unlimited resources for more plays





## ADDITIONAL RESOURCES



### WANT MORE RESOURCES?

Sign up and get certified through  
USA Flag Football

- Optional and FREE
- Unlimited resources for more plays
- See next page for more information



### Minnesota Football Coaches Association

<https://www.mnfootballcoaches.com/page/show/5696825-fb-coaches-resources>



### CPR TRAINING & CERTIFICATION

Email: [CCFA.FlagFootball@gmail.com](mailto:CCFA.FlagFootball@gmail.com) for  
more information on training and certification

### QUESTIONS?

Email: [CCFA.FlagFootball@gmail.com](mailto:CCFA.FlagFootball@gmail.com) and we'll point you in the  
right direction!



## ADDITIONAL RESOURCES



## MEMBER REGISTRATION & COACH CERTIFICATION

USA FOOTBALL ACCOUNT SETUP: [Help Link](#)

### USA FOOTBALL MEMBER REGISTRATION

Note: membership is optional and is NOT required for certification!

Link to register as a member coach: [USA Football Coach Member](#)

Included in membership:

- Tackle and Flag Certification
- Youth Tackling & Contact System
- Full access to USA Football Community
- Monthly coaches notes and more

Cost: \$40.

Questions? contact [support@usafootball.com](mailto:support@usafootball.com) or [ccfa.psd@gmail.com](mailto:ccfa.psd@gmail.com)

### USA FOOTBALL YOUTH COACH CERTIFICATION

FREE & OPTIONAL (takes only 2 minutes!)

- New to USA Football Certification: Complete Level 1 (Flag)
- Returning Coaches: Level 2 (Flag)

**How to access (see next page for screenshots):**

1. Go to USA Football Youth Certification
2. Click "Learn More" under either Flag Certification.
3. Click on "Get Certified"
4. Click "Continue to Payment"
5. Type in promo code: VIKINGSFLAG23
6. Click "Update Price"
7. Click "Sign Up For Course!"
8. Complete Certification



# ADDITIONAL RESOURCES

## MEMBER REGISTRATION & COACH CERTIFICATION

### YOUTH COACH CERTIFICATION – FREE & OPTIONAL (only 2 minutes!)

How to access – screenshots:

**CERTIFICATIONS**  
Select a USA Football certification below that matches the level you coach.

**YOUTH CERTIFICATIONS**  
Select this certification if you're expecting to coach with a **youth league or middle school** this season.



**TACKLE CERTIFICATION**  
Specifically designed for tackle coaches, this **wholistic** coach education certification will help you elevate your team this season.


[LEARN MORE](#)



**FLAG CERTIFICATION**  
A new comprehensive flag coach certification designed specifically for non-contact coaches to help them put their athletes in the best position for success.

[LEARN MORE](#)

**TACKLE CERTIFICATION**  
Get certified so you can enhance fundamentals, teach more efficiently and keep athletes well-being top of mind.



**TACKLE CERTIFICATION**  
~~\$25.00~~ **\$15.00**

A revamped experience to prepare you to help every athlete succeed on-and-off the field

- ✓ **COMPREHENSIVE AND ACCREDITED COACHING EDUCATION PROGRAM**
- ✓ **RETURNING '22 CERTIFIED COACHES CAN CHOOSE THEIR PATH**

[GET CERTIFIED](#)

The certification is a \$25 value, available online for \$15.

**PURCHASE**

ITEM(S)

YOUTH CERTIFICATION 2023 - TACKLE **\$15**

**1 SELECT COURSE PATHWAY**  
Because you were certified last year, you may select which of these courses you would like to include with your certification this year.

☒ **EFFECTIVE PRACTICE PLANNING**  
Learn how to manage various aspects of your practices to enhance skill development and game-day outcomes.

☐ **COMMUNICATION STRATEGIES**  
Discover methods for improved communication with the members of your team.

[CONTINUE TO PAYMENT](#)

**WANT MORE DRILLS, X'S & O'S AND MORE? BECOME A MEMBER!**  
For only \$25 more, in addition to your online certification, you can get access to the Youth Tackling & Contact System (\$30 value), monthly Coaches Notes & OnDemand releases (\$50 value), online Community access, the Virtual Engagement Library, discounts on other products and more.

[LEARN MORE & SIGN UP](#)

**PURCHASE**

ITEM(S)

YOUTH CERTIFICATION 2023 - TACKLE **\$15**

**2 PAYMENT INFO**

Cardholder Name

Card Number

Expiration Date (MM/YY)  CVV (3 digits)

PROMO CODE (OPTIONAL)  
 [UPDATE PRICE](#)

[VALIDATE PAYMENT](#)

**PURCHASE**

ITEM(S)

YOUTH CERTIFICATION 2023 - TACKLE  
\$15 OFF : VIKINGSTACKLE23 **\$0**

[REDEEM CODE](#)

[Sign Up For Course!](#)

**WANT MORE DRILLS, X'S & O'S AND MORE? BECOME A MEMBER!**  
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[LEARN MORE & SIGN UP](#)



**2023 HEALTH AND SAFETY TEST OUT**


You will now take a 25 question assessment covering Health and Safety topics within the Youth Certification courses.

If you get at least 21 questions correct, you will only need to take updated and new courses this year.

If you receive a lower score, you must take the Health and Safety courses in full. There is no retest option, so please take your time going through the questions.

You will not need to purchase the certification again regardless of your score.

[Continue](#)



**2023 HEALTH AND SAFETY TEST OUT**

Congratulations, you have passed the 2023 Health and Safety test out, and are one step closer to being certified.

The next step is to complete your additional courses required for your 2023 certification.

It may take up to five minutes to enroll in your additional courses. Please visit the dashboard at that time to continue on your certification pathway.

You will also receive an email with these next steps.

[EXIT](#)