

Flag Football Coach's Toolkit

2025-2026 PASSING LEAGUE



CONTACT INFORMATION

Website: www.ccfafootball.com

Preferred Email: ccfa.flagfootball@gmail.com

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

CCFA FLAG FOOTBALL LEADERSHIP

Director Gretchen Mellies

Phone: 612-845-7525

Passing League Taylor Johnson

Commissioner Phone: 612-804-1845

Grade Level Captains Alyssa Toohey– 4th-5th Grade

Matt Herron – 6th-8th Grade





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
K-3 Flag Football League					
	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
4-8 Passing League					
	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
K-8 Girls League					
	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





TABLE OF CONTENTS

- CCFA & Flag Football Contact Information
- CCFA Philosophy
- Game Operations
- CCFA Flag Football Rules
- Grade-level Guidelines
- Football Drills/Pre-game Warm up
- Playbook (optional)
- Additional resources



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

- 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.

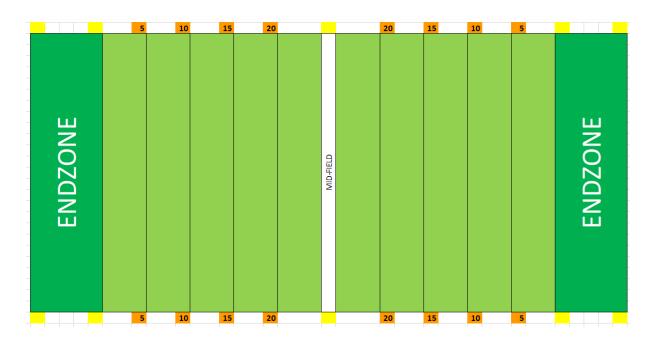




GAME OPERATIONS

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: 1st half
- 4. 5 minutes: Halftime
- 5. 25 minutes: 2nd half
- 6. Game ends, players shake hands





FLAG FOOTBALL RULES

Rules for 4-8Th Grade

Rules & Guidelines for Specific Grade-levels





EQUIPMENT & UNIFORMS

TEAM EQUIPMENT

 CCFA-provided: 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

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.





GAME PLAY

PLAYERS ON THE FIELD:

Offense = 6 players

Defense = 6 players

FLOW OF GAME

- The offensive team takes possession of the ball at its 10-yard line and has 4 plays to cross midfield (approximately 25-yard line) for a first down.
 - Centers must snap the ball between the legs to the QB.
 - Shotgun snaps are allowed and encouraged to allow the passer more time in the backfield.
- 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.
- Each team gets 2 30 second timeout per half

SCORING

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

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.
- Players may be rotated in/out on a play-by-play basis for educational purposes or injuries.
- Players should never sit out more than 1 full series (offense and defense)
 before being rotated back into the game





GAME PLAY (CONTINUED)

OFFENSE

- Use of the QB Tee
 - The QB-Tee is a portable tool that trains QBs find their target and release the ball faster.
 - The QB Tee serves as the Center on offense and Rusher on defense.
 - How does the QB Tee work:
 - 1. The football is placed in the cradle
 - 2. Set the timer for a set amount of time
 - 4th-5th Grade = 7 seconds
 - 6th-8th Grade = 5 seconds
 - 3. The ball is "snapped" once it's removed from the cradle and the 5 or 7-second countdown clock starts automatically.
 - 4. When the countdown clock expires, the buzzer sounds. If the QB has NOT released the ball by the buzzer, the ball is dead. The game proceeds to the next down, returning to the previous line of scrimmage (no loss of yards).
 - 5. The Center moves the QB Tee to the next down's line of scrimmage.
 - Repeat steps 1-5 for the offensive series (QB Tee timer should automatically reset to 5-7 seconds each time).

Watch this <u>VIDEO</u> to see the QB Tee in action!

Go to <u>6:54 – 7:36</u> in video to see how the QB Tee will work in competition.





GAME PLAY (CONTINUED)

OFFENSE

Running

- Only ONE Running Play (started via handoff or underhand pitch) is allowed per offensive drive
- Ball carriers may throw the ball if the ball carrier didn't step over the line of scrimmage.
- The Quarterback may NOT run the ball from the initial hike.
- After the defense initiates the rush on the quarterback, the quarterback may run the ball past the line of scrimmage
- When the passers flag is pulled, the ball is spotted where the ball carrier's feet are, not where the ball is.

Passing & Receiving

- All passes must be thrown from behind the line of scrimmage
- All players are eligible to receive passes including the center and quarterback if the ball is handed off.
- Receivers must have at least one foot inbounds when making a reception.
- Quick passes are allowed but passes must be beyond the line of scrimmage.
- Wide Receivers and Running Backs are allowed to motion before the snap of the ball. Only one player can be in motion at a time and that player can only move laterally or backwards, not towards the line of scrimmage.





GAME PLAY (CONTINUED)

DEFENSE

Formation

Defensive may run zone, man or a combination of zone/man

Rushing

- Due to the use of the QB Tee, there is NO Defensive Rusher
- Safety (2 points): if the ball carries flag is pulled off in their own endzone, the defense receives 2 points and gets the ball back on their 10-yard line for an offensive possession.

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)
- 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.





GAME PLAY (CONTINUED)

PENALTIES

Defensive Penalties

- Offsides: 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 (rusher moves 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 stiffarm): 5 yards from the point of foul and loss of down
- · Illegal Motion: 5 yards and repeat down
- Unsportsmanlike Penalty: +10 yards and automatic first down. This
 includes running over / through a defensive player without attempting to
 avoid them.





FOOTBALL PLAYBOOK





BASIC FORMATION - OFFENSE

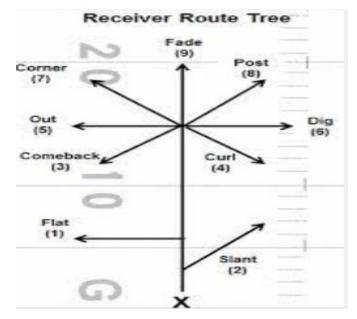
1) Assign a player an offensive position, QB, RB,X, Y and Z

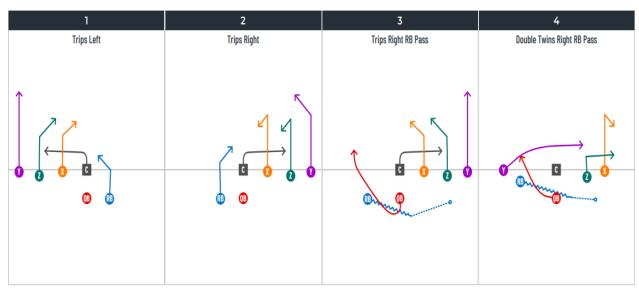




BASIC FORMATION - OFFENSE

2) Use the route tree in combination with formations and motions.







BASIC FORMATION - DEFENSE

- Zone: Each defensive player is responsible for an area
- Man: Each defensive players is responsible for covering one offensive player
- Man/Zone: Use a combination of man and zone.

1	2	3	4
Zone	CB Man	CB Zone	Man Coverage



DRILLS

Warmup

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

Practice Plays!

- · Work on route running. Use the route tree!
- Assign each player an offensive position and test their knowledge on the formations
- Work on timing WR and RB motions
- · Warm up with one-on-one drills.



WANT MORE DRILLS?

Sign up and get certified through USA Flag Football

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



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/sh ow/5696825-fb-coaches-resources



CPR TRAINING & CERTIFICATION

Email: <u>CCFA.FlagFootball@gmail.com</u> for more information on training and certification

QUESTIONS?

Email: <u>CCFA.FlagFootball@gmail.com</u> 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: <u>USA Football Coach Member</u> 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 or 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



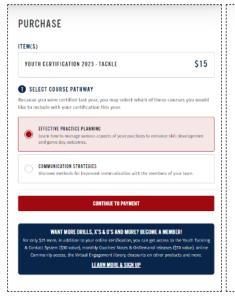
ADDITIONAL RESOURCES

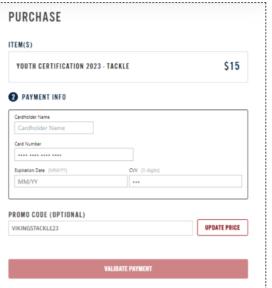
MEMBER REGISTRATION & COACH CERTIFICATION YOUTH COACH CERTIFICATION – FREE & OPTIONAL (only 2 minutes!)

How to access - screenshots:













FOOTBALL	
2023 HEALTH AND SAFETY TEST OUT	
tulations, you have passed the 2023 Health and Safety test out, and are one step closer to being certified.	
xt step is to complete your additional courses required for your 2023 certification.	4
nay take up to five minutes to enroll in your additional es. Please visit the dashboard at that time to continue on your certification pathway.	
You will also receive an email with these next steps.	

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