FLAG FOOTBALL
FALL 2019
PRE-SEASON WEBINAR

Special Olympics
Pennsylvania
Agenda

● Welcome/Intros
● Housekeeping
● Getting Prepared
  ○ Equipment
  ○ Field
  ○ Roster
  ○ Unified
● Rule Clarifications
● Next Steps
Coaching Topics

- **1:4 - Coach to Athlete Ratio**
  - Maintained at all times - to/at/from - a competition
  - Coaches within 1:4 MUST be Class A Volunteers

- **Minimum of 1 certified coach per sport/team**

- **By the end of 2020**
  - **TEAMS:**
    - must have at least one (1) certified coach per team
  - **INDIVIDUAL/SKILLS:** there will be at least one (1) certified coach per 25 athletes for skills and individual sports.
    - MUST have certified coach in skills for State events starting in Jan 2021
VSys Portal - “Training Schools, Webinars and More”

https://vsys.specialolympicspa.org/

- Sport Skills Sign-Up
- Sport Skill Training Interest (Level 1)
- Special Olympics PA - Track 2 - Experienced Coach
VSys Portal - My Information Tab

1. **My Calendar** - Once you register for a Training School, it will be removed from your Training School options and now appear on your calendar.
   * If you want to make sure your registration went through - Check out your calendar!

2. Completed Trainings - This tab lists all your trainings, expirations dates.
Looks like someone needs some clearances & trainings.

Welcome, Mike! Thank you for signing into VSys Live, Special Olympics Pennsylvania's Online Volunteer Portal.

Local Program: Special Olympics Pennsylvania
Registration Details: Staff Class A adult

What can be found on this site?
- Be a volunteer at an upcoming event
- Sign up for an upcoming Sports Skills Training and request for new Trainings
- Review "My Information" including Trainings and Background Check status and update contact information

Good thing they are easy to locate!
Job Description and Levels of Responsibility

- Certified in the sport - knowledgeable in the NGB
- Supervises all coaches and athletes
- Decides on training site
- Develops a communication network
- Decides on disciplinary measures
- Distributes Crisis Plan
- Responsible for equipment, transportation, and lodging
- Assigns duties to Assistant Coaches
- Ensures Assist. Coaches and athletes receive schedules, rules, etc.
- Volunteers, are cleared before 1st practice
- Athletes - Complete and current medical on file before 1st practice
- Completes all required paperwork (competition, training numbers)
Job Description and Levels of Responsibility

- Assist head coach/help supervise athletes (1:4)
- Working towards being certified in the sport
- Performs duties assigned by head coach
- Assist in evaluating training
- Arrives on time for practice/stays throughout practice
- Assists with uniforms, collection of medicals and taking attendance
Practice Plans!

• Practice Plans are often an overlooked step
• Share with your assistants!
• Keep your practice organized
  • Set specific times and stick to them!
    • Fighting the law of diminishing returns
• Allows you to be prepared for the next drill
  • Assistants, volunteers, or parents can setup the next drill!
• Maintains a consistent structure to your practices
  • Building a consistent schedule makes a good flow of practice and the athletes can get into a rhythm
Practice Plans!

• Practice should consist of:
  • Warm-up
  • Skills and drills
    • Make conditioning FUN!
  • Offense
  • Defense
  • Station work
  • Scrimmage/Game situations
  • Cool down
Continuing Education on the website

Volunteer Resources
Volunteer Center

REQUIRED once every 3 years to maintain certification.

LOTS of options.

Continuing Ed. Course Options
Webinar Series: Lunch & Learns

- Lunch & Learn - will be RECORDED and posted to SOPA website, on toolbar - Volunteer Resources, Trainings
- Entire listing and registrations links can also be found here: https://specialolympicspa.org/lunch-learn-webinar-series
- Several qualify as continuing education

2018
March - Coaching 101 - Coaching philosophy and best practices
April - Fit 5 - Personal Best and athlete goal setting
June - Coaching Training and Progression Plan
September - Role and Expectation of Coaches

2019
July 17 - Goal setting and Personal Best - setting, tracking, recognition
September 11 at noon - SOPA Resources 101 (register)

LOOKING FOR TOPICS FOR OCTOBER - DECEMBER....
What would be helpful for you?
Coach Training & Progression Plan

The Bronze Level provides the next level of training. This includes the course Coaching Special Olympics Athletes and implementing Fit 5 during athlete training sessions.

The Silver Level will build upon the Bronze level and include the Principals of Coaching and Coaching Unified Sports® courses as well as athlete goal setting and year round training.

The Gold Level will build upon the Silver level and the coach will learn advanced tactics for their sport of choice and work with their athletes on tracking and achieving their personal best performance goals.

Get more info on the SOPA website
Fit 5 - Get Started...

Sign-up:
● Special Olympics website, More Than Sports, Health Resources - https://specialolympicspa.org/health-programs
● Lots of information including Fit 5 Sign-up form
● Once you sign-up you will be contacted by Chelsea Drob with more information

Implement:
● Spend 5-10 minutes before/during/after practice to review materials.
● Turn-key program all materials and educational resources will be provided
Fit 5

- Goals of Fit 5:
  - EXERCISE 5 days a week.
    - Endurance, Strength, Flexibility and Balance.
    - Exercise is fun!
    - Reach your Fit 5 Exercise Goal.

- EAT 5 total fruits and vegetables per day.
  - Healthy Weight.
  - Healthy Foods.
  - Building a Healthy Plate.
  - Perfect Proportions.
  - Healthy Meals / Snacks.
  - Reach your Fit 5 Nutrition Goal.

- DRINK 5 water bottles per day.
  - Hydration.
  - Dehydration.
  - Healthy Beverage Choices.
  - Reach your Fit 5 Hydration Goal.
Who gets what?

As a coach...
● Coaches Guide (A)
● Coaches Appendix (B)
● Fitness Cards (C)

As a athlete...
● Athlete Guide (D)
● Fitness Cards (C)
Personal Best Tracking

- Goal to focus on goal setting, improving times and performance awareness
  - Personal best scores can be entered in the registration paperwork for all of our sectional and state level competitions
  - Personal best performances should only be recorded at competition, practice performances are not considered for Personal Best records
  - The personal best score in most cases will NOT be the same as the entry score for a competition
  - Entry score should reflect the athlete’s current best score or an average of scores from practice or competition during the current training season
Goal Setting and Tracking

Why are goals important?
- Goals keep focused and allows measures of success.
- Allowing athletes to be part of the goal setting process will lead to a sense of ownership and accountability.
- Communicate often and as a coach LISTEN to your athletes
- Give consistent feedback and then LISTEN
- Have the hard conversations and come up with new goals together
- Celebrate all the successes, big or small

How to track results and manage goals
- First practice: announce and explain goal setting
- Subsequent practices: talk and collaborate on goals.
- Allow for alternatives - for example an athlete may choose to not to compete and has a goal to lose weight.
- Record results of practices
- Provide feedback so athlete understands their progress
- Give athlete 3x5 card with goal numbers, explain again what the numbers mean

David Buds Invitational Sunday September 22nd

5000 Meter Run = 29:21
3000 Meter Run = 17:52
1500 Meter Run = 8:58
USA/World Games updates

- **2021 World Games, Sweden**
  - SOPA Winter Games 2019 was the qualifier
  - PA will request slots in August and be awarded in September
  - We will select names via Facebook live drawing at a TBD date in late September/October
  - Applications for Sport Management Teams (coach/manager) will open in next few weeks.
  - Training Camp anticipated February 2020

- **2022 USA Games, Orlando - Flag Football opportunity**
  - Qualifiers - Fall Fest 2020, IWG 2021, & SG 2021
  - Pre-screening questionnaire, coaches to complete prior to registration for Sectionals
SPORT MANAGEMENT TEAM
Sport Director & Sports Management Team

Sport Director:
* Kathy Reilly Adkins, Bucks

Sports Management Team:
Taraz Crowley - Monroe
Andrew Knight - Washington
Alan Hubbell - Chester
John Kunkle - Area M
GETTING PREPARED
Equipment needs

What is needed? Where to order?

- Youth size football
- Mouthguard REQUIRED
- Belts: Break-away, “triple threat belt”
  - Walmart.com, ChampionSports.com, BSNsports.com
  - don’t get the “magnetic” style or single flag style
- Rubber cleats or sneakers (no metal cleats)
- Cones to mark field, street cones to mark line of scrimmage and 7-yards, pylons are helpful
- Shorts - NO pockets

Needs Assessment (click to complete survey)

- NFL Foundations funds - I can help off-set equipment, uniform or event costs.
Field Dimensions/Set-up

Flag Football - Rules and Field overview

- 60 yards long / 25 yards wide

- No Run Zones
  - Midfield
  - At goal

Check with your venue---paint might not be allowed
Roster Size

- 5 players on the field
- Unified - 3 athletes and 2 partners

<table>
<thead>
<tr>
<th>Team Composition</th>
<th>Minimum Players</th>
<th>Maximum players</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional</td>
<td>6</td>
<td>12</td>
</tr>
<tr>
<td>Unified</td>
<td>6 (3/3)*</td>
<td>12 (6/6, 5/7, 7/5)</td>
</tr>
</tbody>
</table>

*Unified - after the minimum is met, no more than a variance of 2 will be allowed either direction (athletes or partners).
Unified Rules/Clarifications

- Similar age to ensure Social Inclusion
- Similar ability to ensure Meaningful Involvement
- Non-playing coach, can’t be dual role coach/partner responsible for lineup and conduct of the team
- Watch for player dominance - one person should not overpower the team or the game -- whether athlete or partner
- Coach all teammates together
- Rules:
  - partner can not complete pass to another partner
RULE CLARIFICATIONS
The Game

- NON CONTACT!!
- Safety first -- reminder: no pockets, no key rings or jewelry
- Coin toss to determine possession, 2 captains each team
- Official’s whistle starts 30 second count and ends each play
- Offense has 4 plays to cross mid-field, then 4 more to score a touchdown no more than 8 plays to get a touchdown
- All possessions start at the 5 yard-line (except interception)
- Fumble = Dead Ball
- NO blocking - only shift steps, no flag blocking
Specifics of Play

- New Offsides rule
- Running
- Passing/Receiving
- Rushing
- Flag Pull
- Penalties
- Spinning

Note: all teams should have adult non-playing coaches to cover the 1:4 ratio
OFFICIALS

- Make sure shirts are tucked in
- Make sure flags are able to be grabbed on both sides
- We are using running clock one time out each half not to be carried over
- 30 seconds between ready play
- Only 1 coach on the field
- Second half you start that same way you started in the first half but with the other team
- Let the scorekeeper know when to stop the clock – timeout or injury.
- Be sure the scorekeepers are recording points
- Watch for player dominance (either athletes or partners) and talk to the coach about it
- When partner is QB, must throw to an athlete.
Reminders for Scorekeepers

SCOREKEEPERS

- 20 minute halves running clock, 5 minute halftime
- Stop clock for timeouts and injuries, should run for everything else.
  Ref should tell you when to stop the clock.
- Timeouts is 1 minute, each team gets one per half
- Start the clock at the snap of the ball to start each half
- Record touchdown – 6 points and extra points either 1 or 2 points.
  Record player # and # of points scored.
FLAG FOOTBALL
NEXT STEPS
Flag Football - Sport Status

● Sport Status
  ○ Developing
    ■ at least 10 percent of programs provide training in that sport
    ■ When recognized as a developing sport, SOPA will appoint a sport director and a budget will be developed to help promote that sport.
    ■ The developing sport must show continuing growth within two years or its status as a developing sport will be removed.
  ○ Sponsored
    ■ When 20% of programs offer the sport with a minimum of fifty athletes training in the sport as reported on the accreditation, then the sport will be added to state level competition.

● Flag FB 2018 Training Numbers
  ○ 11 programs - 7 competing, 4 training
  ○ 210 athletes/partners
Flag Football - Coach Trainings

- Requests from Area M, Delaware, Montgomery, Monroe and Carbon
  - Will look to schedule over next few weeks
- After skills training, complete 10 practicum hours and return STA (sports training application) form to Jen Tresp, jtresp@specialolympicspa.org
Flag Football - 2019 Teams

Responded to survey - 1-3 potential more to add

- 10 Counties
- 13 teams, 2 skills programs
  - 3 Unified
  - 3 Low ability, 7 medium, 3 high

2019 Flag Football team summary
2019 Competitions

- **Sunday, October 6th**
  - Monroe Invitational at East Stroudsburg University

- **Saturday, October 19th, 9:30 - 3pm**
  - University of Pennsylvania Tournament, lunch provided, no awards. Will have Skills offered.

- **Saturday, October 26th, 3-7pm**
  - Eagles Flag Football Tournament at NovaCare Complex (indoor bubble), dinner to-go box, state awards will be provided

- **November 15-17, NIRSA/SOI event**
  - University of Maryland, part of the College Intramural Flag Football Championship series – all traditional and Unified teams are invited. Travel and onsite cost covered by local program, SONA will cover registration fee. Once received I will send registration info.
Questions?