



AMERICAN
INSTRUCTIONAL
FOOTBALL
LEAGUE

Flag Football Coaching Manual



2nd Edition



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Football

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www.nflflag.com/form/coach



Introduction

American Instructional Football League (AIFL) was created in conjunction with Parisi Speed Schools, the leading provider of athletic development programs in the country, and a group of individuals who have dedicated their careers to helping kids develop the correct and proper way through athletics and fitness.

Coaching kids at any level should be about their development, not wins and losses. Therefore, this coaching book and the training you will receive as you participate in AIFL will encompass a well-rounded athletic approach that always keeps the young athlete in mind. In addition to learning the skills and knowledge necessary for kids to have fun playing football, each coach will also learn how to develop the individual player's overall athletic skills.

The information you will find in this book provides information and tips on how to best teach the game in a fun and entertaining way, promising to make the experience a rewarding one for both you and your team. It's our objective to make your role as a coach as seamless and successful as possible. It's our objective through this book to ensure your success as a coach and role model. Our training sessions will provide you with everything you need to create a fun learning experience for every player. The content of these sessions is a collaborative effort gained over many years of experience coaching youth sports.





Introduction continued

The book is broken into different sections:

Rules of the Game - We highly recommend you share and teach this section with every player on your team. Knowledge of the rules plays a major role in providing a better learning experience and often improves the individual and team performance.

Parisi Warm-Up & Speed Training Section - This section provides you with a basic understanding of how to properly warm-up your players at practice and games, along with basic speed training techniques taught at Parisi Speed Schools across the country.

Flag Football Skills/Drills/and Games - This reference section provides you an outline on how to teach a variety of basic flag football skills in conjunction with interactive drills and games.

Practice Plan Template - In order to conduct practices that are fun and engaging you must have a plan of what you will specifically cover and how long you will spend on each specific skill or drill. This template provides a guide to be used at each practice by slotting different skills and drills you would like to teach, as well as a schedule of how much time will be spent on each.

Formations, Passing Routes, & Play Suggestions - We've included 5 standard flag football formations, an illustration of standard passing routes, along with suggested plays and how they should be communicated in a huddle. We recommend that you keep your plays and formations as simple as possible in order for your players to experience success and not overload them with information to remember.





Coaching the Mental Game

How a Coach can have a Positive Impact on a Child's Life.

It has been said that the mental side of sports is worth well over 50% for your chances of success. Preparing athletes physically is important and can lead to enhanced play on the field, but not preparing your athletes mentally, could eventually lead to a feeling of discouragement and lower self confidence.

Sports can be a great tool for learning life lessons. The friendships kids develop through sports can last a lifetime. On the other hand, the challenges that sports sometime bring into one's life can either be the best learning experiences or the worst of nightmares.

Seventy percent 70% of all kids in America under the age of 14 plays at least 1 organized sport per year. That equates to roughly 35 million children. With such a high participation rate, one could easily conclude that organized sports are accomplishing such great things for our children. The tragedy is that over 70% of these kids drop out of sports by the age of 14.

Why do so many kids quit sports at such a young age? The answer is easy; they are no longer having fun! Often coaches demean the players for making mistakes and/or do not create a safe physical or emotional environment, which leads to injury, hurt feelings and lack of acceptance from their teammates or coaches.

As a volunteer coach of the American Instructional Football League (AIFL) you can make a difference in helping kids build their confidence and self-esteem. It starts with the right mental training and knowing how to instruct it. Every kid is not going to be the star of every game, and neither should they be. As a coach in this league it is important that you assume the responsibility to help grow every athlete on your team physically, mentally





and emotionally. It is important that you do not take this responsibility lightly. The AIFL holds this aspect of developing children in the highest regard. Below is a list of responsibilities that are important and must be followed to coach in this league:

- Treat every athlete with respect and dignity
- Give every athlete fair playing time every game.
(Every athlete on your team must play at least half the game)
- Never ridicule an athlete in any way no matter what the circumstances
- Teach your athletes to be a G.A.M.E.R. This is not a video gamer, but an Athlete Gamer. An athlete gamer is someone who is prepared physically and mentally to perform their best in practice and on Game Day.

Guts – Teach your athlete to have GUTS. Get them psyched up for each practice and game. Encourage them to believe in themselves and their ability. Every child has great ability already inside of them. It is up to you to help motivate your kids and bring it out through practice. Practice is a time to learn skills and have fun. You should try and have a least one practice per week, either an hour before the game, or during the week. You can also look into having a Parisi Speed School coach run your practice at their Fair Lawn facility if you do not have the time? Please call Craig Stoddard at 201-638-7522 for more information.

Attitude – Make sure you have a positive and uplifting attitude every time you coach your athletes in practice or during the game and demand the same from your kids. A bad attitude is like a cold, if you hang around someone with it long enough, you can catch it. Leave your stresses and challenges from work, or other aspects of your life, in the car. Once you step out onto the football field you need to be totally engaged with the kids, having fun and enjoying the experience. Remember, you are a role model to these kids; football has many great metaphors for life, so take it seriously.





It is important that you understand the difference between a “Fixed Mindset Attitude” and a “Growth Mindset Attitude”. A fixed mindset is someone who believes that talent is a gift and that you are born with it. It doesn't matter how hard you work, you either have talent or not. Kids with this mindset tend to not give their best effort and are afraid of making mistakes. Even if a child feels they have talent, when the time comes where they compete against other kids that seem more talented, the child will shut down and not give it his/her best because he/she does not want to embarrass himself/herself. These kids will typically only give a great effort when they feel they have more talent than their opponents.

On the other hand a growth mindset is someone who believes talent is developed through hard work and deliberate focused practice time that employs the right strategies. With a growth mindset the athlete is not afraid of making mistakes and he/she understands that mistakes are learning opportunities where growth occurs. These athletes learn to move on from mistakes quickly after learning from them. Some athletes even have a mistake ritual in which they “Flush” their mistake, by acting as if they are flushing the mistake down the toilet.

Mastery – Teach your athletes to have a “Growth Mindset” and that success is about the learning process of “Mastery”, or constant improvement. You or your athletes cannot control the score or outcome of the game, that has to do with luck, timing and other factors, but you CAN control how you practice and your desire to improve. The most important aspect of success is the desire to get better. The goal of the AIFL experience is not to teach you or your athletes hundreds of drills or plays. We have about a dozen different drills for conditioning and about a dozen different football plays, all laid out for you in this coach's handbook. It is our goal for you to master these drills and have your kids develop a Growth Mindset to strive for constant improvement in all aspects of their lives?





Effort – To be a true Athlete Gamer you have to get your kids to develop the habit of giving an all out effort in practice and the game. The most important thing you can coach is effort. Be sure to constantly reinforce the importance of your athletes' effort. Phrases like “nice job” or “way to work” will help your kids become and stay motivated throughout your practice and games. Effort is the one thing in sports you can completely control 100% of the time. One of the most important life lessons we want to teach our kids is that talent is developed through deliberate practice, utilizing the right strategies, and by giving a 100% all out effort on every drill and play.

Result – One thing is for sure, if you teach your athletes to have Guts, with a Growth Mindset attitude, and focus on Mastery with 100% effort in practice and games, you will get a result that you can learn from and be proud of. The process of being an “Athlete G.A.M.E.R. is a cycle that is the foundation for success, not only in sports, but in life.

Bill Parisi, Founder & CEO
Parisi Franchise Systems, Inc
D/B/A Parisi Speed School

References; Mindset, 2006; Carol Dweck, Ph.D.,
G.A.M.E.R. is a Trademark of Parisi Franchise Systems, Inc.





Our Generational Challenge Unrealistic Demands and Over Saturation

Every generation has its challenges and this one is no exception. Parents today face the problem of over saturation. There are so many demands for our allegiance and no room left for margin. Coaches demand high levels of commitment, educators insist on academic excellence - including honors classes, colleges require resumes' full of extracurricular activities, and parents are conditioned to believe that their children must perform in all areas at high levels of proficiency.

To demonstrate this just look at how many kids are enrolled in SAT classes to be sure they exceed expectations, sports camps to improve levels of play, even in junior leagues, and receive tutoring because they're only performing at B+ academic levels. Just to cope, our children lose themselves in the latest techno games and gadgets they escape to an imaginary world with no expectations or pressures.

I never would have imagined a day where kids couldn't step out the front door to walk the length of the street knocking on doors to see who can come out and play, but we've arrived. We now have play dates! We actually have to schedule play time because if we don't it wouldn't happen. Some of us parents actually get annoyed today if the next door neighbor doesn't call before he comes. What's happened to us?

It should be no surprise to any of us that healthy self-esteem among young people is on the decline, that despondency and depression are on the rise, that our children's sense of purpose is elusive at best and that our kids are becoming tolerant of everything and passionate about nothing?





This is what the Bergen County Flag Football League is all about! We think organized fun describes what we are doing best! Today's kids have way too many adult demands placed on them. We want kids to get physically fit, learn some fun skills and develop a healthy self-esteem. But, most of all, we want them to have FUN!

What are the components of self-esteem? Most people cannot answer this question, yet all of us think having healthy self-esteem is critical for our children. Most of us would answer, "it's how you feel about yourself". This is certainly true, but that doesn't tell us what makes up self-esteem. How are we building self-esteem in our children? What are we aiming at? Remember, if we fail to plan, we plan to fail.

I have worked with youth for over 25 years now and in all my experience with young people I have boiled self-esteem down to three components:

- A sense of Belonging
- A sense of Competence
- A sense of Worth

Family is what initially gives us our sense of belonging, while learning new skills develops in us a sense of competence, which leads to confidence. Finally, worth is instilled through faith.

So many people today gain their worth from temporal things like athletics or a musical talent, or perhaps even our good looks (not me of course). But these things are temporal and we can lose them without a moment's notice. The athlete can blow his knee out, never being able to compete in his sport again. The musician can have an accidental debilitating injury to her hand, making it impossible to play at the level they used to. The beauty queen can develop a thyroid problem and struggle to keep her weight down. All of these things are temporal. True worth comes from eternal things and faith is critical to a lasting sense of worth.



Our goal at the Bergen County Flag Football League is to focus on helping your children develop the first two components of self-esteem (belonging and competence). By placing children on a team and encouraging their efforts we will see their sense of belonging increase. And, by teaching them football skills and drills, as well as, speed mechanics and getting them involved in physical activity, we will see their sense of competence and confidence increase.

We hope you'll consider the importance of healthy self-esteem in your child and allow us to work with you to help them achieve it. We appreciate the trust you have placed in us to work with your family!

Jeff Boucher,
Director of Bergen County Flag Football League

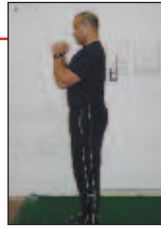




Active Dynamic Warm-Up & Speed Training Drills

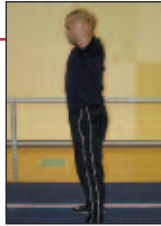
1. LOW / QUICK POGO JUMPS

- Start with legs together and extended with elbows flexed and in front of the body
- Drive elbows in a downward motion and quickly leave the ground, while maintaining a dorsi-flexed position in the foot
- Stay in a rigid upright position, landing on the balls of the foot



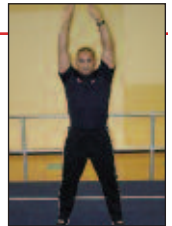
2. PRISONER SQUATS

- Athlete stands with feet wider than shoulders
- Hands behind the head with interlocked fingers
- Sit back while bending at the knees, shins stay vertical, weight on heels



3. JUMPING JACKS

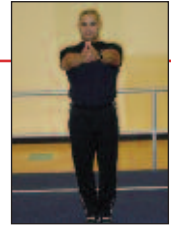
- Begin with feet together and the arms at the side
- Jump the feet apart to the side wider than shoulder length
- Abduct arms overhead elbows straight, return to start position
- Keep the knees and elbows fully extended and the ankle dorsiflexed





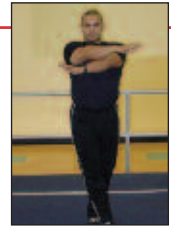
4. SEAL JACKS

- Begin with feet together and hands together in front at shoulder height
- Jump by splitting the feet and fully horizontally abducting the arms
- Return to the initial position
- Keep the knees and elbows fully extended and the ankles dorsiflexed



5. FLINGS / CROSSING THE ARMS

- Elbows locked at 90 degrees with hands brushing pockets
- Toes up
- Lift feet ankles high
- Step one foot in front of the other/frequency



6. WALKING LUNGES

- Athlete steps forward and lowers self onto the front leg
- During the lowering, the arms are kept in strict running position
- The hips are lowered until the back knee almost reaches the ground
- The athlete should try to maintain strict balance and not lean forward
- The athlete then pulls himself forward and up explosively with front leg
- The other leg is cycled forward and through



7. SIDE LUNGES

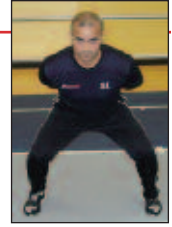
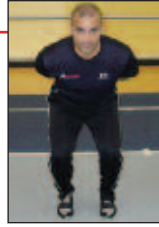
- Begin in same position as front lunge
- Step out to the side loading the leg keeping the feet forward
- Align the nose, knee, and toe
- Goal is to activate the lateral stabilizers





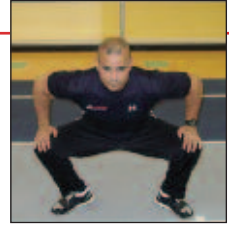
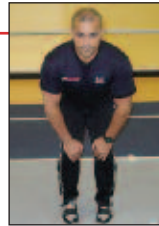
8. WIDE OUTS

- Begin in a squat position with the knees together
- While in squat position, jump and open legs past shoulder width
- Feet stay pointed forward and the head should not change height
- Return to the initial position and repeat



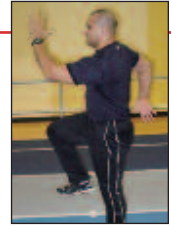
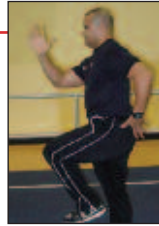
9. GATE SWINGS

- Begin in the squat position with the knee together
- Stay in the squat, jump and open the legs, feet and knees point out
- Focus is the stretch across the groin muscles, head stays level



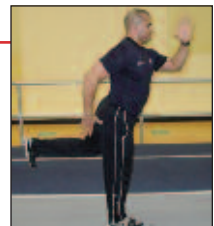
10. FRONT SKIP

- The form of the legs will be the same, now the athlete will skip
- This is a more difficult drill for the athletes to grasp
- The focus is still on recovery, then on foot contact
- Work on the accelerated recovery of the limb, do not over reach
- Keep the foot contact right under the hips, on the balls of the foot



11. BACKWARD CYCLE

- Stay tall
- Fold leg/Heel to Glutes
- Explode backwards with the foot and pull the body backwards





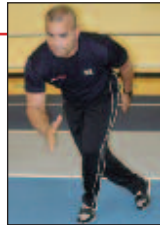
12. SIDE SHUFFLE

- Ankles cocked, light feet
- Wide base, don't cross feet
- Push with trail leg, pull with lead leg
- Stay level with head and shoulders
- Maintain strong back



13. SIDE RUN

- Stay low
- Hips, knees and toes in straight ahead position
- Use proper arm action



14. BRIDGE: SINGLE / DOUBLE

- Arms off the ground
- push hips upward, squeezing glutes at top
- Drive heels into ground



15. LEG KICKS

- Begin lying supine with the head on the floor, legs straight
- Lift one leg through full flexion at the hip and return to the floor
- Do not touch the leg back to the floor, maintain dorsiflexion





Throwing Techniques

Hand Placement:

Place ball in your hand in a comfortable position, try to keep several fingers on the laces.

There should be a pocket of air between the ball and your palm, ball should not be pressed against the palm.

The index finger should be the last finger off the ball.

Arm Movement:

Bring the throwing hand above the shoulder when delivering the ball. Throwing hand should follow through and finish at the left pocket of a right handed QB

Back shoulder (throwing shoulder) finishing over front foot for proper weight transfer.

Keep the non-throwing shoulder closed during throw.

Footwork:

Take short steps & strides back to set to throw.
Weight should transfer onto front foot when throwing.
Stand tall with knees slightly bent.

Throwing Drills

Basic Drill 1 - Pair up players and place them 5 yards apart. Watch their arm movement and follow-through, and the type of ball they're throwing. If the ball is not a tight spiral there needs to be adjustments made.

Basic Drill 2 - Place each pair of players 10 then 15 yards apart have them throw back and forth, and evaluate their technique.

Dynamic Throwing Drill 3 - Place different players in different spots downfield. Have the QB drop back 3 steps then throw to the player who puts their hands up as a target. Evaluate their footwork, follow-through, arm movement, and accuracy. Repeat with 5 & 7 step drop backs.





Dynamic Throwing Drill 4 - Place players downfield in different spots and have the QB drop back three steps then run right - have one player lift their hands as a target and have the QB throw the ball to the intended target. Correct footwork (finishing on the front foot), proper arm movement (keep arm up while throwing - point non-throwing shoulder towards target). Repeat with 5 and 7 step drop backs, then have them move to their left and repeat process.

Throwing & Catching Competitions/Games

Long Toss Game - Place two circles of cones approximately 6 feet in diameter in the back of each corner of an end zone. Have a QB drop back and throw a ball from approximately 20 yards back with the objective of landing the ball in the air (on-the-fly) into one of the two circles of cones. Place players further back as they begin to master a shorter distance.

Two-Minute Drill - Take one QB, two receivers and a center. Start the game at a line of scrimmage 15 yards from the end zone. A QB has 2 minutes to complete as many passes as possible to his receivers in the end zone, including his center. Each receiver alternates going out for a pass after each attempt. Each player rotates to a new position after each attempt (i.e. each receiver rotates in as a center and the center becomes the next eligible receiver). Have all four players rotate in as a QB for 2 minutes at a time. Reward 2 points for every TD catch made to both the QB and the receiver. Points carry over to each 2 minute game. The player with the most points wins.

Game Changing Catches - Have a QB throw balls to receivers that run routes that end at a specific 3' x 3' space on the field. Have receivers run different routes into those spaces. Each receiver gets 10 throws and 1 point for catching the ball with one foot in the box and 2 points for balls caught with two feet in the box.

Bonus Game (at coaches discretion) - additional 2 points for one handed catches.

Ultimate Football - this is a great game that engages every player in throwing, catching, running patterns as well as defending against the pass. This game also serves as a great form of conditioning.



Form two teams of equal numbers or multiple teams of equal size for multiple games. Create a field with two end zones. Field size is determined by the number of players you have playing at one time. For example, if you have a total of 6 players the field size should be no larger than 30 yards long by 20 yards wide.

The objective of the game is to score a touchdown. There are no downs, play is continuous. Players can only throw the ball to each other and can hold the ball no longer than 3 seconds at a time before throwing to a teammate. The ball can be moved in any direction of the field. Change of possession occurs when a player drops a ball, takes more than two steps with the ball before throwing, a ball goes out-of-bounds, or when a touchdown is scored.

Air-It Out - is a dynamic throwing game for distance and accuracy, as well as a test of speed and agility.

#6: Roll & Air It – OUT

Trick It Out
If you're left handed execute in the opposite direction. Begin with both hands on the ball, on the ground. To start, pick ball off the ground and immediately roll-out 5 yards to your right around a cone (as if to pass), once you've rolled passed the cone cut with your left foot and sprint until you reach two parallel cones and throw the football as far as you can downfield (don't pass the two parallel cones before your throw).

Score It
Clock your entire run until the ball leaves your hand. Subtract your total recorded time from your total yardage, and then add points for accuracy (10 points if ball lands within the inner 5 yard area marked downfield, 5 points within the 10 yard area, 0 points for any throw outside the 10 yard area).



Catching Techniques

Hand Placement

- Balls thrown chest level and above
- Fingers on both hands reach for the sky spread apart.
- Both thumbs should touch and stay together throughout the catch.

Balls Thrown Below Chest Level

- Fingers on both hands should extend down to the ground spread apart.
- Both pinkies should touch and stay together throughout the catch.

Arm Placement

- Both arms should extend out to meet the thrown ball.
- Both arms should bring the thrown ball back to the body to secure football.

Catching Drills

Focus (watching the ball into your hands) while many distractions happen around you is key to a successful receiver. Executing the fundamentals of the catch is also key but we also emphasize maintaining a player's balance. Without the ability to get back to center/balance after a catch a player cannot extend or finish a play. Therefore we practice drills that are challenging and extreme, yet fun. This increases the learning curve and encourages more repetitions by taking the boredom out.

Drill 1 - Set-up three to four stations with 3-4 kids per station. Place one - three foot 2 x 4 on the ground. Have a parent/coach at each station throwing passes to players who run different routes and finish by catching the ball while maintaining balance on the 2x4.

Drill 2 - Repeat the set-up in Drill 1, but specify that all catches must be made while maintaining balance on one foot on the 2x4 board.





Ball Handling Techniques

Securing the ball:

When running and holding a football there should be **4 points of contact** - the front tip of the ball in the hand, the back tip of the ball between the arm pit, the outside of the ball inside the forearm, the inside of the ball against the chest. The ball should never lose contact with any of those 4 points.

The hand holding the ball should be held up and near the side of the chin. When running, the ball should continue to be held high with the elbow driving up and down to maintain good running form and ball security at the same time.

When transferring the ball from one arm to the next you must keep the ball pressed against your chest, immediately establishing the four points of contact on the opposite arm. The ball should be transferred at chest level.

Running Routes, Defending a Pass, Avoiding or Making a Flag Tackle -

When running a route, defending a receiver, and making a flag tackle, the player must be efficient in the following athletic skills:

Acceleration - To accelerate properly your body should be as close to a 45 degree angle as possible

- Arms should be locked at 90 degrees
- Hips should be pushed forward
- Execute good knee drive
- Ankle placed behind the knee
- Toes should be up
- Create the longest stride possible

Change of Direction -

- Wide base of support with feet
- A low center of gravity with the hips & trunk low to the ground
- A 45 degree angle with the outside plant leg and weight over the inside leg
- Drive off the inside or weight bearing leg with the outside of the player's foot
- Drive off the outside or plant leg with the inside of the foot



Deceleration -

- Get down with a low flat back
- Good posture
- Shoulder over front knee and ankle
- Chop feet with a soft landing

Running Routes

Route Drills - A receiver must learn to keep their body under control while moving in different directions. In order to make a quick change in direction to get away from a defender and get open for a pass, a receiver must be able to decelerate as well as be efficient in changing direction.

Once a receiver begins to make a move the movement should be sharp and precise (no rounding off runs), with arms out stretched - towards the QB presenting a good, large target for the QB to see.

DRILL 1 - Mark off a route with small disc cones placed where you want the receiver to cut and where you want the receiver to finish. Be sure the receiver accelerates out of his stance correctly, decelerates, changes direction properly, and executes the correct catching techniques explained above.

COMPETITION 1 - Time how fast a receiver can run a route. Incorporate a pass and subtract a 1/2 second for every ball caught on the finishing spot.

Defending a Pass

Backpedaling - is a vital skill for a defender in flag football. The most important techniques to backpedaling are staying low (in a deceleration type position) with head & shoulders over your feet at all times (this keeps a player's body well balanced preventing him from falling back and losing his balance, and well-prepared to make a move to follow a receiver once they break to catch a ball.) A player's arm movement must be quick with a proper movement (chin to pocket), with 75% of their weight distributed onto the balls of their feet.





DRILL 1 - Have a group of players backpedal approximately 5 yards, the coach stands directly in front of all players and directs them by pointing to where he would like them to break and run (to the left, right, directly back, and forward). Watch for their reaction time, change of direction and running form techniques.

DRILL 2 - Set-up a course with cones. One cone placed 5 yards downfield, with two cones placed at a 45 degree angle 5 yards to the right and to the left, two cones placed at 90 degree angle downfield from the first cone 5 yards to the right and 5 yards to the left, and one cone placed directly behind the first cone or 180 degrees 10 yards downfield. Have players start by backpedaling to the first cone and cutting/turning to a pre-determined cone. After backpedaling to all pre-determined cones several times, the coach can start to point to a cone as they arrive at the first.

Competition 1 - Use same course as explained above in Drill 2. Time each athlete to each pre-determined cone then again directing them to each cone.

Competition 2 - Pair up a receiver to run a pass route with a flag belt and flags on. Set-up several cones downfield that a receiver must run to at the end of each route. The defender starts no closer than 3 feet from the receiver. The objective is for the defender to pull the receiver's flag before reaching a specific cone. The defender cannot pull a flag until the receiver has traveled at least 5 yards downfield.

Making a Flag Tackle

The main components to making a flag tackle are:

- Change of Direction
- Deceleration
- Breakdown Position
- Dynamic Breakdown
- Ripping of the arms

The flag tackle is one of the more difficult athletic skills that a young athlete will perform. However, perfecting this skill is an excellent training tool for the foundation of all athletic movements and can be transferred to any sport.





While performing a flag tackle the athlete must learn to stay low in a 45 degree position with their head held up, their shoulders pinched back, and their body as square to their opponent as possible. When the player attempts to pull his opponent's flag, it's best if they execute proper deceleration techniques.

Drill 1 - The Mirror Drill

Start by having two players standing 6 feet apart facing each other. Place two cones 5 yards apart. Designate one player on offense and one on defense. On the whistle have the offensive player slide from one cone to the next and have the defensive player slide and stay with the offensive player. Be sure each player stays in a breakdown position (shoulders pinched back, back straight, knees bent in a sitting position, head up, both arms locked at a 90 degree angle in a holster position near each pant pocket). On the second whistle the offensive player can slide in either direction attempting to reach a cone before their defender.

Competition 1 - Start by setting-up the Mirror Drill, but add two cones 5 yards behind the defensive player and five yards apart. Each player wears a belt with flags. Begin the competition by having the offensive player slide from cone to cone with the defensive player trying to stay with him. On the second whistle, the offensive player attempts to run upfield past the defensive player without having his flags pulled before he passes the cones 5 yards downfield. Defensive player must attempt to stay with the offensive player and can move to pull one of the offensive player's flags on the second whistle. Object is to pull the offensive player's flag before he can get 5 yards downfield. Offensive player must stay within the 5 yard wide area at all times.

Competition 2 - Set-up a 5 yard box marked by 4 cones in the corners of the box. Place a 5th cone in the middle of the box. One player on offense starts at any one of the 4 corner cones. The defensive player starts at the middle cone. The game starts on a whistle, and the offensive player must then attempt to touch as many cones as possible without having one of his flags pulled. Players are free to move in any direction throughout the box, but cannot leave the box and re-enter. If a player leaves the box the competition ends.



Keep score by counting the number of cones touched before a flag is pulled. The players/teams that have the least number of cones touched win.

Key Coaching Observations: Watch for how well a player is executing change of direction, deceleration, balance, and body position techniques. For example, if a player is standing high while attempting to pull a flag, please note and correct by explaining that a better technique would be to stay low and get as close to a 45 degree angle as possible.

All Coaches must register with the NFL at the below website:

www.nflflag.com/form/coach





AIFL Flag Football Playbook & Formations

- In the AIFL we work with the understanding that there are four basic formation calls: Split T, I, Twins and Trips. Variations and adjustments to the formation may be made.
- On the following pages you will see these formations layed out in both balanced, and unbalanced variations. A balanced formation is a symmetrical formation with no strong side. An unbalanced formation has a least one extra player to one side or the other. A formation could be unbalanced left or right, usually designated by right or left or strong right or left. T Right would be the T formation strong on the right side.

Player & Play Key



= **Center**



= **Primary Receiver**



= **Passing Route**

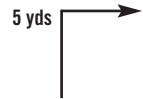


= **Run**

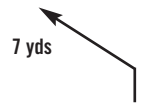


FLAG Plays - Passing Tree Receiver Route Definitions

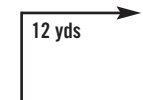
Quick Out (1): This is a 5-8 yard route forward then the receiver cuts out towards the sideline then looks for the ball.



Slant (2): This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball



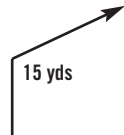
Deep Out (3): This is a 10-15 yard route. It should be run exactly like the quick out only deeper.



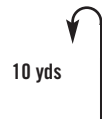
Drag / In (4): This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.



Flag (5): This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.

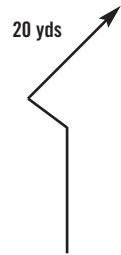


Curl (6): This is a 5-8 yard route forward then the receiver stops and turns to the ball.

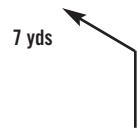




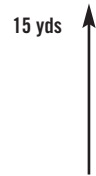
Post Corner (7): This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.



Post (8): This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.



Fly (9): This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.



For younger participants the passing routes can be reduced by half.

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www.nflflag.com/form/coach





Play Calling

The Quarterback will call the play in the huddle. Next to each play is, the Play Name, Play Call, and * indicating how the play is run. The play call tells how the quarterback will share the play with the other players in the huddle.

There are three main components to the play call:

- A. The Formation** (T Formation, T right or left, Twins right or left, Trips right or left and I formation).
- B. The Play Name**
- C. The Cadence, or Count**
(ie. Hut one, hut two, hut three... or Go, Go, Go...)

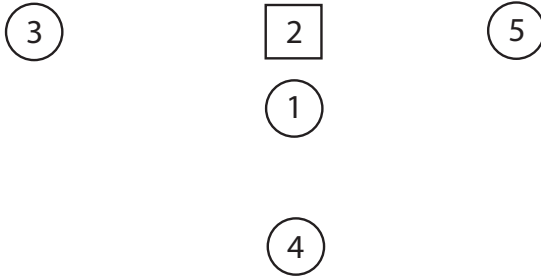
These three components are all that the players need to know in order to run a successful play. The formation tells them how to line up, the play name tells them what the play is and the cadence or count tells the center when to snap the ball.

In this manual you will find nine running plays, and nine passing plays. In actuality there are 18 of each as all plays can be run to the right or the left by easily reversing field side of players, and routes of players, and then calling it left, or right accordingly.

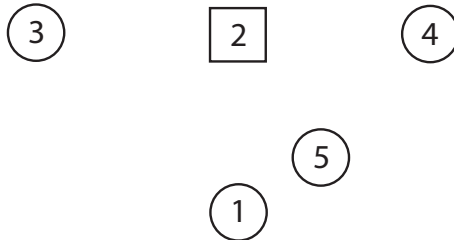


Formations

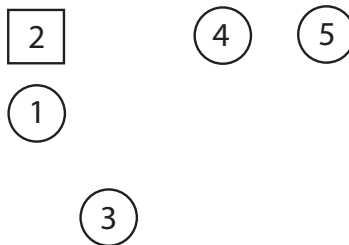
A. T Formation

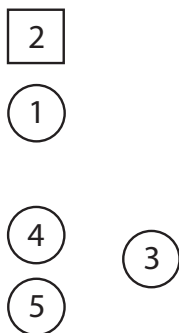


B. T Formation with Shotgun



C. Twins Right



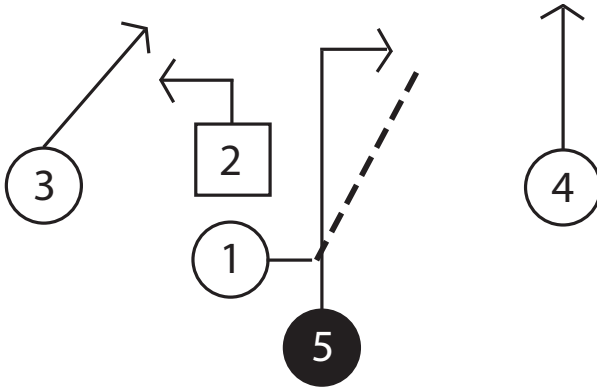
**D. Trips Left****E. I Formation*****Coaches Tip:***

Switch player's numbers each quarter so all players try all positions and routes.





Pass Plays

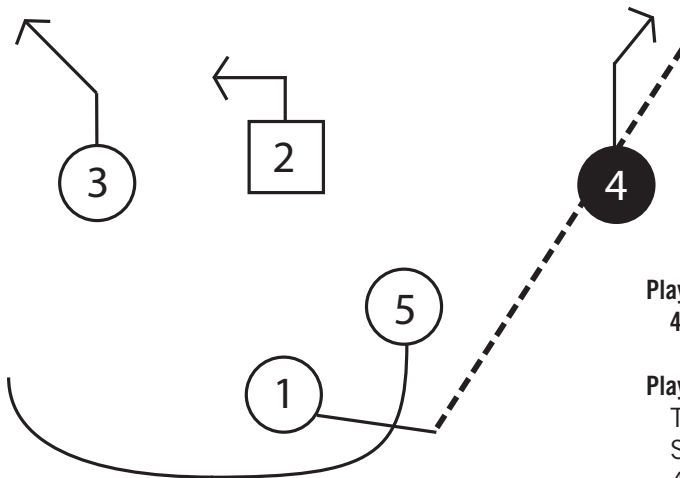


Play Name: Browns Out

Play Call:

T Right
Browns Out
on count (1, 2, 3)

*QB fake handoff to RB (5)
QB rolls right and throws to RB (5) on out



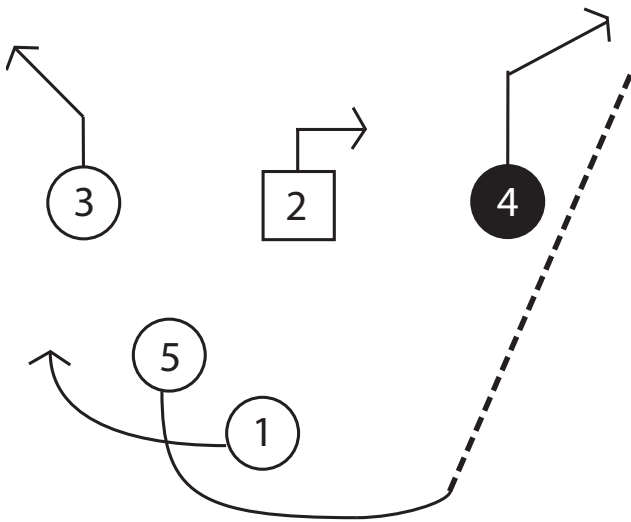
Play Name:
49er Flag Right

Play Call:

T Right
Shotgun
49er Flag Right
on count (1, 2, 3)

*QB fake to RB (5)
QB throws to Flag Right (4)

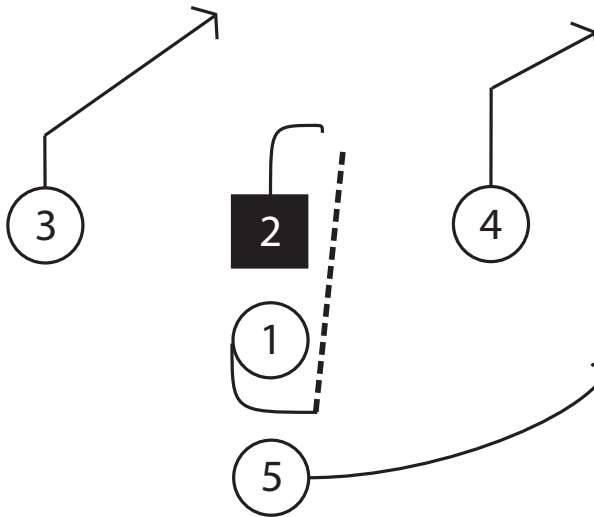




Play Name:
Raider Option Right

Play Call:
T Left
Shotgun
Raider Option Right
on count (1, 2, 3)

*QB handoff to
RB (5)
RB (5) runs and
keeps or throws
to Flag Right (4)

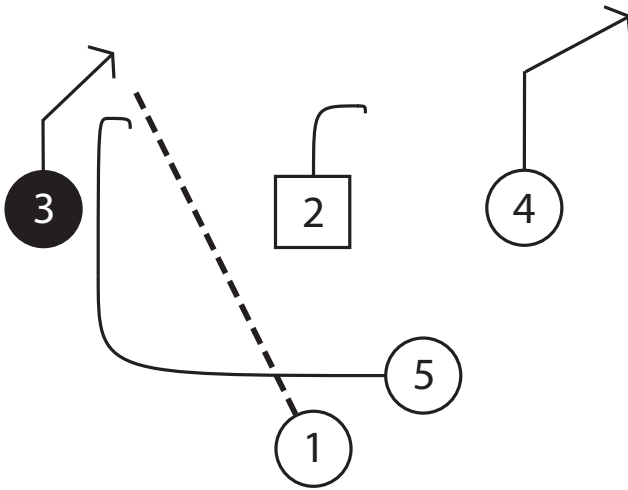


Play Name: Buccs Curl

Play Call:
T Formation
Buccs Curl right
on count (1, 2, 3)

*QB fakes pitch
to RB (5)
QB throws to (2)
on Curl Route

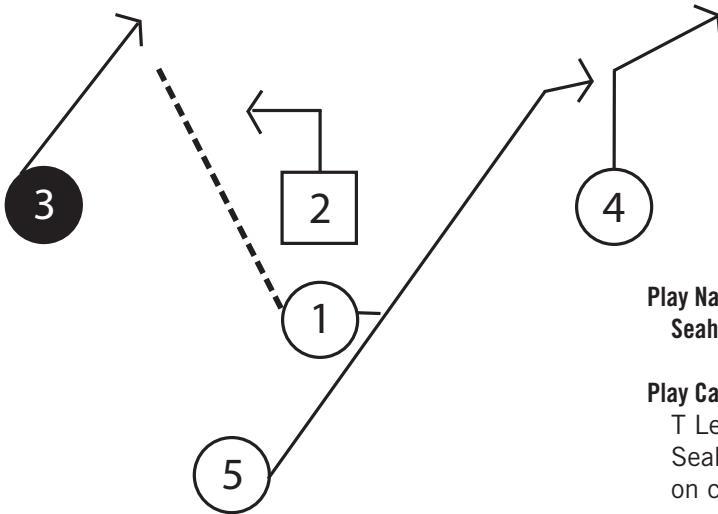




Play Name:
Washington Post

Play Call:
T Right
Shotgun
Washington Post
on count (1, 2, 3)

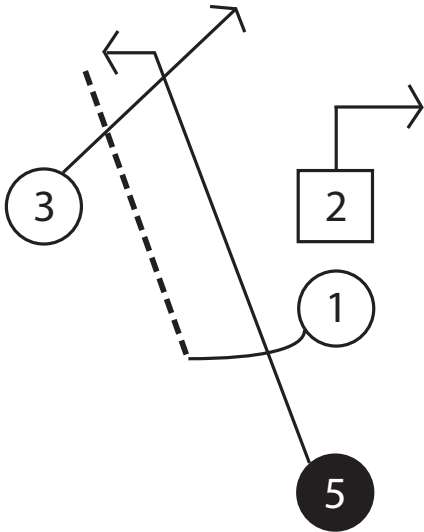
*QB fake handoff
to RB (5)
QB throws to
Post Route (3)



Play Name:
Seahawk Slant

Play Call:
T Left
Seahawk Slant
on count (1, 2, 3)

*QB fake handoff
to RB (5)
QB throws to
Slant (3)

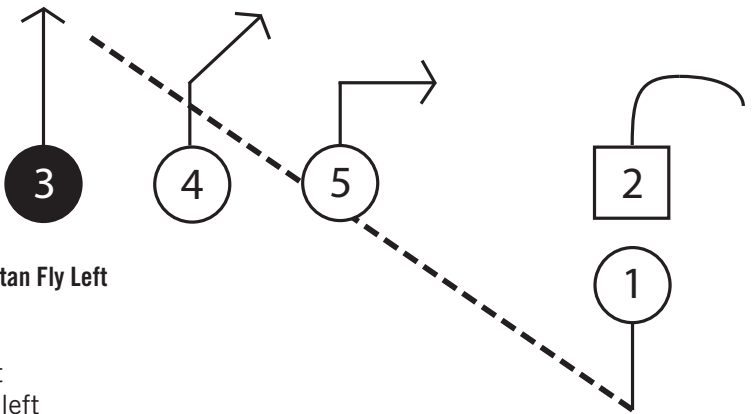


Play Name: Charger RB Out Left

Play Call:

T Formation
 Charger RB out left
 on count (1, 2, 3)

*QB fakes handoff to RB (5)
 QB rolls left and throws to RB (5) on out pattern

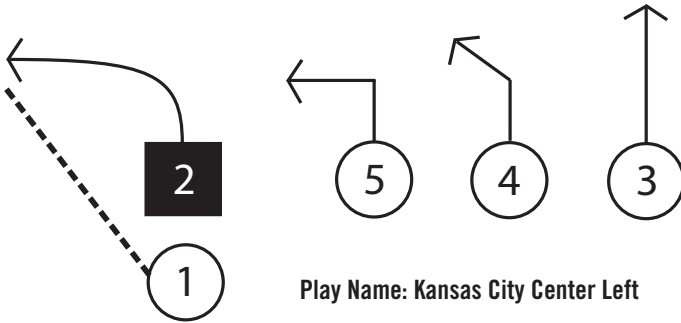


Play Name: Titan Fly Left

Play Call:

Trips Left
 Titan Fly left
 on count (1, 2, 3)

*QB takes 3-step drop and throws to WR (3) on Fly Pattern



Play Name: Kansas City Center Left

Play Call:

Trips Right

Kansas City center left

on count (1, 2, 3)

*QB takes 3 step drop and looks down field toward WR (3)

QB throws to center (2) on out route pattern

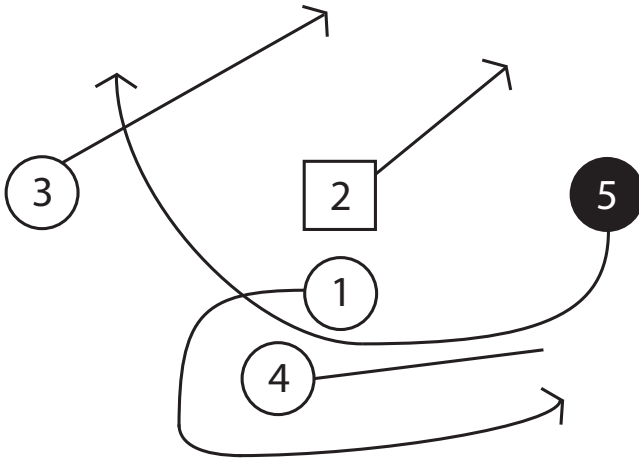


Run Plays

Play Name:
Redskin Reverse Left

Play Call:
T left
Redskin Reverse Left
on count (1, 2, 3)

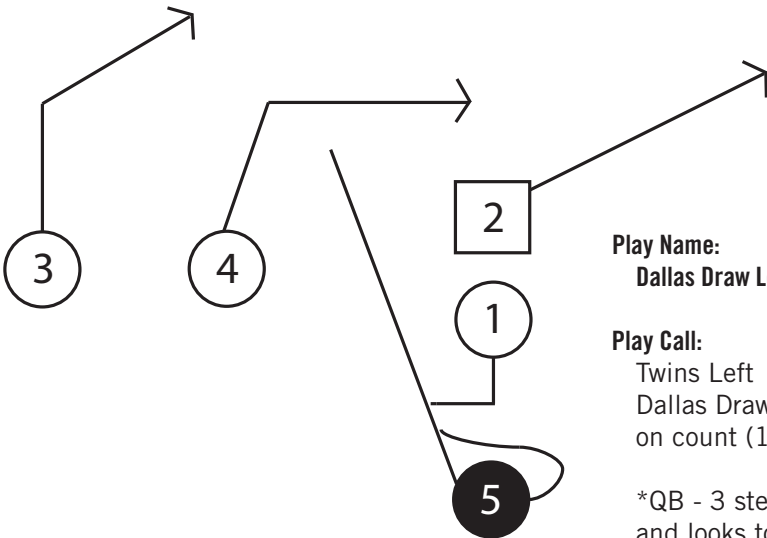
*QB hands off to RB (4) and follows RB (4).
RB (5) takes handoff from RB (4) and reverses left.

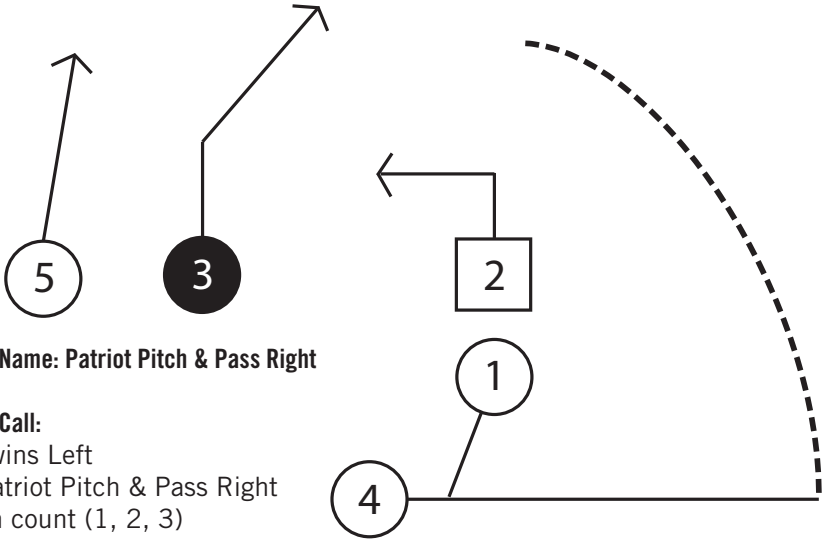


Play Name:
Dallas Draw Left

Play Call:
Twins Left
Dallas Draw left
on count (1, 2, 3)

*QB - 3 step drop and looks to WR (4)
RB (5) counter steps right
QB handoff to RB (5) on draw left



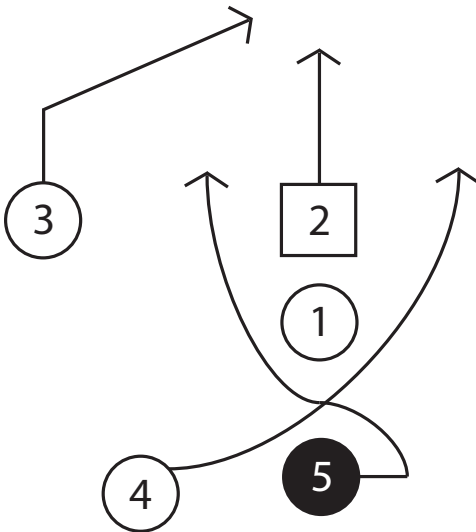


Play Name: Patriot Pitch & Pass Right

Play Call:

Twins Left
 Patriot Pitch & Pass Right
 on count (1, 2, 3)

*QB pitches or hands off to RB (4). RB (4) option to run or pass to WR (3) on Post



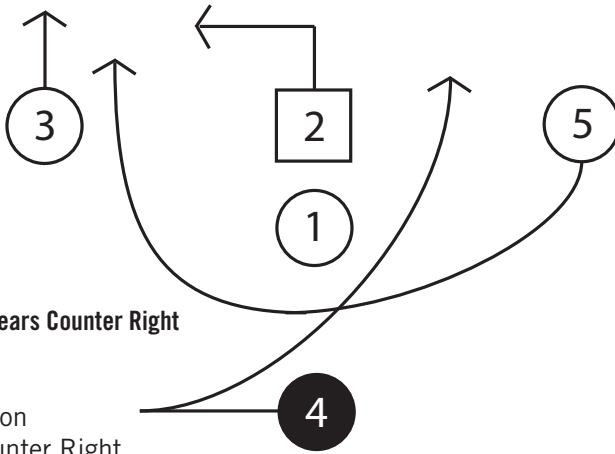
Play Name: Cleveland Counter Left

Play Call:

I Left
 Cleveland Counter Left
 on count (1, 2, 3)

*QB fakes handoff to RB (4)
 RB (5) counter steps right
 and takes handoff from
 QB left





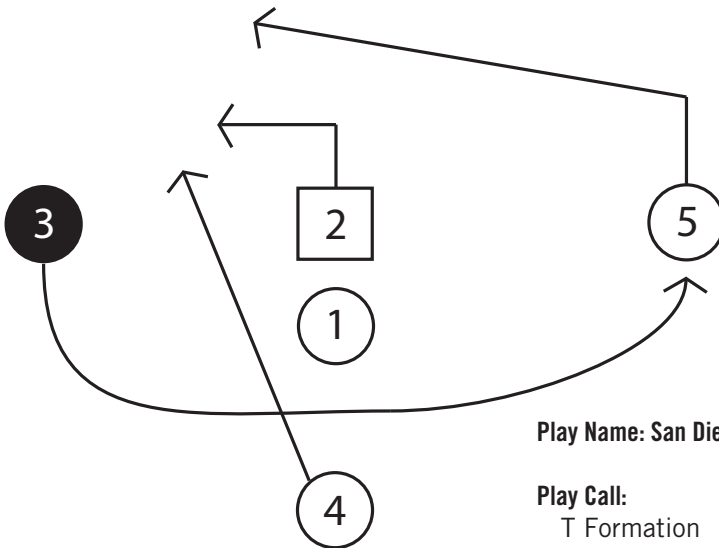
Play Name: Bears Counter Right

Play Call:

T Formation
 Bears Counter Right
 on count (1, 2, 3)

*QB fakes handoff to WR (5).

RB (4) counter steps left and takes handoff from QB right



Play Name: San Diego Sweep Right

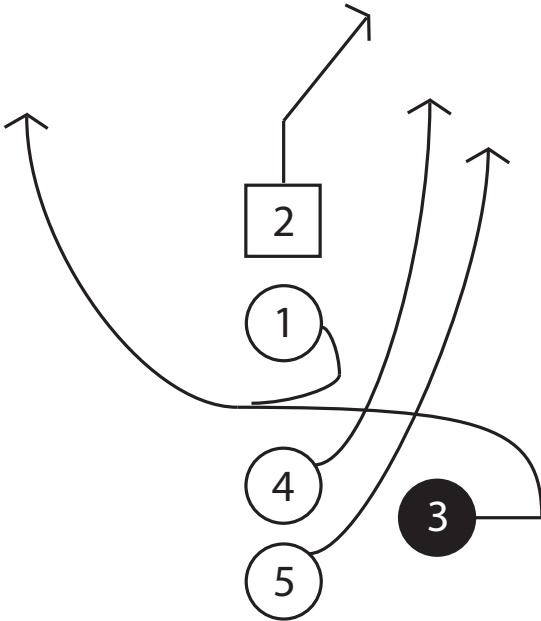
Play Call:

T Formation
 San Diego Sweep Right
 on count (1, 2, 3)

*QB fakes handoff to RB (4)

QB hands off to WR (3)

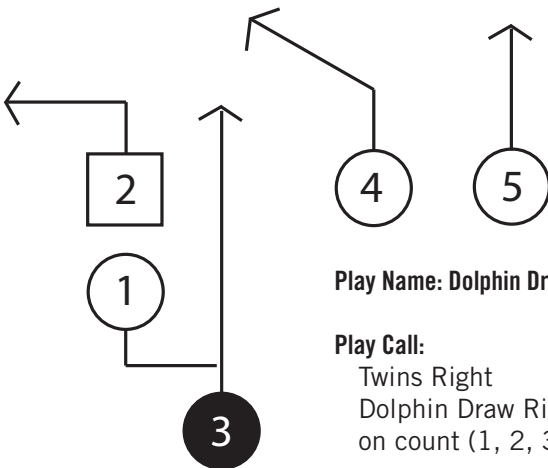




Play Name:
New York Power Counter Left

Play Call:
I Right
New York Power Counter Left
on count (1, 2, 3)

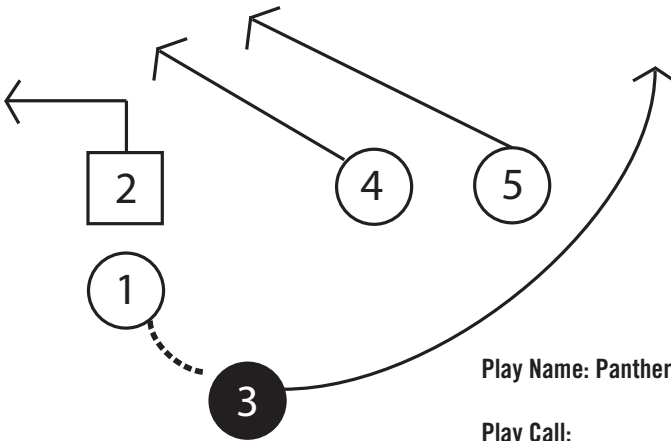
*QB fakes handoff to
RB's (4) & (5)
RB (3) counter steps right and
takes handoff from QB left



Play Name: Dolphin Draw Right

Play Call:
Twins Right
Dolphin Draw Right
on count (1, 2, 3)

*QB takes 3 step drop and looks to
WR (4) then hands off to RB (3) on draw right



Play Name: Panthers Quick Pitch Right

Play Call:

Twins Right

Panthers Quick Pitch Right
on count (1, 2, 3)

*QB pitches ball quickly at
snap to RB (3)
RB (3) sweeps right

Coaching Tip Let Them Play Football!!!

The temptation to be another Don Shula, or Bill Walsh will have to wait. This is NFL FLAG. While teaching football skills and strategies is important, keep your lessons as simple as possible. As your team grasps the basics, move onto more advanced ideas. Overloading young players with too much information too early can cause confusion for them and headaches for you.



Rules

A. Equipment

1. Teammates must wear jerseys of the same color, worn so that they do not interfere with the opponents' opportunity to pull the flag.
2. The flags must be of contrasting color to the players' pants. They must be worn as designed (sockets facing outward, one on each hip) and may not be altered in any fashion.
3. Socket assembly of flag belts must be visible.
4. Should any player possess the ball behind the line of scrimmage, with his flags worn in an illegal manner, play shall be stopped, and the down shall be replayed from the previous spot.

Should any player receive the ball within the range of the defense, beyond the line of scrimmage, with his flags worn in an illegal manner, the ball is dead at the reception spot, and the down counts.

5. All players wearing flags must wear football pants, or similar tight-fitting pants without pockets or belt loops. Pant legs must extend beyond the length of the flags.
6. Football or soccer cleats are recommended. ***NO BASEBALL CLEATS!***
7. Gloves and soft-brimmed hats are also permitted, as well as soft football leg & arm pads.
8. Teams may provide their own ball, or share the opponent's ball. Wilson NFL "Mini" sized ball or larger permitted for grades 3 & under. Wilson "K2" sized ball or larger permitted for grades 4 & over.





B. FIELD

1. Dimensions approx. 70yds x 25yds as space permits
2. Field shall be lined with designated and visible boundaries, goal lines and midfield line.

C. BASIC GAME RULES

1. No Deliberate Contact Allowed
2. No player may initiate contact with another player.
3. No Blocking - No Screening, the offense may not attempt to engage or otherwise obstruct the defense.
4. Each team may use 5 players on the field for 4th grade and up, and 6 players for K-3 grades.
5. Teams must use a minimum of THREE players at all times.
6. Substitutions may be made on any dead ball.
7. Coaches permitted on field during the play for offense only. Officials may permit defensive coaches to remain on field.
8. A coin toss determines first possession.
9. Team that wins coin toss chooses either possession, or jersey color to avoid color conflict.
10. The offensive team takes possession of the ball at its 5-yard line and has a series (4 plays) to cross midfield. On 4th down, the team has the option to run another play, or declare to punt.
11. Once a team crosses midfield, it has a new series to score a touchdown.
12. If the offense fails to gain a first down, score a touchdown or punts, the opponent gains possession at the point designated by the result of the previous play.





D. SCORING

1. Touchdown: 6 points
2. Extra point: 1 point (played from 5-yard line),
2 points (played from 10-yard line)
3. Safety: 2 points

E. TIMING

1. Games are played to 50 minutes running time. Games may be shortened if required by time constraints.
2. One-minute break after the first 25 minutes, teams change direction, but possession does not change.
3. If the score is tied at the end of regulation time, teams move directly into overtime. No overtime for regular-season games.
4. Each time the ball is spotted, team in possession has 30 seconds to snap the ball.
5. Teams will receive one warning before a delay of game penalty is enforced.
6. Each team has three 30-second timeouts PER GAME.
7. Officials can stop the clock at their discretion, including a longer break at halftime.

F. DEAD BALL

1. Unpossessed ball touching the ground.
2. Ball carrier's knee touching the ground.
3. Ball carrier steps out of bounds.
4. Ball carrier's flag removed or falls off.
5. Interception - Change of possession at the point of interception when the offense runs its play from inside their "No Run Zone".
6. Any score





G. POSSESSION

1. Point of possession (line of scrimmage) is determined by:
 - A. control of the ball and
 - B. the position of the ball and both flags prior to a dead ball.
2. Officials shall mark point of possession.

H. FORMATIONS

1. Offense must have at least one player (the center) positioned on the line of scrimmage at the snap.
2. Ball must be snapped between the center's legs.
3. Only one offensive player may be in motion, away from the line of scrimmage, at the time of the snap.
4. Defense may use any formation.
5. Immediate rush for all defensive players that are positioned at least 7 yards from the line of scrimmage after the snap.
6. Immediate rush for all defensive players if the ball is handed off, pitched or passed.

I. RUNNING WITH THE BALL

1. A "No Run Zone" exists 5 yards before midfield, and 5 yards before the goal line, in each direction, where the offense may not run the ball across the line of scrimmage. They must pass.
2. The quarterback may not cross the line of scrimmage with the ball unless he receives a handoff, pitch or pass from another player.
3. A QB run, or any run within the "No Run Zone" shall result in a loss of down at the previous spot.
4. Unlimited handoffs, pitches and passes are permitted behind the line of scrimmage.
5. Handoffs, pitches or passes are not permitted once the ball has crossed the line of scrimmage. Handoffs to the center, between the center's legs, are not permitted.





6. Offensive players who take a handoff, pitch or pass may run across the line of scrimmage with the ball.
7. Ball carrier may not lower his shoulder, nor deliberately run into a defender, nor straight-arm, nor shield or otherwise protect (guard) the flag.
8. Spinning is allowed, but players who jump to avoid a defensive player must remain upright and land on their feet (no diving).
9. Jumping over players is only permitted in order to avoid stepping on a player who is off his feet and on the ground.

J. PASSING THE BALL

1. Offensive player may hand off, pitch or pass the ball only if positioned behind the line of scrimmage.
2. All players are eligible to receive passes
3. A player must have control of the ball without any part of his body out of bounds for a legal reception.

K. KICKING

1. No kickoffs - kicking rules apply to punting the ball.
2. Offense may declare a punt before any snap. Punts are permitted only if first declared by the offense.
3. Ball must be snapped to the punter from between the center's legs.
4. Only the player receiving the snap may punt the ball. No handoffs, pitches or passes permitted on a punt play.
5. The punter must kick the ball immediately after the snap.
6. The punter may not advance the ball across the line of scrimmage.
7. Defense may not cross the line of scrimmage on a punt play.
8. Punt returns are not permitted. Ball is placed at the farthest point the ball travels from the punter, touched or untouched by the defense.
9. Simulated punting - defense gains possession at their own 5 yard line.





L. DEFENSE

1. Defender must make an obvious attempt to deflag the ball carrier.
2. Defender may not grasp or otherwise obstruct the ball carrier while in the process of removing the flag.
3. Defender may not push ball carrier out-of-bounds.
4. Defender may not attempt to strip the ball from the ball carrier.
5. Defender may not make contact with the passer's throwing arm.
6. Defender must attempt to deflag the passer or deflect the ball without contact to the passer's throwing arm.

M. SPORTSMANSHIP

1. FOUL PLAY WILL NOT BE TOLERATED.
2. If the field monitor or referee witnesses any flagrant acts of blocking, tackling, illegal contact, unnecessary roughness, or any unsportsmanlike act, the game will be stopped and the player may be ejected from the game.
3. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators) If trash talking occurs, the referee will give one warning. A second offense will be considered unsportsmanlike conduct. If it continues, the player or players may be ejected from the game.





N. ENFORCEMENTS

1. All penalties will be called by the referee.

DEFENSE

2. Offsides -- 5 yards and automatic first down
-- Enforced from previous spot (line of scrimmage)
3. Pass Interference - automatic first down at spot of foul
4. Illegal Contact (holding, blocking, etc.)
-- 10 yards and automatic first down
-- Enforced from previous spot
5. Obstruction of ball carrier
-- 10 yards and automatic first down
-- Enforced from end of run
-- If runner is tackled or held by last defender a touchdown can be awarded to runner by referee

OFFENSE

6. Penalty in own end zone -- defense awarded safety
7. Penalty on 4th down -- Replay the down if accepted
8. Illegal Procedure (substitution, formation, motion, snap)
-- 5 yards & repeat the down
-- Enforced from previous spot (line of scrimmage)
9. Illegal Run (QB run, run within the "No Run Zone")
-- Loss of down at spot of foul
10. Illegal Pass, Pitch or Handoff
-- Loss of down at spot of foul
11. Illegal Contact (holding, blocking, etc.)
-- 10 yards and loss of down
-- Enforced from spot of foul





12. Offensive Pass Interference
 - 10 yards and loss of down
 - Enforced from previous spot (line of scrimmage)
13. Flag guarding
 - 10 yards and loss of down
 - Enforced from spot of foul
14. Delay of game -- clock stops, 10 yards and loss of down.
15. Unsportsmanlike Conduct
 - 10 yards
 - Enforced from end of run

O. OVERTIME

1. The "no run zone" does not apply in Overtime.
2. The ball is placed at midfield in possession of the same team that held possession at the end of regulation.
3. Each team runs a new series of 3 plays.
4. A new series (first down) can be awarded as a result of a penalty.
5. If a team scores a touchdown, they may attempt a PAT. After PAT attempt, their series is concluded and the other team begins its series.
6. If both teams score on their series, each team receives another series.
7. If neither team scores on its series, the winner is decided by total yardage in Overtime.
8. If the defense intercepts, their series begins at the spot of the previous snap.

Interception returns are not permitted in Overtime.





P. PEEWEE RULES

Playing rules that have been adopted for Division 3 and below.

1. DIVISIONS 2 & 3 - Teams may use 6 players on the field.

Simulated punting - defense gains possession at their own 5 yard line.

All other rules remain the same.

2. DIVISION 1 - Teams may use 6 players on the field.

The "No Run Zone" does not apply.

Simulated punting - defense gains possession at their own 5 yard line. All defensive players must be positioned at least 7 yards away from the line of scrimmage at the snap, except when the ball is snapped from within 5 yards of the midfield line or the goal line.

All other rules remain the same.

3. DIVISION K - Teams may use 6 players on the field.

The "No Run Zone" does not apply.

Simulated punting - defense gains possession at their own 5 yard line.

All defensive players must be positioned at least 7 yards away from the line of scrimmage at the snap, except when the ball is snapped from within 5 yards of the midfield line or the goal line.

The Quarterback may pick up a fumbled snap and continue the play. No other player may pick up a ball from the ground during the play.

All other rules remain the same.





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WHAT IS A **PARISI** WORKOUT?

A Parisi workout is your personal key to unlock the door to enhanced athletic performance. Our workouts will make you run faster, your muscles stronger and your mind tougher. This powerful combination is the foundation of every sport champion.

A Parisi workout is your personal edge. In today's world of highly competitive athletics, this workout may be the difference between you and your competition. By working hard and utilizing the best training strategies, you will always be ahead of the pack.

A Parisi workout is a personal investment in your athletic future. Although each workout is only an hour, hundreds of hours over time create champions. If you want to be a champion, working out time is the most valuable commodity you can spend.

A Parisi workout is a personal exercise in self-discipline. Working out is not always fun, but doing what you have to do, when you have to do it, even when you don't feel like it, is what determines success. Exercise self-discipline to improve your character.

A Parisi workout is a personal accomplishment. Completing a workout covered in sweat delivers the small taste of success that whets your appetite for more. Breaking previous records and personal bests is the easiest way to ensure that success breeds success.

A Parisi workout is a personal challenge to be as great as you want to be. It is your chance to create your own vision of the future and make it happen. Every champion has the courage to be the best. Doing anything less than your best is a waste of your gifts.

A Parisi workout is a personal experience that will last a lifetime. You will always remember many things about Parisi. You will remember the improvement you made, the trainers you had, and how fun training was. Most importantly, you will always remember you didn't just feel better...you feel better about yourself!



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A MESSAGE TO PARENTS AND ATHLETES....

THE MOST IMPORTANT ASPECT of any exercise training program is consistency. Our experience has shown us that when a commitment is made to enroll at the Parisi Speed School with a friend, long term results are greatly enhanced. With this in mind, we have included **2 Free Parisi Speed Passes** to give to your two best friends. Coming to the Parisi Speed School is fun but also hard work. Having your friend(s) with you can help make your training experience more positive and productive!



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