THE PRACTICAL PARENT
COACH PLAYBOOK

THE COACH'S WORKBOOK

Flag football edition: printable plans, play log, wristband cards, and forms for your first season coaching 7 to 9-year-olds



Print the pages you need. Skip the rest.

A free companion to *Coaching Youth Flag Football for Beginners*

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HOW TO USE THIS

Print the pages you need. Not all of them, and not in order.





Before your season starts, fill in the league rules page (3) and the goals page (4). Those two shape everything else.

Print several copies of the practice plan (5) and the play-call log (23). You will use those repeatedly.

Practices 1 to 8 (pages 6 to 13) are eight complete practices. You can run them as written. You do not need to plan anything for your first eight practices.

The wristband cards (pages 20 to 22) hold all 27 plays and are optional; your clipboard works just as well. Cut them out and slide them into a clear wristband sleeve.

The one-page cheat sheet (28) is the page worth keeping on your clipboard all season.

You do not need to have read the book to use this workbook. Every page works on its own.

Find the page you need

Before the season
League rules 3
Season goals 4
Roster and attendance 25
Coach's bag 27
Parent messages 26

Practice
Practice plan 5
Practices 1 to 8 6–13
Drill cards 14–16

Game day
Game day, start to finish 17
Game-day checklist 18
Play list 19
Wristband cards 20–22
Play-call log 23
Rotation sheet 24

Anytime
One page to keep with you 28
End of season 29

YOUR LEAGUE'S RULES

Fill this in before your first practice



Get the answers from your league's coach handbook, website, or coordinator. Do not guess. Typical answers for this age are shown in gray, but yours may differ. The book's Check Your League Rules table (Chapter 5) shows which plays each rule affects.

Volunteer requirements *typical: Background check, training*

Players per side *typical: 5v5*

Field size *typical: About 25 yds wide, 40–60 between goal lines*

Flags per belt, gear rules *typical: 2 or 3 flags, jerseys tucked or short*

Ball size *typical: Pee Wee or Junior*

Contact allowed *typical: None*

Rusher *typical: One, 7 yards back, after snap*

Quarterback may run *typical: No*

Handoffs, pitches, passes *typical: Handoffs and pitches behind line, one forward pass*

No-run zones *typical: 5 yds before goal line and midfield*

Downs *typical: Four to midfield, four to score*

Game length and clock *typical: Two 15–20 minute halves, running clock*

Playing-time rules *typical: Roughly equal*

Scoring *typical: 6 for TD, 1 or 2 for extra point*

Mercy rule, overtime, ties *typical: Mercy rule, ties allowed*

Practice space and weather *typical: Varies*

YOUR THREE SEASON GOALS

Small and specific beats big and vague





Pick up to three things you want your players to be able to do by the end of the season. Write them down now. At the end of the season you will come back and see how it went.

Good goals at this age are small and specific. For example: "Every player can pull a flag with two hands." Not: "Win the league."

1 **Goal 1**

2 **Goal 2**

3 **Goal 3**

End of season: how did it go?

PRACTICE PLAN

One page, one practice. Fill it in before you leave the house.



PRINT SEVERAL COPIES OF THIS PAGE

Date and field

Today’s focus (one or two skills, no more)

Plays today (run and pass)

Plan about 45 minutes of activity for a 60-minute slot

The other 15 minutes disappear into late arrivals, water, explanations, and general chaos. That is not wasted time. That is reality.

Belts on and organize *about 5 min*

Warm-up game *about 10 min*

Skill 1 *about 10 min*

Skill 2 or a play *about 10 min*

Small-sided game or scrimmage *about 10 min*

One coaching cue I will repeat today

Backup activity if something falls apart

Equipment I need

PRACTICE 1: FIRST PRACTICE

Run this as written. About 45 minutes of activity.



Focus: Have fun, learn names, get comfortable with belts and flags.

Bring: Belts, footballs (one per pair), cones, masking tape, marker.

Plays today: Play 1, Middle Handoff (run). Run 1 play, catching skills.

1 **Belts on, names** — 0:00 to 0:05
Hand out belts at a cone. Say "Belts on, flags free." Check every belt. Put name tape on belts.

2 **Flag Tag (Drill 1)** — 0:05 to 0:11
Mark a 15-by-15-yard box. "Pull other flags, protect yours. If yours comes off, step outside the cones, put it back on, and jump back in." Two rounds.

3 **Partner Catch (Drill 2)** — 0:11 to 0:19
Pairs, 5 yards apart. "Show me your window." After five catches, each pair steps back two steps.

4 **Water and huddle** — 0:19 to 0:23
One-minute huddle. "Next we learn our first play."

5 **Teach Play 1** — 0:23 to 0:31
Explain, show, try. Walk, jog, run. Rotate every player through quarterback, running back, and center.

6 **3v3 game (Drill 10)** — 0:31 to 0:45
Offense runs Play 1 only. Defenders pull flags. Switch teams after four downs. With 12 or more kids, run two games; with 8, play one 4v4.

7 **Buffer and wrap-up** — 0:45 to 1:00
Late arrivals, water, second round of Flag Tag if time. End with one good thing about the team and the next practice time.

Small-sided version: In 3v3, use a center, a quarterback, and a running back. Play 1 is a snap and a handoff. In 4v4, add one receiver who runs straight up the field.

> **Success check: Every child has pulled a flag, caught a ball, and carried the ball at least once.**

Coach Tip: If a child will not join, give a job (cone setter) and invite them back in two minutes. Do not push.



PRACTICE 2: CATCHING AND THE HITCH

Run this as written. About 45 minutes of activity.



Focus: Catch reliably, learn your first pass play, keep the run game warm.

Bring: Belts, footballs, cones, a hula hoop or a spare cone for targets.

Plays today: Play 6, Hitch (pass). Review Play 1 (run). 1 pass play, 1 run play.

1. **Belts and Flag Tag** — 0:00 to 0:05
   Belt check, then one round of Flag Tag while everyone arrives.
2. **Partner Catch, step back (Drill 2)** — 0:05 to 0:13
   "Window for high, basket for low." Add a step to the side before each catch.
3. **Throw at the Target (Drill 3)** — 0:13 to 0:19
   Two or three hoops, 3 kids at each, 5 to 8 yards away. "Step and throw."
4. **Route Cones: hitch (Drill 7)** — 0:19 to 0:27
   Two or three lanes of 3 kids, each with its own cone at 5 yards. "Five steps, stop, turn, hands up."
5. **Teach Play 6, then Play 1** — 0:27 to 0:33
   Walk and jog Play 6. Then run Play 1 once to remind them. Call run, pass, run, pass.
6. **4v4 game** — 0:33 to 0:45
   Offense alternates Plays 1 and 6. Defense pulls flags.
7. **Buffer and wrap-up** — 0:45 to 1:00
   Water, extra catches in pairs, wrap-up.

Small-sided version: In 3v3, the center snaps, the quarterback throws, and one receiver runs the hitch. In 4v4, two receivers run the hitch, one on each side. A player who is not running a route stands behind the quarterback.

Success check: At least half the throws are caught, and every receiver turns around on the hitch.

Coach Tip

If throws are wild, move everyone closer. A caught ball teaches more than a missed deep throw.



PRACTICE 3: FLAG PULLING

Run this as written. About 45 minutes of activity.



Focus: Pull the flag the right way, stay with a ball carrier, practice a handoff.

Bring: Belts, footballs, cones.

Plays today: Plays 1 and 6 (offense, as a warm-up). 1 run play, 1 pass play, defense focus.

1. **Belts and Flag Tag** — 0:00 to 0:05
   Same routine. Say "eyes on the belt" during the game.

2. **Chase and Pull (Drill 6)** — 0:05 to 0:13
   Lane 8 yards wide, 20 long. "Eyes on the belt. Break down. Two hands." Pull the flag only: no grabbing the shirt, belt, or player. Rotate runner and defender.

3. **Mirror Match (Drill 8)** — 0:13 to 0:20
   Pairs, 3 yards apart. "Stay low, stay in front." 20 seconds, then switch.

4. **Water and huddle** — 0:20 to 0:24
   Explain man-to-man: "This is your player. Stay with them." Assign defenders by number.

5. **Rusher Race (Drill 9)** — 0:24 to 0:30
   Only if your league has a rusher. Otherwise, run Handoff Highway (Drill 5) for a second time.

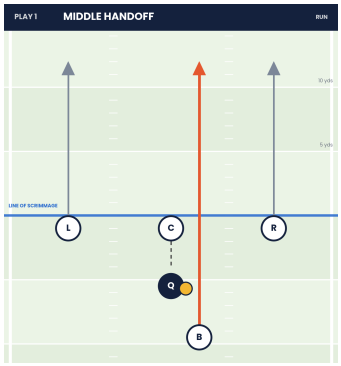
6. **3v3 game (Drill 10)** — 0:30 to 0:45
   Offense runs Plays 1 and 6. Stop after each play and ask "What worked?"

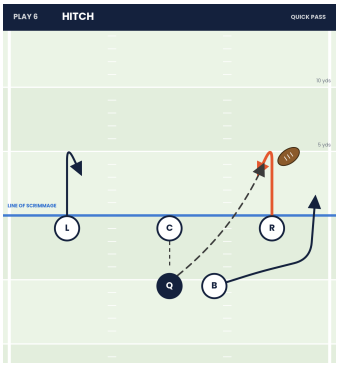
7. **Buffer and wrap-up** — 0:45 to 1:00
   Water, wrap-up, one defensive praise for every child.

Success check: Defenders slow down before they reach the runner, and most flag pulls are clean.

Coach Tip

Praise the flag pull, not the chase. Kids repeat what you cheer.





PRACTICE 4: HANDOFFS AND SWEEPS

Run this as written. About 45 minutes of activity.



Focus: Make the handoff reliable and add the outside run, both directions.

Bring: Belts, footballs, cones.

Plays today: Plays 1, 2, and 3 (run). Play 6 (pass). 3 run plays, 1 pass play.

1. **Belts and Flag Tag** — 0:00 to 0:05
   Belt check and one round.

2. **Snap and Throw (Drill 4)** — 0:05 to 0:13
   Groups of three. Rotate center, quarterback, receiver after three tries.

3. **Handoff Highway (Drill 5)** — 0:13 to 0:23
   Walk, then jog. "Pocket arms. Eyes on the hands, then up."

4. **Water and huddle** — 0:23 to 0:28
   Show Play 2 on the ground with cones. Explain: "Back, take it wide."

5. **Teach Plays 2 and 3** — 0:28 to 0:38
   Walk the sweep right, then left. Quarterback hands off as the runner passes. Add speed slowly.

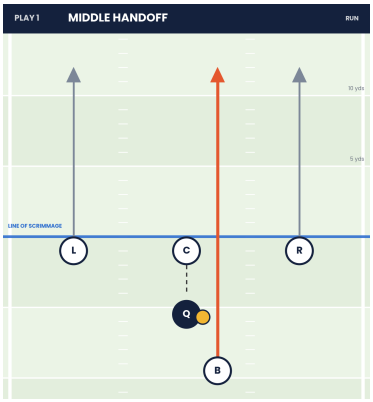
6. **4v4 game** — 0:38 to 0:45
   Offense rotates Plays 1, 2, 3, then Play 6. Defenders pull flags.

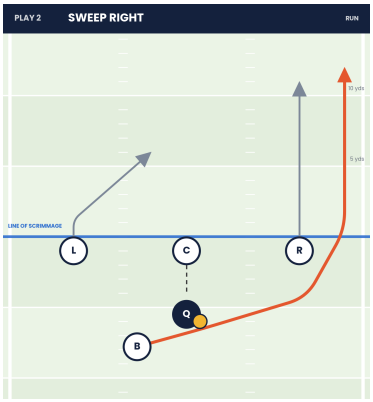
7. **Buffer and wrap-up** — 0:45 to 1:00
   Water, spare reps for any handoff that failed, wrap-up.

Success check: Handoffs are not dropped more than one time in four, and the sweep runs both ways. If the handoffs are clean early, shorten the teaching and give the extra minutes to the game.

Coach Tip

If the handoff keeps failing, slow it down. Do not add speed until it is clean at a jog.





PRACTICE 5: THE STARTER THREE

Run this as written. About 45 minutes of activity.

Focus: Run Plays 1, 6, and 2 without a coach telling each player where to go.

Bring: Belts, footballs, cones, your play card.

Plays today: Plays 1, 2, and 6. 2 run plays, 1 pass play.

1. **Belts and Flag Tag** — 0:00 to 0:05
   Keep it quick.

2. **Warm-up circuit** — 0:05 to 0:15
   Pairs: five catches, then a snap and handoff. Rotate every two minutes.

3. **Run the Starter Three, no defense** — 0:15 to 0:25
   Call each play in the huddle script. Run each twice. Players call their own jobs back to you.

4. **Scrimmage: offense against defense** — 0:25 to 0:40
   Live flags. Stop after each play, coach one thing, then run the next. Call a run, then a pass, then a run.

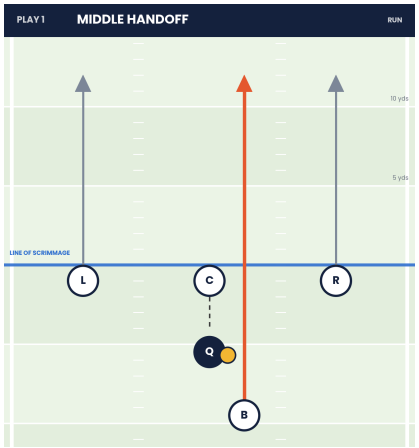
5. **Practice your huddle** — 0:40 to 0:45
   "Play 6, Hitch. Ready? Break!" Hustle to the line.

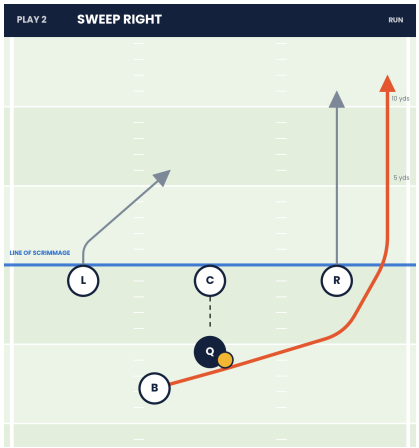
6. **Buffer and game-day talk** — 0:45 to 1:00
   Explain next game: when to arrive, belt check, what to remember.

Success check: Players can say their jobs on all three plays and get into position without repeated correction.

Coach Tip

This is the practice to check whether you are ready to add a fourth play.





PRACTICE 6: PITCHES AND OUTSIDE RUNS

Run this as written. About 45 minutes of activity.



Focus: Get the ball outside with a pitch, in both directions, and add a quick pass to keep defenders honest.

Bring: Belts, footballs, cones.

Plays today: Plays 4 and 23 (run), 5 (run, optional), 7, Slant (pass). 3 run plays, 1 pass play.

1 **Belts and Flag Tag** — **0:00 to 0:05**
Belt check.

2 **Pitch practice** — **0:05 to 0:15**
Pairs, one running, one pitching. Underhand, soft, to the chest. Start at a walk. "Look it in and tuck."

3 **Teach Plays 4 and 23** — **0:15 to 0:25**
Walk Pitch Right, then Pitch Left. Cone marks where the pitch is caught. Add speed one step at a time.

4 **Water and huddle** — **0:25 to 0:30**
Ask: "Where does the ball go?" Let players explain it to each other.

5 **Teach Play 7, Slant** — **0:30 to 0:38**
Cone at the cut. "Two steps, cut to the middle." Quarterback throws as the receiver cuts.

6 **4v4 game** — **0:38 to 0:45**
Offense rotates 4, 23, 7, then 1. Defense pulls flags.

7 **Buffer and wrap-up** — **0:45 to 1:00**
Water, extra pitch reps, wrap-up. Optional: try Play 5, Jet Sweep, at a walk.

If pitches are not allowed: Skip Plays 4, 5, and 23. Run the same session with Play 2 and Play 3 (Sweep Right and Sweep Left) in the first two blocks, and Play 24 (Off-Tackle Right) for the rest of that time. Keep Play 7, Slant, as written.

> **Success check: Pitches are caught more than half the time, in both directions. Without pitches, the sweeps run both ways with clean handoffs.**

Coach Tip: If pitches keep hitting the ground, move the runner closer and soften the toss. Check your league's pitch rule first.



PRACTICE 7: THE INSIDE RUN GAME

Run this as written. About 45 minutes of activity.



Focus: Run the ball up the middle and add the delayed handoff, so you can run all game.

Bring: Belts, footballs, cones.

Plays today: Plays 1, 24, 25, and 27 (run). Play 9, Curl and Flat (pass). 4 run plays, 1 pass play.

1. **Belts and Flag Tag** — 0:00 to 0:05
   Belt check.

2. **Handoff Highway (Drill 5)** — 0:05 to 0:13
   Jog speed. Runner takes the ball with pocket arms, then runs to a cone in the gap.

3. **Teach Plays 24 and 25** — 0:13 to 0:23
   Cone in the gap. "Run to the cone." Walk each direction, then jog.

4. **Water and huddle** — 0:23 to 0:28
   Quick quiz: "Which play goes wide? Which goes inside?"

5. **Optional: Play 27** — 0:28 to 0:36
   Teach the count: "One Mississippi, then go." Quarterback steps back first. Walk it, then jog.

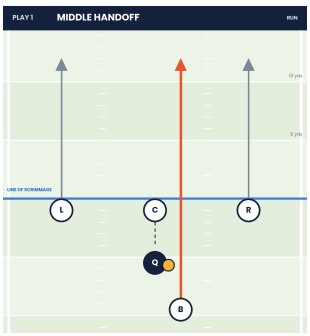
6. **4v4 game** — 0:36 to 0:45
   Rotate 1, 24, 27, 9. Defense tries to stay with the receivers.

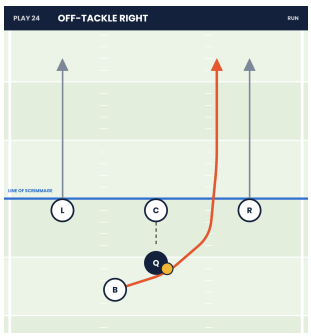
7. **Buffer and wrap-up** — 0:45 to 1:00
   Water, spare reps, wrap-up. Praise one great carry from every player.

Success check: Runners aim for the gap. If you taught Play 27, the delayed handoff happens without bumping the quarterback.

Coach Tip

The delayed handoff is a timing play and it is optional. If it is messy, skip it and spend the time on the plays that already work.





PRACTICE 8: GOAL LINE AND SCRIMMAGE

Run this as written. About 45 minutes of activity.



Focus: Score from close range, run a mock game, and practice calling a balanced mix.

Bring: Belts, footballs, cones, scoreboard card.

Plays today: Plays 20, 21, 22, 26, and the Starter Three. Run and pass, balanced.

1 **Belts and Flag Tag** — 0:00 to 0:05
Belt check.

2 **Goal-line plays** — 0:05 to 0:15
Mark the end zone with cones five yards ahead. Run Play 22, Goal-Line Handoff, then Play 21, Goal-Line Slant. Check your league's no-run zone first.

3 **Teach Play 26 or Play 20** — 0:15 to 0:25
Midseason treat: walk the Reverse, or the Fade if your quarterback throws well. Skip it if your team is not ready.

4 **Water and huddle** — 0:25 to 0:30
Explain the mock game: four downs, score if you can.

5 **Mock game** — 0:30 to 0:45
Offense calls its own plays from your card. Tally runs and passes. Coach one thing between series. Switch teams halfway.

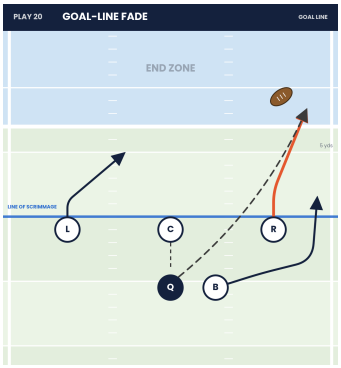
6 **Buffer and game-day talk** — 0:45 to 1:00
Show your tally. "We ran six and threw five. Nice mix." Plan for the next game.

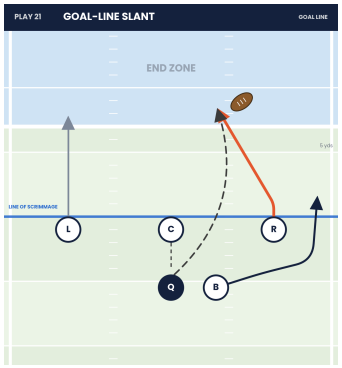
If your league has a no-run zone: Skip Play 22. Call Plays 20 and 21 for goal-line plays, and mark the zone with cones so everyone sees where runs are not allowed.

Success check: The team scores at least once in the mock game, and runs are at least four of every ten calls.

Coach Tip

This is a good practice to invite a parent to watch, so they see how the team works.





DRILL CARDS (1 OF 3)

Five drills is enough for a whole season. You do not need a hundred.

Flag Tag

flag pulling and awareness



On “Go,” players try to pull other players’ flags while protecting their own. When a player’s flag is pulled, they step outside the box, put it back on, and jump back in. Play for one or two minutes, then reset.

Needs: A belt for every player and cones to make a box

Easier: Make the box bigger so there is more room to run.

Harder: Make the box smaller, or add a rule that players must stay low.

Partner Catch

catching



One partner tosses the ball underhand. The other catches with the window or basket hands and tosses it back. After five catches, step back a few steps.

Needs: One football per pair

Easier: Move closer. Use a softer ball.

Harder: Add a step to the side before each catch, or have players catch while jogging.

Throw at the Target

throwing accuracy



Players take turns throwing a football to land in or near the hoop. After each throw, they retrieve the ball and go to the back of the line.

Needs: A hula hoop or a cone for each pair, footballs

Easier: Move the hoop closer or use a bigger target.

Harder: Add a second hoop farther back, or have players throw while one partner walks across the target area.

Snap and Throw

snap and first steps



The center snaps to the quarterback. The quarterback catches the snap and throws a short pass to the receiver, who stands about 5 yards away. Rotate positions after three tries.

Needs: Footballs

Easier: Have the quarterback stand closer.

Harder: Have the receiver run a short route.

DRILL CARDS (2 OF 3)

Add these when the first drills feel easy



Handoff Highway

the handoff



The quarterback holds the ball. The running back starts at the cone and runs toward the quarterback. The quarterback hands the ball into the running back's "pocket." The running back runs five more yards and hands the ball back for the next player.

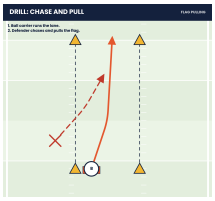
Needs: Footballs and cones

Easier: Start at a walk.

Harder: Add a defender who stands 5 yards ahead.

Chase and Pull

flag pulling in open space



On "Go," the ball carrier runs the lane. The defender chases and tries to pull the flag. Swap roles after each turn.

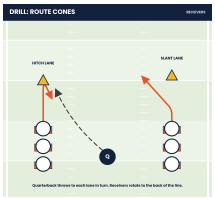
Needs: Cones and belts

Easier: Start the defender closer.

Harder: Add a second defender.

Route Cones

running routes and catching



The first receiver in each lane runs to the cone, turns, and catches a short throw. After the catch, the receiver jogs back and goes to the end of the line.

Needs: Cones, footballs

Easier: Put the cone closer.

Harder: Add a defender who stands near the cone.

Mirror Match

defensive footwork



One player is the leader and runs side to side. The partner mirrors the movement, staying in front. After 20 seconds, switch.

Needs: Cones

Easier: Slow it down.

Harder: Let the leader make quick changes of direction.

DRILL CARDS (3 OF 3)

Pick one when you need a change

Rusher Race

the rush



On “Snap,” the rusher runs toward the quarterback, who is holding the ball and looking downfield. The rusher tries to pull the quarterback’s flag. The quarterback throws or hands off before the rusher arrives.

Needs: Cones and belts

Easier: Start the rusher farther back.

Harder: Make the quarterback look for a receiver before throwing.

3v3 Skill Game

putting it all together



Offense gets four downs to score. Use your Starter Three plays. Defense tries to pull flags. After the offense scores or runs out of downs, switch.

Needs: Cones, footballs, belts

Easier: Give the offense five downs.

Harder: Have the defense try a zone.

GAME DAY, START TO FINISH

What a flag football game looks like for 7 to 9-year-olds

One play, start to finish

1. The offense lines up. The center is over the ball. The quarterback is a few yards behind.
2. The defense lines up. Sometimes one defender is the rusher, seven yards back.
3. The center snaps the ball to the quarterback.
4. The quarterback hands off, pitches, or throws.
5. Receivers run routes. Defenders stay with them.
6. A defender pulls a flag. The ball carrier is down. The referee marks the spot.
7. Both teams hurry back to line up again.

What you will probably see

- Flags falling off on their own. Normal. Ask the referee.
- Kids lined up on the wrong side. Normal.
- Wobbly throws and dropped passes. Most passes are not caught.
- A snap that goes nowhere. Laugh, reset, go again.
- Kids chasing the ball instead of the flag.
- Parents yelling. Some cheer. Some coach.
- A running clock. Be ready to call the next play fast.

The belt check (do it for every player, every practice and game)



Ask the referee before kickoff

Arrive early and ask what the referee will call strictly. Ask which down it is. Ask how your league scores extra points. It is the fastest way to learn what your league cares about.

GAME-DAY CHECKLIST

Work down the list. Tick as you go.



Before you leave home

- [ ] Roster and emergency contacts
- [ ] League rules and the book
- [ ] Footballs
- [ ] Belts and spare flags
- [ ] Cones
- [ ] Water and first aid kit
- [ ] Wristbands or play card
- [ ] Whistle (if allowed)
- [ ] Rotation sheet

At the field

- [ ] Meet the referee
- [ ] Belt check for every player
- [ ] Warm-up: Flag Tag, catch, snap, hand-off
- [ ] One thing to remember
- [ ] Know who plays which position first
- [ ] Know the weather and safety plan

After the game

- [ ] Line up and shake hands
- [ ] One positive thing for each player
- [ ] Tell the team the next practice time
- [ ] Count belts and footballs

Pick your one thing

Before the game, give your team one thing to remember. “Ball high, flags free” is a good one. Say it at the huddle and again at halftime. Then stop.

YOUR 27 PLAYS



Tick plays off as you teach them. Three is enough to start. T1 to T3 show teaching p

#	Play	Type	Taught	Game
1	**Middle Handoff** ★ T1	Run	☐	☐
2	**Sweep Right** ★ T1	Run	☐	☐
3	**Sweep Left** T2	Run	☐	☐
4	**Pitch Right** T3	Run	☐	☐
5	**Jet Sweep** T3	Run	☐	☐
6	**Hitch** ★ T1	Quick Pass	☐	☐
7	**Slant** T2	Quick Pass	☐	☐
8	**Out and Hitch** T3	Quick Pass	☐	☐
9	**Curl and Flat** T3	Quick Pass	☐	☐
10	**Center Slip** T3	Quick Pass	☐	☐
11	**Quick Screen** T3	Quick Pass	☐	☐
12	**Go and Hitch** T3	Deeper Pass	☐	☐
13	**Post** T3	Deeper Pass	☐	☐
14	**Corner** T3	Deeper Pass	☐	☐
15	**Crossers** T3	Deeper Pass	☐	☐
16	**Flood Right** T3	Deeper Pass	☐	☐
17	**Hitch and Go** T3	Deeper Pass	☐	☐
18	**Fake Handoff Pass** T3	Trick	☐	☐
19	**Pitch and Throw** T3	Trick	☐	☐
20	**Goal-Line Fade** T3	Goal Line	☐	☐
21	**Goal-Line Slant** T3	Goal Line	☐	☐
22	**Goal-Line Handoff** T3	Goal Line	☐	☐
23	**Pitch Left** T3	Run	☐	☐
24	**Off-Tackle Right** T2	Run	☐	☐
25	**Off-Tackle Left** T2	Run	☐	☐
26	**Reverse** T3	Run	☐	☐
27	**Delayed Handoff** T3	Run	☐	☐

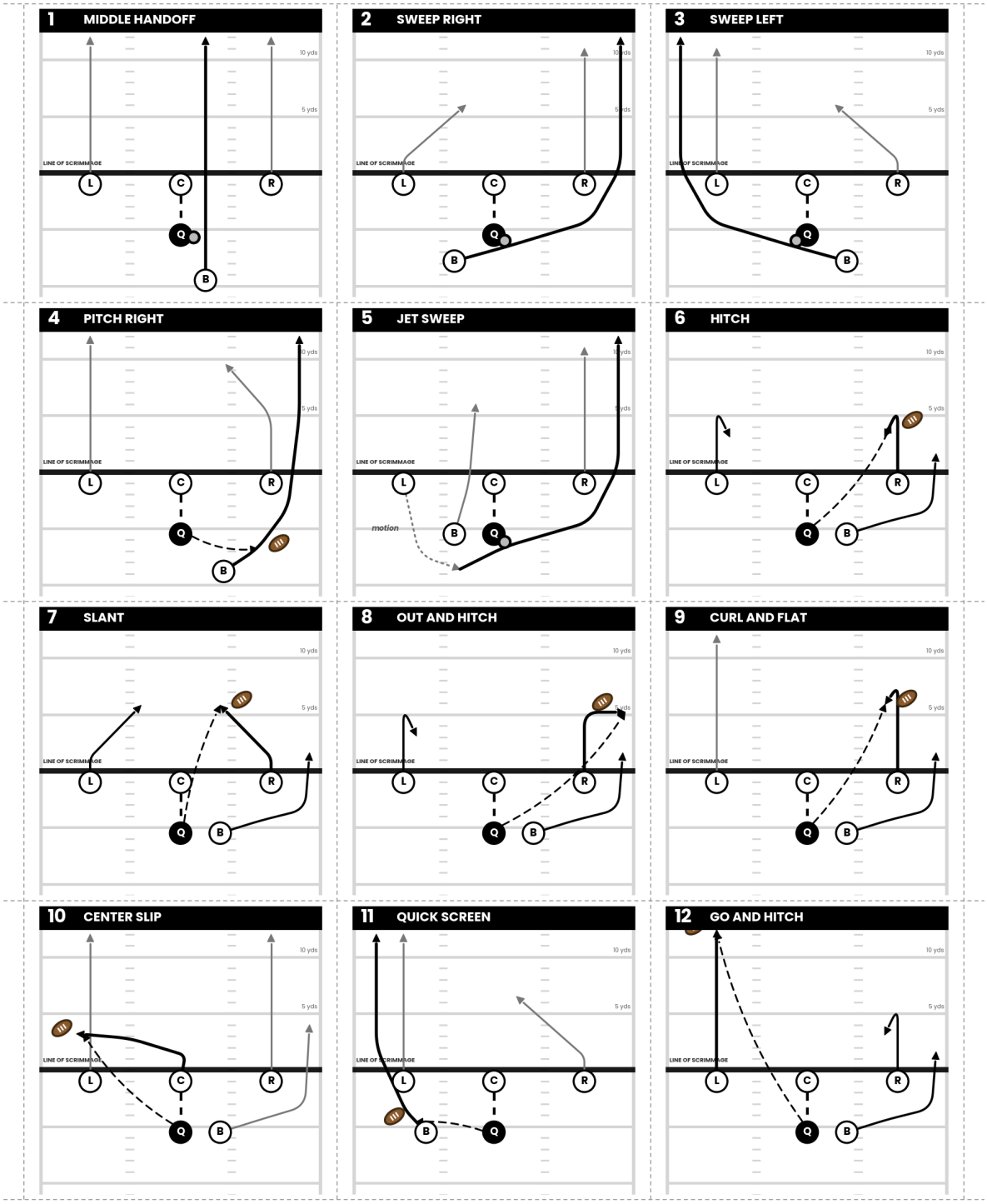
★ The Starter Three: teach these first, and do not add a fourth until the team can run all three without you.

OPTIONAL WRISTBAND: PLAYS 1 TO 12

Print at 100 percent. Cut on the lines. Slide into a clear wristband sleeve.

WRISTBAND CARDS: PLAYS 1-12

Print at 100% on letter paper. Cut along the dashed lines. Fold into a wristband sleeve.



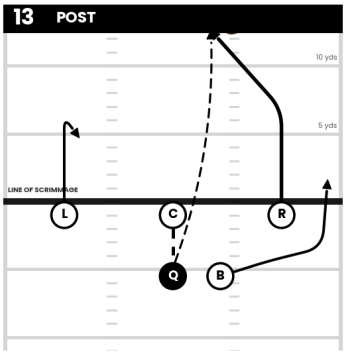
OPTIONAL WRISTBAND: PLAYS 13 TO 22

Print at 100 percent. Cut on the lines. Slide into a clear wristband sleeve.

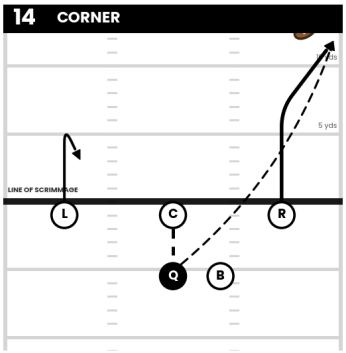
WRISTBAND CARDS: PLAYS 13–22

Print at 100% on letter paper. Cut along the dashed lines. Fold into a wristband sleeve.

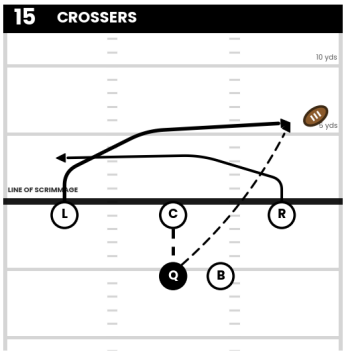
13 POST



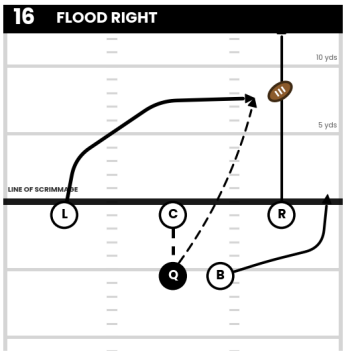
14 CORNER



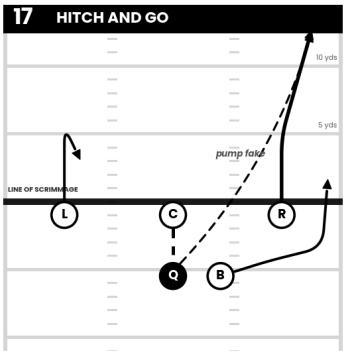
15 CROSSERS



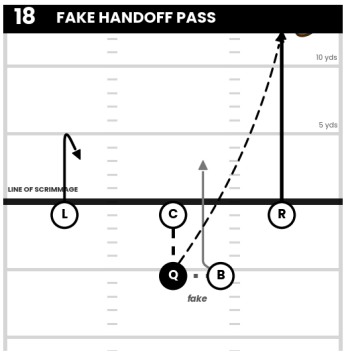
16 FLOOD RIGHT



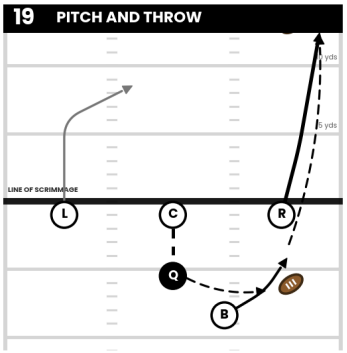
17 HITCH AND GO



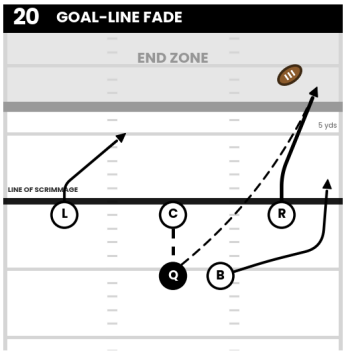
18 FAKE HANDOFF PASS



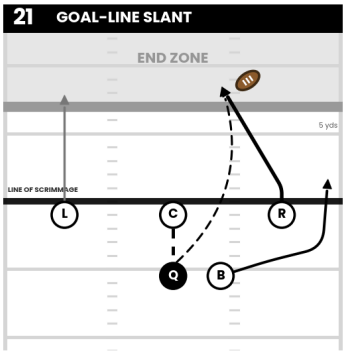
19 PITCH AND THROW



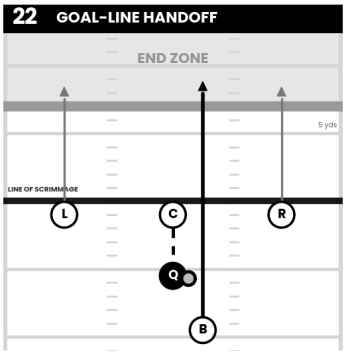
20 GOAL-LINE FADE



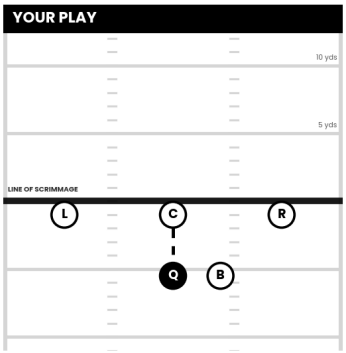
21 GOAL-LINE SLANT



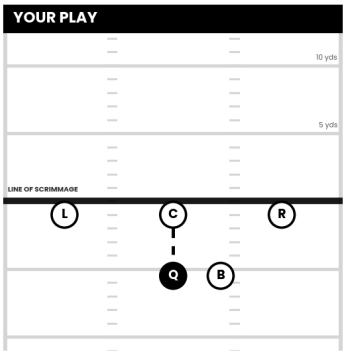
22 GOAL-LINE HANDOFF



YOUR PLAY



YOUR PLAY



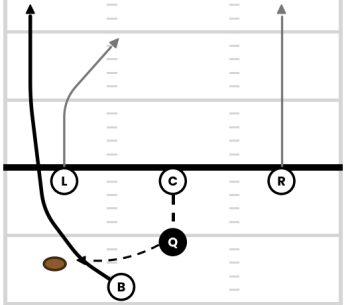
OPTIONAL WRISTBAND: PLAYS 23 TO 27

Print at 100 percent. Cut on the lines. Slide into a clear wristband sleeve.

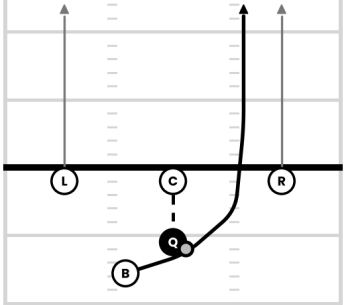
WRISTBAND CARDS: PLAYS 23-27

Print at 100% on letter paper. Cut along the dashed lines. Blank cards are for your own plays.

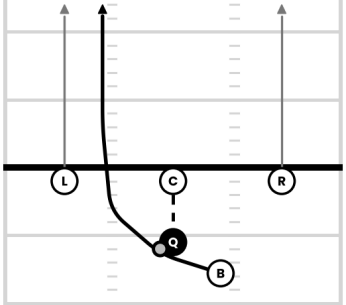
23 PITCH LEFT



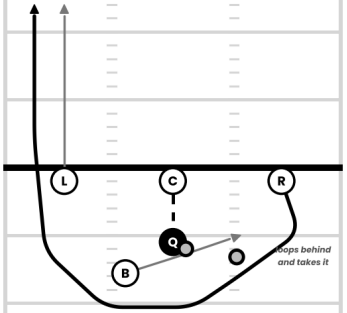
24 OFF-TACKLE RIGHT



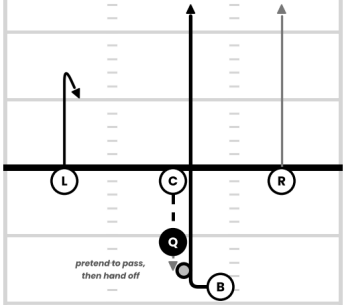
25 OFF-TACKLE LEFT



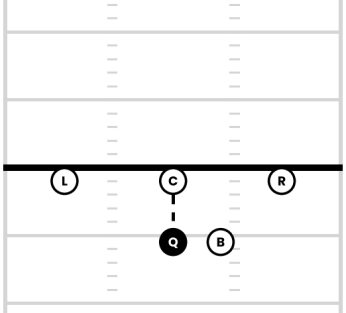
26 REVERSE



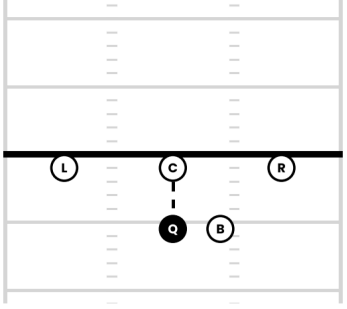
27 DELAYED HANDOFF



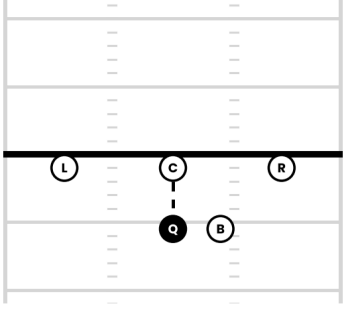
YOUR PLAY



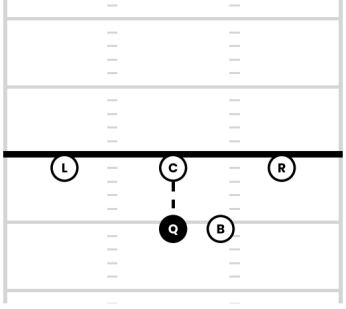
YOUR PLAY



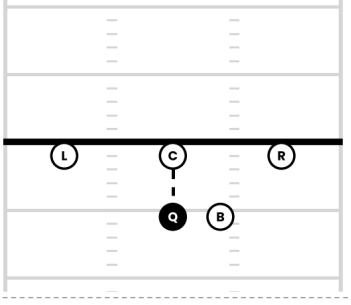
YOUR PLAY



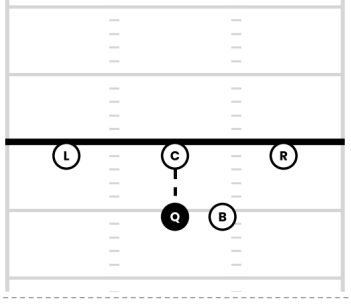
YOUR PLAY



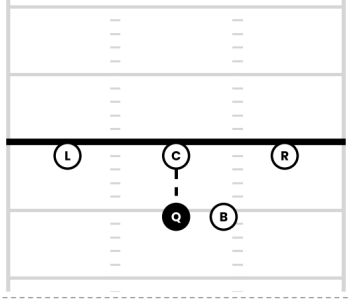
YOUR PLAY



YOUR PLAY



YOUR PLAY



PLAY-CALL LOG

Write each call as you make it. Aim for at least 4 runs in every 10 calls.



Game: _____ **Date:** _____ **Runs:** _____ of _____

Call	Play #	Run / Pass	What happened
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			

POSITION ROTATION

Write C, Q, B, L, R, or Bench. Everyone plays every position at least once.



Player	Game 1				Game 2			
	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4

Positions

C center, **Q** quarterback, **B** running back, **L** and **R** left and right receivers. If your league plays 6v6 or 7v7, add more receivers. Rotate every player through every spot, quarterback included.

TEAM ROSTER AND ATTENDANCE

One list, one photo on your phone



Player	Parent and phone	Allergies / notes	Practice									
			1	2	3	4	5	6	7	8	9	10

Mark a check for each practice a player attends. Keep this page in your gear bag and a photo of it on your phone.

PARENT MESSAGES

Copy, change the details, send. Pick one channel and use only that one.



1. Welcome message (before the first practice)

Hi everyone, I am Coach _____. I am excited to coach your kids this season. Our first practice is _____ at _____. Please bring water and wear sneakers or cleats if your league allows them. We will provide belts and footballs. A few notes: everyone plays and every player touches the ball. We rotate positions. Please let me coach during games, and cheer for everyone. Reply with any allergies or health notes. Thanks!

2. Weekly schedule reminder

Reminder: practice is _____ at _____. Our next game is _____ at _____. Please arrive 15 minutes early so we can check belts. Let me know if your child will miss.

3. Weather or cancellation

Because of _____, practice on _____ is canceled. I will send an update by _____. Please check your email or text before heading to the field.

4. After a hard game

Thank you all for being there. It was a tough game, and the kids kept trying. Flags were pulled, passes were dropped, and they still had fun. We will work on _____ at practice. See you on _____.

5. If you have a concern about playing time

Thanks for reaching out. I understand wanting your child to have more time. Our league's rule is _____, and I rotate players so everyone gets a similar amount. Can we talk after practice about how I can help your child get more comfortable?

COACH’S FLAG FOOTBALL BAG

Pack this the night before. Take a photo of this page.



- [ ] Footballs, Pee Wee or Junior size, one for every two players
- [ ] 12 or more flag belts, plus spare flags
- [ ] 20 cones
- [ ] Whistle (if allowed)
- [ ] Hula hoops or targets
- [ ] Roster and emergency contacts (paper)
- [ ] First aid kit and ice packs
- [ ] Water and cups
- [ ] Clipboard, pen, index cards
- [ ] Masking tape and marker for name tags
- [ ] Spare flags and belt fasteners that match your league’s equipment
- [ ] Sunscreen and extra hair ties
- [ ] League rules and this book
- [ ] Rotation sheet and game-day checklist



ONE PAGE TO KEEP WITH YOU

If you print only one page, print this one. Clip it to your clipboard.



Five flag football reminders

1. **Ball high, flags free.** Never cover the flags.
2. **Eyes on the belt.** Watch the belt, not the head.
3. **Make a window.** Thumbs together for high catches.
4. **Step and throw.** Step toward the target.
5. **Two hands on the flag.** Pull, hold it up, let the referee decide.

Ten things to remember

1. Everyone plays and touches the ball.
2. Belts on, flags free.
3. Plan 45 minutes in a 60-minute practice.
4. Teach one thing at a time.
5. Explain, show, try.
6. Walk it, jog it, run it, go live.
7. Keep drills and lines short.
8. Start with the Starter Three.
9. Stay calm. Kids copy you.
10. The goal is for them to want to come back.

When things go bad

- **Practice is chaos:** freeze, regroup, play Flag Tag.
- **A drill is not working:** make it easier or move on.
- **A child is upset:** calm first, teach later.
- **A parent is angry:** listen, do not argue, talk later.
- **A child is hurt:** stop play, follow your league's process.
- **You do not know the rule:** "I am not sure, let me check."

Your emergency reset: Stop. Breathe. Lower your voice. Simplify. Play a game.



END OF SEASON

Fill this in once, while it is still fresh. It makes next season much easier.



What are three things that went well?

What would I change next season?

Which plays worked best?

Which drills did the kids like most?

What did I learn about myself as a coach?

What did I learn about the kids?

What would I tell a new coach?

Who do I want to thank?



WHAT'S IN THE FULL BOOK

This workbook covers the forms. The book covers the reasoning.





Coaching Youth Flag Football for Beginners is a calm, practical guide for the parent who said yes to coaching and has never run a practice.

It explains the 45-Minute Rule, the Explain, Show, Try method, how to teach every basic skill, ten drills you can actually run, and a 27-play playbook with diagrams and wristband cards. It also covers game day, coaching your own child, managing parents, and what to do when things go wrong.

Flag Football Coach's Workbook

Latest version, free. Scan the code or visit

panickedparent.com/resources/coachguide/flag/flag-football-workbook.pdf

Questions or corrections? panickedparent.com

Panicked Parent Press • The Practical Parent Coach Playbook, Book Three

The play diagrams, forms, and wristband cards may be copied for personal coaching use only, not for resale or redistribution.