

2008 PFL Divison 5 Texans Guidelines

- Safety
 - Water breaks – we will take many breaks during the summer heat
 - Mouth guard **keep an extra(s) in the car**
 - **No sitting on helmets**
 - Shoulder pad straps and strings **should be tight**
 - Must have padded pants
 - Athletic supporter required (no cup)
 - Tight fitting forearm pads are recommended
 - Elbow pads, neck pads and gloves are **not** recommended
 - Like sized and experienced boys will be matched in practice
 - Some boys may cry at practice or in a game – please don't worry or be embarrassed. **Do not** run out to your child if this happens. Crying at this age with contact sports is not unusual. Coaches will assess if an injury exists – 99 times out of 100 **no** injury has occurred. Where no injury exists – the coach may elect to ignore the crying and continue.
 - Football pads and helmets should only be worn (and used) at team practices and games
- Practice Techniques For Safety
 - Proper head position
 - Proper hand on ground placement
 - Proper hitting technique
 - **NO horse play**
- Field Etiquette
 - No parents on (game or practice) field unless invited by coach. **All Dads encouraged to sign up to assist in coaching.** Watching from sidelines is encouraged. We must stay 3yds behind game sideline.
 - Parents, do not talk to coaches, players or officials on the field.
 - Coaches do not question officials action – this is the head coach's job
- Coaching Philosophy
 - Teach football fundamentals and skills
 - Team play and the power of teamwork will be stressed
 - **Offense success begins in the line** – praise our offensive linemen
 - Be and Execute your best – encourage leadership
 - Inspire excellence – in the same way God wants us to be excellent
 - Players and coaches will be on a 'last name basis' while on the field. Yes SIR, and No SIR are required. Sons address dads as Coach.
 - Discipline will be enforced – examples: being late or absent, not listening, not hustling, no mouth guard at the snap of ball or in drills, horseplay, etc. Excessive discipline problems can result in reduced 'game time' play.
 - Laps or pushups will be assigned to individuals or entire team as coach sees fit to help with discipline problems. If you see your son being disciplined, please do not feel as though this requires a discussion or meeting – the coach will call a meeting if the matter cannot be handled on the field.

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- Work at home (**Dads and big brothers PLEASE HELP**)
 - Conditioning – heat exposure and running
 - Proper 3 and 4 point stance (feet, arm, fingers, back and head)
 - Center, Deep snapping, QB drills, Hand-off drill, Drop and Place Kicking – a coach will help Dads with the techniques
 - Passing drill (from stance with pattern in addition to playing catch)
 - Players should review and know the playbook – very important !
- Nutrition
 - Hydration – **boys need to come to practice fully hydrated** – boys should make and bring a water bottle. Water or electrolyte drinks (like Gatorade) – **no** carbonated or fruit drinks before practice or games.
 - A protein diet, in general, is the best option for young developing athletes.
 - Avoid eating 1 hour immediately before practice and games.
 - Avoid eating sugar, starch and pastas before practice and games.
 - Please try to avoid Friday night ‘sleep overs’ during the football season.
- Other items
 - Prayer – before and after each practice and game.
 - No rumors and no talking behind other’s backs. Any problems or situations with other parents or players should be brought to the head coach. It is the head coach’s job to keep parental harmony and sideline order. Please help by keeping him aware of all potential problems.
 - Saturday practices end once games begin.
 - Offensive backs (including receivers) and centers must come to practice 30 minutes early to work on timing and refining plays. All players are invited to this pre-practice session and are encouraged to attend if they wish to earn a ball handling position.
 - Our team’s offensive emphasis, this year, will be on blocking and passing. Please help your son understand how important blocking is for every one of our offensive plays.
 - All Dads encouraged to sign-up as an Assistant Coach.
 - Assume scheduled practice or game is going to happen unless called or emailed that it is has been cancelled (football is played in rain).
 - **BE ON TIME TO PRACTICE AND GAMES** – Attendance and effort from every player will determine the success of our team this year.
 - The team mom will be communicating with you about game uniforms.
 - Team information located at www.PeeWeeFootball.org

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