

## Eagles - Parent's Meeting - August 5th

- Safety
  - Water breaks
  - Mouth guard (prefer no clear or red)
  - NO sitting on helmets
  - Shoulder pad straps and strings should be tight
  - Must have padded pants
  - Need athletic supporter
  - Elbow pads, neck pads and gloves are optional
  - Like sized and experienced boys will be matched when hitting in practice
  - Some boys may cry at practice or in a game – please don't worry or be embarrassed. 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 play.
- 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. Watching from sidelines is encouraged. Must stay 3yds behind game sideline.
  - Do not talk to coaches, players or officials on the field. Coaches will not be talking to officials until half time (as a rule).
  - PSO Parent Code of Conduct
  - Assistant Coaches need to fill out PSO Coach form and return to team mom.
- Coaching Philosophy
  - Have fun and Try hard
  - Be and Execute your best – encourage leadership (theme of the Value Lessons)
  - Teach football fundamentals and skills
  - Team will be stressed
  - 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 and pushups will be assigned to individuals or entire team as coach sees fit.
- Work at home (Dads and big brothers HELP)
  - Conditioning – heat exposure and running
  - Proper 3 and 4 point stance (feet, arm, fingers, back and head)
  - Center - QB drill; Hand-off drill; Deep snapping; Drop and Place Kicking
  - Passing drill (from stance with pattern in addition to playing catch)
  - Review playbook
- Other items
  - Value lessons
  - Practice times: 6pm-8pm Tuesday and Thursday, 9am-11am Saturdays until games begin. Some time and location changes may be introduced for scrimmages.
  - Centers, QBs, Kickers and all players need to be early to practice.
  - Recruit 9-year-old players for the team!

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