



Southeast Polk Youth Tackle Football
Building for the Future

www.SEPYouthFootball.com



2009

**Southeast Polk
Youth Tackle Football**

Policy and Procedures Guide



Southeast Polk Youth Tackle Football
Building for the Future



www.SEPYouthFootball.com

Table of Contents

Skills Day Policy and Procedures 3
Player Draft Policy and Process 4
Coach Selection Policy 5
Scrimmage Policy 6



Skills Day Policy and Procedures

Overview

Skills day will be conducted two evenings prior to the player draft. Players will participate in five areas to gauge overall athletic ability. Where possible, each drill will be run by the same Board member both nights to ensure consistency in ratings given. Players will be allowed to run each drill once. The results will be used, along with players' weight to help determine the draft process. After each season coaches will fill out a questionnaire rating each player after they have had a chance to work with them for the year. The survey results will be compared against the pre-season skills day rating, allowing the Board to decide where enhancements or changes are necessary to the current process.

Skill Drills

40 yard dash – Players will run one timed 40 yard sprint on the field. All times for each division will be sorted and divided into 10 groups; .5, 1, 1.5,.....4.5, 5 - .5 being low and 5 high.

Throwing – Each player will attempt three throws, one for 10 yards, one for 15 yards, and one for 20 yards. Ratings will be assigned 1-low to 5-high with taking into consideration the following; Length of throw – Did the ball carry the desired distance? Strength of throw – Was the ball lofted or thrown with better velocity? Accuracy of throw – Would the ball have been catchable for an average receiver? Overall form – How is technique for each throw, set feet, step, etc. All criteria for all throws should be weighed equally to determine overall score.

Speed and Agility – Four cones will be arranged in a square, 10 yards apart. Each player will start in one corner with his/her back to the first cone. The clock will start when the timer says go. The player shuffles to the next cone, side to side without crossing his/her feet. Leg two is a backwards sprint to the 3rd cone. Leg three is karaoke (swivel hips) and the final leg is a forwards sprint to the finish. Ratings will be assigned 1-low to 5-high with taking into consideration the following; Speed – The time it takes to finish the drill. Footwork – How well the player shuffles and karokes. Acceleration – Over all quickness and acceleration. There will be two scores assigned for this drill. The times will be sorted and divided into 10 groups; .5, 1, 1.5,.....4.5, 5 - .5 being low and 5 high. All other criteria will be weighed equally to determine second agility score.

Catching – Each player will catch three throws, one for 10 yards, one for 15 yards, and one for 20 yards. Ratings will be assigned 1-low to 5-high with taking into consideration the following; Caught – Was the ball caught? Caught cleanly – Was the ball bobbled at all? Overall form – Was the ball caught with the hands vs. the body, eyes on the ball, etc.? All criteria for all catches should be weighed equally to determine overall score.

Agility Drill – Ladder drill. The player will run through a series of marks on the field chopping feet and attempting to avoid touching the marks while going as quickly as possible.

Blocking – Each player will have two chances to hit and drive a blocking dummy held by a Board member for seven yards. Ratings will be assigned 1-low to 5-high with taking into consideration the following; Impact – How hard was the initial impact to the dummy? Lock on – How well did the player lock on to the dummy prior to driving? Drive – What level of intensity is sustained through entire block? Overall form – How is overall blocking technique, Fire off ball, head up, hands in, chopping feet, etc. All criteria for both blocks should be weighed equally to determine overall score.

Experience - Experience in the league will count as follows: No tackle football experience = 1 point, Tackle football experience = 2 point

Weighting of Results

The scores from each drill will be weighted as follows to determine an overall draft score:

Drill	Percentage
40 yard dash	20%
Throwing	10%
Speed and Agility - Time	15%
Speed and Agility - Technique	15%
Catching	10%
Experience	10%
Blocking	20%



Southeast Polk Youth Tackle Football
Building for the Future

www.SEPYouthFootball.com



Player Draft Policy and Process

Southeast Polk Youth Tackle Football League will annually conduct a player draft. In an effort to create consistent ability levels across all teams in the league, we will conduct a blind draft with players being distributed based on scores earned at the annual league skills days.

Players will be sorted based on weight, year in school and points earned at skills day. Player cards will then be distributed one by one from high score to low score in each weight and age category. Once all cards have been distributed teams are officially formed. Coaches will draw numbers out of a hat to determine what set of cards they will be given.

If a coach draws a team that does not contain their child, he must trade a player of equal ranking to the team that currently has the player. The same process will take place for the child of the named assistant coach.



Coach Selection Policy

Southeast Polk Youth Tackle Football league will annually select volunteer coaches to fill positions within teams that make up the league. The board of directors has instituted this policy to reflect the method for coach selection and coaching expectations for those selected to coach in this league. This is not meant to draw anyone away from applying to coach. In fact, the more applications we receive, the deeper the pool of coaches. Southeast Polk Youth Tackle Football League selects coaches without regard to the candidates race, religion, creed, gender or sexual orientation.

It is the goal of SEPYTFL to attract willing and able coaches. The position of football coach is not easy and can be very time consuming. However, the satisfaction one receives in teaching the game of football to the youth of our school district can be incredibly rewarding.

Coach Selection Process

1. All prospective coaches must annually fill out a coaching application and coach code of conduct form.
2. All prospective coaches will annually have a confidential background check completed. The league will pay the cost of the background check. The purpose of the background check is to validate that the applicant is a citizen in good standing with no past or current convictions that could be viewed as detrimental to working with children. Based on the outcome of this step, the application will move to step three.
3. The board will review the applications which pass the background check phase. The candidate will be rated based on the following criteria:
 - a. Prior coaching experience in our league
 - b. Children playing in the league
 - c. Positive/negative notes from past experience in league as a coach
 - d. Willingness to adhere to league rules and methods
4. Candidate will be allowed to apply to coach ONE team. To be clear, a coach may NOT be a named head or assistant coach in both 3rd/4th and 5th/6th divisions.

Expectations of Coaches

The position of coach can be incredibly demanding. The SEPYTFL Board recognizes this and has put items in place to help make the job easier. As a head coach, one needs to be organized. The head coach is also responsible for team adherence to league policies. Some of the tools in place to help make the coaches' job easier are:

1. Team calendar on the league web site – this item will assist you by letting you maintain an online calendar that your team can check. This will show game times and practice times
2. Team Email address – each team will have a group email address. The coach only needs to send one email to one address in order to contact the team.
3. Team Reps (Player Reps) – The player reps are members of the SEPYTFL Board. Their job is to assist the coaches with any league, equipment or practice related questions they may have. The league rep is also the representative for players and parents. As such, the Player reps will attend practice from time to time to ensure coaches have what they need. They will also talk with parents to answer any questions.

Other items with expected adherence are:

1. Board mandated drills – the board will provide documentation on several drills that are required to be run at each practice. This ensures consistency amongst the entire league.
2. SEPYTFL Offense and defense playbook plays and terminology ONLY will be used. No special plays or formations which deviate from the league approved playbook will be allowed.
3. SEPYTFL Policies and rules relating to game play and practice not mentioned in this policy.



Scrimmage Policy

Scrimmages are a useful and vital tool in coaching youth and preparing young players for game situations as well as to develop teamwork and to evaluate overall progress of a team. The SEPYTFL Board encourages scrimmages for these purposes. With these goals in mind, the following policy on scrimmages is hereby adopted:

1. Coaches are responsible for scheduling scrimmages with other willing coaches. Coaches will arrange the time and location one week prior to any scrimmage and post such information on the team calendar. The League Representative will be notified of the scrimmage date and time but it is not a requirement to have a Board member present to scrimmage.
2. Only one scrimmage may be scheduled per calendar week and no more than four scrimmages may take place during the season. All scrimmage time counts toward allowable practices and duration of practice.
3. Scrimmages shall last no longer than 60 minutes from the first play to the last (*I.E. if a scrimmage begins at 6:30, it will end no later than 7:30, no exceptions*). Coaches should plan accordingly for practice space if they wish to conduct a practice before or after the scrimmage.
4. This is not a game! There should be a pre-determined number of plays to be run by a team on offense and after that number of plays, the teams switch possession of the ball. There are no downs, scores or forward ball advancement by defensive players. Each play should be started from the same spot on the field.
5. One coach from each team should be on the field to call penalties and assist players with game concepts. It is more important to give corrective advice to players during the scrimmage than to call penalties. Each coach is responsible for coaching his own players, not the other team. If there are any problems that develop with players on the field, the coaches should address the problem with that players coach instead of approaching him directly. Any team has the right to stop the scrimmage if they do not feel that the other team is addressing problems appropriately.
6. Remember, this is not a game, whistles should blow early and parents should be reminded of that. It is expected that all players participate in the scrimmage the same as they would in a game.