



# River Falls Youth Football

## Coaches Meeting

August 1st, 2024



# Introductions / About RFYFA

- Board Introduction/Roles
- Interested in helping shape the program? Join the Board!
  - Email us/Stop by and ask after the meeting.
- Website: <https://riverfallsfootball.com>
- Email: [rfyouthfootball@gmail.com](mailto:rfyouthfootball@gmail.com)
- Expectations as a coach



# Dates & Events

Event	Date	Time	Location	
Combine Night 1	Tues Aug 6 <sup>th</sup>	6p – 730p	MMS	<a href="#">Map</a>
Combine Night 2	Thurs Aug 8 <sup>th</sup>	6p – 730p	MMS	<a href="#">Map</a>
Summer Camp/Season Kick Off Lunch	Sat Aug 10 <sup>th</sup>	10a – 2p	RFHS Football Field	
First Practice	Thurs Aug 13 <sup>th</sup>	6p – 7p	MMS	<a href="#">Map</a>
Halftime w/RFHS Wildcat	Thurs Aug 29 <sup>th</sup>	730p	Ramer Field	
Game Day (Game 1)	Sat Aug 24 <sup>th</sup>	930 – 12p	MMS	<a href="#">Map</a>
See Calendar/TeamSnap app for more dates/times				

<https://riverfallsfootball.com/calendar/>

Once teams are formed and loaded into TeamSnap, the full practice, detailed game, and other events will be available.

# Practices

- Check with parents to see if they can help you in anyway
  - Getting kids into flag belts, ensuring shirts are tucked in, etc.
  - Assisting at practices/games.
  - EMPHASIZE SEASON EXPECTATIONS TO PARENTS
    - good sportsmanship
    - getting child to practices and games on time
    - letting coaches know if their child will be absent
- When
  - 1<sup>st</sup> practice Thurs Aug 13<sup>th</sup> 6p-7p
  - Every Tues & Thurs evening from 6p – 7p thereafter unless noted otherwise due to special practices, etc.
- Location
  - Meyer Middle School Fields
  - [Map](#)



<https://riverfallsfootball.com/practices/>

# Halftime w/Wildcats

- What
  - Youth Players meet at south endzone 2 mins before halftime.
  - Youth Players will form a tunnel as the RFHS Wildcat players run off the field.
  - During halftime, youth players are split into their grade divisions and will participate in throwing/catching drills.
  - Youth Players will form a tunnel as the RFHS Wildcat players come back onto the field.
  - You Players will return to parents/guardians.
- When
  - Thurs August 29<sup>th</sup> @ 7:30p
  - Meet at south endzone 2 mins before halftime begins.
- Location
  - Ramer Field
  - [Map](#)



<https://riverfallsfootball.com/locations/>



# Sample Practice Plan

- Warm Ups
- Drills
  - Handoffs
  - Flag Pulling
  - Route Tree
- Practice Plays
  - Run Offense
  - Run Defense
- Fun
  - Sharks and Minnows
  - Omaha Drill
- Scrimmage
  - Within own team or other teams practicing nearby
- Find a board member if you need help!

# Game Day

- When
  - Saturdays unless noted\*
  - 1<sup>st</sup>/2<sup>nd</sup> Grade Division – 930a – 1030a
  - 3<sup>rd</sup>/4<sup>th</sup> Grade Division – 11a – 12p
  - 5<sup>th</sup>/6<sup>th</sup> Grade Division – 930a – 1030a and 11a to 12p
- Location
  - Meyer Middle School Fields
  - [Map](#)

\*One Saturday game will be replaced by an Under the Lights Night Game at RFHS.

\* Some games times will be adjusted for 3/4 on Saturdays when 1/2 are not playing



# Under the Lights Night (Games)

- When
  - 1<sup>st</sup>/2<sup>nd</sup> Grade Division
    - Wed Sept 18<sup>th</sup> from 6p – 8p
  - 3<sup>rd</sup>/4<sup>th</sup> Grade Division
    - Wed Sept 25<sup>th</sup> from 6p – 8p
  - 5<sup>th</sup>/6<sup>th</sup> Grade Division
    - Wed Oct 2<sup>nd</sup> from 6p – 9p
- Location
  - River Falls High School Football Field
  - [Map](#)
- This will replace the Saturday game of that same week.





# Practice w/UWRF Falcons

- What
  - Youth Players participate in a practice with Coaches and Players from the UWRF Falcons Football Team.
- When
  - Tues Sept 10th
  - 1/2 division - 6p – 7p
  - 3/4 & 5/6 divisions 715p – 815p
- Location
  - Ramer Field
  - [Map](#)
- This will take place of a normal practice.



<https://riverfallsfootball.com/locations/>



# Tournament

- When
  - Saturday Oct 12<sup>th</sup>
  - Times TBD.
  - Single Elimination
- Location
  - MMS Football Fields
- The goal is having a great experience for the players and families.
- Looking into possibility of food trucks, etc. to be on-site during event.



# Play Expectations

- The goal is having a great experience for the players and families.
- EVEN opportunity among all players.
- Give touches to less experienced players when up by 17+
- Please review the rules



# Safety

- Players
  - Are expected to wear mouth guards during all practices and games!
- Coaches
  - Background Checks (Required)
    - Watch for email from YardStik. Complete this within 7 days of receiving.
  - Concussion and Abuse Training (Required – valid for 2yrs)
    - [Training - River Falls Youth Football Association \(riverfallsfootball.com\)](http://riverfallsfootball.com)

You will not be given coach swag/allowed to coach if you have not completed the background check and required trainings!



# Football Bins

- Contain the supplies you'll need for the season
  - Footballs (x3)
  - Air Pump (x1)
  - Scissors/Tape (for trimming/securing flag belts)
  - Playbook (x1)
  - First Aid Kit (x1)
- Bins are labeled with your team number/grade division.
- DO NOT allow **ANYONE** to sit on the bin or place heavy items on the lid. We had a few crack from earlier season.
- Take/Bring them with you to/from practices/games. Do not leave these in the shed.
- Return at the end of the season. Please clean out garbage, used first aid items, grass, etc.



# TeamSnap

- Sports Management & Website Platform
- Website and Mobile App
  - Download the Mobile App!
  - Use the website [teamsnap.com](https://teamsnap.com) > click login button



# TeamSnap

- Both website and mobile app will show practice and game schedules (once teams are full rostered).
- Set your availability for practices/games. Helps the coaches plan/know which players/coaches will be there.
- Communicate with the team (parents) and coaches within the website/app via the built-in email, chat, or message posts.
- Media – Upload photos/videos to share with the entire team. Also tag/post them to @rfyouthfootball on Twitter and Facebook!



# Communications / Contact Information

- Communication in-season will primarily be done within the TeamSnap website/mobile app for messaging.
  - Between Coaches and Parents/Team
  - Coaches and Grade Directors
  - Coaches and Coaches (Coaches Team)
  - This is only available for registered players (parents) and coaches
- Mailing List – Found on our “Contact Us” page on the website. General communications on league activities such as registration notices, off-season and pre-season activities, and special events will be communicated using our mailing list.
- Social Media – Follow Us on:
  - Twitter - <https://twitter.com/rfyouthfootball>
  - Facebook - <https://www.facebook.com/rfyouthfootball>
  - Tag us in photos/video! Use hashtags #RFYouthFootball and #RFYFA!





# Division Specific Rules

- We'll break you out into your grade divisions
- Will cover specifics on the rules for your division and answer questions.
- Rules can be found on the website
  - Go to Youth Football > Divisions > Your specific grade division



# Thank you

This slide deck will be posted to coaches resource section on website