

## Coaches Page

### Getting Started

- Know and follow TRYFL Philosophy, Rules and Guidelines.
- Contact players and parents within 2 days of receiving your team roster to let them know they are assigned to your team.
- Find assistant coaches and meet to determine assignments, responsibilities, etc.
- Schedule and plan a parent meeting (before first practice)
- Prepare team season schedule including dates and time for games, practices, events, etc. and distribute to parents at Parent meeting (Calendar Creator, Works Calendar, etc. work very well).

### Parent Meeting:

- Introduce all coaches and their assignments, responsibilities.
- Distribute player and coach contact information for all team members.
- Distribute team game and practice schedule.
- Determine best method to communicate with parents (phone, email, etc.)
- Discuss the following:
  - Team Goals-Learning the Game and having Fun.
  - Policy on missing practice / games, late for practice / games, etc.
  - Playing time and Position Assignments
  - Sideline behavior (coaches, players and parents)
  - Sportsmanship,
  - Trash-pickup and parking
- Recruit at least one Team Manager at the parent meeting. Tasks you may need help with include:
  - Creating and Maintaining Team web page
  - Reporting game scores
  - Communicating with parents
  - Fitting jerseys and player names on jerseys
  - Beverage / snack list
  - Team party
  - Other items

### Team Web Page:

Individual team web pages are provided on the TRYFL web site. This can be used by teams for coaches contact information, team roster, game and practice schedule, team pictures / logos, etc. Assign a designated representative from each team to request user name and password from Webmaster via the Username Request Form available on the Home Page. Assigned user name and password allows access to create and update team web page.

**Reporting Game Scores:** Immediately following each game winning teams must report game scores on the web site. Standings cannot be updated until all games scores are reported. Assigned user name and password allows access to report game scores. Click “Administration” link, enter user name and password, under “Features” click on “To enter Game Scores”, select grade level and follow directions.

## **Coaching Information:**

- Keep it simple: Be a teacher, the best coaches are teachers with whistles. Positive methods only!!!
- It is best to spend most of your practice time on basic fundamentals and skill development. Scheming is a fun part of the game but introduced too early, kids will depend on using the easy way out instead of technique, solid fundamentals and execution. The team that blocks and tackles best will usually win.
- Daily Talks With Team: Emphasize sportsmanship, integrity, humility, responsibility, intensity and discipline.
- Practice Plans: Be organized. Plan every practice before you get on the field. Establish a routine for your practices and drills. Eliminate standing around. Must have multiple drills going at all times. Include “fun” activities to break-up the routine.
- Games: Be prepared. Organize lineups for playing time requirements, injuries, etc. Be positive!!! It is all about the kids. Let them play and have fun.

## **Coaching Resources:**

Many good books and 1,000's of web based resources are available. A very good resource for Youth Football is located at <http://www.usafootball.com/>, under Coaches Section, Play The Game.

**Email Server List:** Sign-up for the email server list on the website list to receive updated information.