

LEE'S SUMMIT

FOOTBALL



FLAG

LSFA
LEE'S SUMMIT FOOTBALL ASSOCIATION

Fall 2025

7/30/25 Coaches' Meeting

2025 Sponsors and Partners



SCHEELS®

Kentrail Clay @



ACTIVE STRENGTH CO.



LSFA BOARD OF DIRECTORS

We are a 100% volunteer league and we look forward to you serving with us!

Executive Board:

- **President** - Vernon Woodin
- Secretary - Jeff Sowinski
- Treasurer - Adam Haberberger
- VP | Tackle – Wade Fitzmaurice
- **VP | Flag** – Eric Schlottach (interim)
- VP | Technology - Eric Schlottach
- VP | Operations - Kyle Parris
- VP | Sponsorship/Marketing - Sean McKelvey
- VP | Player Personnel - Jeremy Baldwin

Flag Division Reps:

- K/Pre-K – Will Wiest
- 1st Grade – Kenny Connelly
- 2nd Grade - Sean McKelvey
- 3rd Grade – Chris Leheney
- 4th Grade – Jeremy Barber
- 5th Grade - Adam Haberberger
- 6/7th Grade – Derek Hulen

General Board:

- Rules & Officials - Ryan Moore, Ryan Hendricks, & Miquel Warren
- Rules & Officiating – Jeremy Barber
- **Flag Equipment** - Vacant
- Tackle Equipment – Justen Mack
- Flag Member – Ryan Ginther
- Tackle Member – Quinn Bass



Board Assistance

This is your league. The LSFA Board is here to manage the league on your behalf. Receive discounts on registrations and be a part of shaping the league in the future.

You will be called upon to assist us with some very easy tasks:

1. **Forming policy**
2. **Forming teams**
3. **Parent and coach communication**
4. **Monitoring games**
5. **Assisting with equipment and much more**

There is always room for additional board members and as kids phase out of our program due to age, the football community needs people to step up to keep these league going and to keep overall costs down and participation up. It is by far the best way to have your voice heard as well!

The single biggest obstacle for LSFA and expanding football in our community is NOT funding, facilities, or equipment, it IS LSFA board participation and volunteerism.



Recreational Team Formation Guidelines

As a coach, how can you help the league in this area?

Our rec league forms by school boundaries. This is not a competitive league fixated on building power-house teams; rather, we want to group kids together as they'll play in high school so they can become power houses then!

Note, Formation rules are adjusted annually. It's advisable to review these prior to future seasons!

1. Communicate to your parents that the league forms teams fairly based on where the player goes to school
2. DO Recruit players to our league, but **DO NOT promise any player that they will be placed on your team.** Outside of returning players from last fall's team, no other player is guaranteed. ***Spring rostered players are not guaranteed a spot on your Fall team!**
3. **DO NOT suggest to parents that they should appeal to the league to have their player put on a specific team**
 1. **Parent requests will almost always be denied.** With very few exceptions, the Board will almost always communicate that the request is not allowed and offer a refund if the parent isn't supportive of our league rules
4. If a parent is upset that their player wasn't placed on your team, assist the league by curbing their fears. Let them know their player is going to be placed on a team with a good coach. Encourage the parent and let them know their child is going to have a great time and that the most important thing is that they're participating.

The K>1st Grade rosters are fully reset to support better team/zone placement due to increased registrations going into 1st Grade. **Do NOT promise that a player will be on your team going from Kindergarten to 1st Grade. There are too many variables that come into play.**



Player Exemptions

The primary benefit is to our youth and the impact that your hours will have with the league. Extra man hours helps LSFA to provide some of the best facilities, equipment, and leagues in the country.

- **Labor Exemption:** Head coaches commit to **8 volunteer hours** outside of team activities. Note, labor doesn't necessarily need to be conducted by the head coach.
- **Note:** You must repeat your hours each season to retain said player and parents must approve of your exemption to the league at flag@lsfootball.org. Limit to (1) player for each exemption class per team.
- Players who were on existing Fall rosters whether asked to be removed from their previous team or not, CANNOT be exempted under any circumstance.

Competitive Flag Program

- Offered for 3rd grade - 5th Grade
- **Coaches build their own teams** (open boundary), collect fees, rosters, and jersey and helmet sizes.
- **Same rules apply** in our Modified NFL Flag Rulebook **except** playing time and touch requirements.
- **Schedules will match Recreation Dates/Times**



Competitive Flag

Thinking about the transition into comp flag???

1. Plan and communicate your intentions sooner than later
 - a. Contact parents of kids you do not intend on taking with you
2. Consider keeping your cusp rec/comp type players your first season
3. Talk to assistants or parents that will not be going with you and help us find your replacement
4. Be honest with parents!
 - a. Let them know your game plan with touches and playing time
 - b. If you will do “earn to play” style of rotating players, let parents know if their kid may see less than 50% playing time

7v7 Battle for the Summit League (spring only)

Thinking about the transition into Comp 7v7 (non-flag) next spring?

1. Currently offered in 5th(11u), 6th(12u), 7th(13u), and 8th(14u).
2. Teams will be formed based on birthdate, not grades. It is encouraged to stay within your grade. Age as of 1/1/(current year)
3. Coaches build their own teams
4. Teams supply their own jerseys
5. Teams supply their own practice space
6. Coaches collect funds (\$800 per team last season - '26 \$\$ TBD)
7. Monday and/or Wednesday double headers
8. 4-5 week season - scores and records are kept
9. Includes an end-of-season tourney (open to outside teams)



Rule snapshot

- Players are down by being touched shoulders or below
- No runs. All passes beyond the LOS
- Tackle rules for WRs and DBs apply off the line
- Forward passes only with the center being ineligible (ball taken off of QB tee or hiked from center)

Notable Rule Highlights/Changes

Rules are posted on the website: www.lsfootball.org/coaches-tools/

- **Running**
 - **(Updated)** Runners may not leave their feet to advance the ball. Officials have the discretion to call flag guarding if a move is out of control or is causing player safety issue
 - **(Updated)** If the officials determine that offensive players running with the ball-carrier impacted the defense's ability to pull the flags, then a blocking foul can result
- **Passing**
 - **(Updated)** While in a no-run zone, the Quarterback must throw a forward pass beyond the LOS or the play will be blown dead, and an "illegal forward pass" penalty will be called, resulting in a loss of down and a -5 yard penalty.
- **Rushing the Passer**
 - **(Updated)** The rusher has a right to a clear path to the quarterback. There must be an intentional attempt to impede the rusher by the offensive player(s) for a penalty to be called

Notable Rule Highlights/Changes

- **Flag Pulling**

- **(Updated)** If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. **The ball is placed where the flag comes off.**
- Flag guarding is an intentional motion by the ball carrier where contact is made, obstructing the defender's attempt at the ball carrier's flags or gear interference that affects a play.
 - This includes:
 - Swiping, stiff-arming, dropping the head, hand, arm, shoulder, or ball over the flag belt area.
 - Ball carriers with untucked jerseys covering access to the flags, excess belts not tucked, cut, and/or taped, and/or their flags not correctly on the player's hips.
 - *Coaches maybe rewarded with one team-wide warning about gear on the first offense.
 - If the team has already received a warning about pre-snap uniform issues, officials may apply a flag guarding penalty if it affects the outcome of the play.
 - **Flags need to be securely fixed to the players' hips. If flags spin on players' hips during play, it will be subject to flag guarding if it has an impact on the result of the play**
 - **A player with an illegal uniform issue caused by a previous attempt on the flag such as a jersey pulled out during a live play or excess belt is pulled and not the flags, will be subject to flag guarding if it has an impact on the result of the play**



Flag Officials Q&A with Ryan Moore

Game & Practice Approach

You are in control of what your players do on the field 99% of the time. If you are hostile, use poor language, and/or condone violence on the field, your players and team will mirror your behavior.

From our rulebook:

4. Coaches must agree to sign a coach's code of conduct and strictly adhere to our guidelines for coach conduct and attitude.
 - a. If a coach displays any type of negativity toward his or her players, coaches or staff, the coach will be removed from the field immediately and unable to coach for the remainder of the game.
5. Inappropriate, rude, or confrontational behavior by any coach, team or parent(s) may lead to a team's disqualification at the sole discretion of LSFA.
6. Misconduct by any individual may lead to removal from the premises at the sole discretion of LSFA.
7. Cursing –
 - a. First Offense for that game - Warning
 - b. Second Offense for that game - Automatic ejection
8. Breach of Coaches or Parental Code of Conduct
 - a. First Offense for that game - Warning
 - b. Second Offense for that game – Flag (10-yard penalty loss of down)
 - c. Third Offense for that game – Ejection
 - d. Two ejections for season will lead to season suspension

Game & Practice Approach (cont.)

Zero Tolerance

From our rulebook:

9. Verbal and Physical Threats

LSFA has a zero tolerance policy against any verbal or physical threats towards other coaches, referees, parents, kids, LSFA staff, or any other individuals at LSFA sanctioned events. This includes, but not limited to, any verbal bullying, verbal intimidation, verbal harassment, physical assault or threats, or physically aggressive body language displayed.

1. First Offense includes all of the following

1. Ejection from game, suspended for remainder of that day
2. Multi-game suspension to be determined by LSFA Board (suspension maybe carried over to next season depending on timing of incident)
3. Coach placed "Out of good standing" with LSFA
 1. After suspension, the Board will review and determine if coach has future opportunities to coach

2. Second Offense includes all of the following

1. Ejection from game
2. Lifetime ban from coaching LSFA

****Actions that continue beyond the playing field will be considered for more extreme violations***

Playing Time Rules (Rec only)

- **Playing Time:** All players are to play a minimum of 50%. Coaches should aim to have a player on both offense and defense. The QB is an exception where this player may play more on offense. Must track by quarters, halves, or series.
- **Targets:** All players will be targeted with a pass or run at least once per game. Must track every single touch/target.***
- **Player Tracking Sheets:** Print these at home please! Extras are available with the field monitor. **Completed AND SIGNED sheets are to be turned into the field monitor at the end of the game by coaches.** FAILURE TO TURN IN A COMPLETED SHEET MAY RESULT IN A FORFEIT OF YOUR GAME (0-28 SCORE TO BE RECORDED) ****Does not apply to COMP*

Score Keeping / Recording

- **Final Game Scores:** When you turn in your touch/rotation sheets the field monitor will record scores and we will update the scores in the TeamSnap app within 48 hours.
 - We may ask you to send in a picture of your game/touch sheet.
 - **Failure to turn in these sheets accurately could result in a 0-28 loss**



Rec Flag:

- Once a team is up by 28 points in the 2nd half, that is the locked recorded score (capped at a 28 point spread)
 - If the score is 27-0 at the start of the 2nd half, and the team that is up scores first, **the score will be recorded 28-0, NOT 33-0.**
- **There is a max of a 28 point spread at any time in the game**
- After a spread, games will continue as an unscored scrimmage
 - Same rules, but the winning team does not get to attempt extra points

Comp Flag: No mercy rules

Coach's Game Emphasis

- **ALL members of the active coaching staff must be registered and successfully pass a background check**
- **Field Position:** Home team closest to concessions-Wearing the darker jersey side
- **Spectators:** Must be on the same side as the team they're supporting
- **Coach Interaction:** Coaches may not interact with one another during the game
- **Playing Field Access:** Coaches may not enter the field once play begins unless tending to an injured player, during a timeout or requested by a referee
- **Coaches are Responsible for their Fans:** Referees will warn you once and then begin to flag your team if fans are not being appropriate. If you do not feel comfortable with addressing your fans directly, ask the referee to contact a Board member who will address.
- **Officiating Interaction:** Officials are to engage WITH HEAD COACHES ONLY. May only ask what the call is. Expect to get a 10-yard unsportsmanlike penalty if any negative comments/gestures are made to a referee and/or any other coach/parent is interacting with officials. If you don't believe your game was called correctly then list your reasoning on your tracking sheet along with the referee's grade.

Player Equipment Check

Tip: Assign gameday equipment checks to an assistant or parent

- **Excess Belt Length:** May not hang loose – We recommend cutting off excess while leaving a few inches, then tape the end with duct tape.
***Have scissors and tape with you when you fit belts
- **Shirts must be tucked in at all times** and shorts/pants cannot be the same color as your team's flags.
 - Untucked jerseys and/or excess belt length violations that affect a play can result in a flag guarding penalty.
- **Mouthguards and headgear are required**
 - Lack of mouthguards or headgear can lead to a delay of game penalty
- **On-field Playbook Aides:** Must be in possession of head coach at all times. Players may only use wristbands. No blue tooth devices, radios, headsets, or other electronics.

End of Season Equipment Returns

- After your last game, YOU are responsible to return all league equipment for your team:

***Our gamebreaker helmets are expensive! A 5% loss each year can tax us \$5,000 a year in replacement costs. This is passed on to you and the parents.**

- The week prior to your last game, inquire with your team if anyone will be unable to play that day. If so, collect their headgear at their last practice they attend. If you advance in the playoffs, you can always return it at your next practice.
- Immediately after your last game, collect all GameBreaker headgear and place these in your coaching bag and return your coaching bag and all equipment checked out to you at the communicated collection point at the game field.
- When you return your equipment, communicate to the league representative the players' headgear you are missing as well as any other league equipment you still need to return.

Emergency Action Plan (EAP)



- **Player Injury Protocol** - Tending to injured players & emergencies
- **Concussion Protocol** - Recognizing concussions & action plans
- **Sexual Abuse** - Prevention, recognition, & avoiding situations
- **Weather** - Protecting players from inclement weather

Emergency Action Plan (EAP)

EAP

- **Head coaches are to review the EAP on the website under “Resources > Coaches’ Tools”**
- A cell phone is required at all practices and games

The basic duties of first aid are:

- Check the scene for safety and **stop all activity near the athlete.**
- Check the injured athlete and **protect the athlete** from further harm.
- **Do not move the athlete** if there is a possibility of head or neck injury or if the athlete is unconscious.
- **Communicate the incident and status to the parent or guardian**
- **Assume that all blood, body fluids and any other potentially infectious** materials are infected with a blood-borne pathogen.
- **Activate the Emergency Action Plan if** the athlete shows any of the following signs:
 - Unconsciousness
 - Trouble breathing, pain, pressure, or discomfort in the chest
 - Severe bleeding, vomiting or passing of blood
 - Seizing from a diabetic emergency
 - Severe headache, injuries to the back, neck, or head
 - Possible broken bones or other signals that indicate that the athlete is at risk.
- **Care for the injured or ill athlete until EMS personnel arrive.**

Emergency Action Plan (EAP)

Primary Responder

- Head coach or the highest trained or certified person onsite
- Provide care to the player impacted

Secondary Responder (assistant coach or nearby parent)

- Call emergency services - 911
- Conduct crowd control
- Assist EMS with locating the person in need
- Obtain the AED (Automated External Defibrillator) if required – onsite at all LSFA home games – flag and tackle

If the on-site EMS responders determine that the athlete is in an emergency situation, it is the policy of LSFA that the injured athlete be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care.

Parents or guardians have the final say as to emergency transportation.

LSFA personnel will not transport injured athletes. Please communicate this to your parents. We'll communicate this to them as well during the all-league practice parent meeting.



Emergency Action Plan (EAP)

EAP Communications

Coaches are required to communicate in the following manner when the EAP has been initiated for medical reasons:

- 1. If emergency medical personnel are contacted, respond fully with them first**
- 2. If the issue is occurring during a game hosted at a LSFA field;** notify the Exec Board member or field supervisor at the site using the emergency field radio
- 3. Notify the player's parents/guardians**
4. If medical personnel were contacted by either a parent/guardian or coach to treat a player for injuries sustained in an LSFA activity OR if the coach removed a player from play due to a suspected concussion or other emergency medical reasons:
 - 1. Submit written notice to the league within 24 hours of being notified of the medical treatment.**

Submissions need to be sent to admin@lsfootball.org and should include:

1. Player's name
2. Parent/Guardian's name and contact information
3. Location and date the injury occurred
4. Description of how the injury occurred
5. Description of the injury which occurred
6. Any additional pertinent information

Concussion Protocol and Action Plan

When in doubt, sit them out!

Prevention, Identification, Treatment



Concussion Protocol and Action Plan

Definition of a Concussion

- **It is a brain injury!!!!**
- Is the result of rapid deceleration of the brain within the skull.
- Does not require a loss of consciousness
- **Does not require a player to be struck by another player**
- No abnormality seen on structural neuroimaging studies (CT, MRI) in 99% of cases

Concussion Protocol and Action Plan

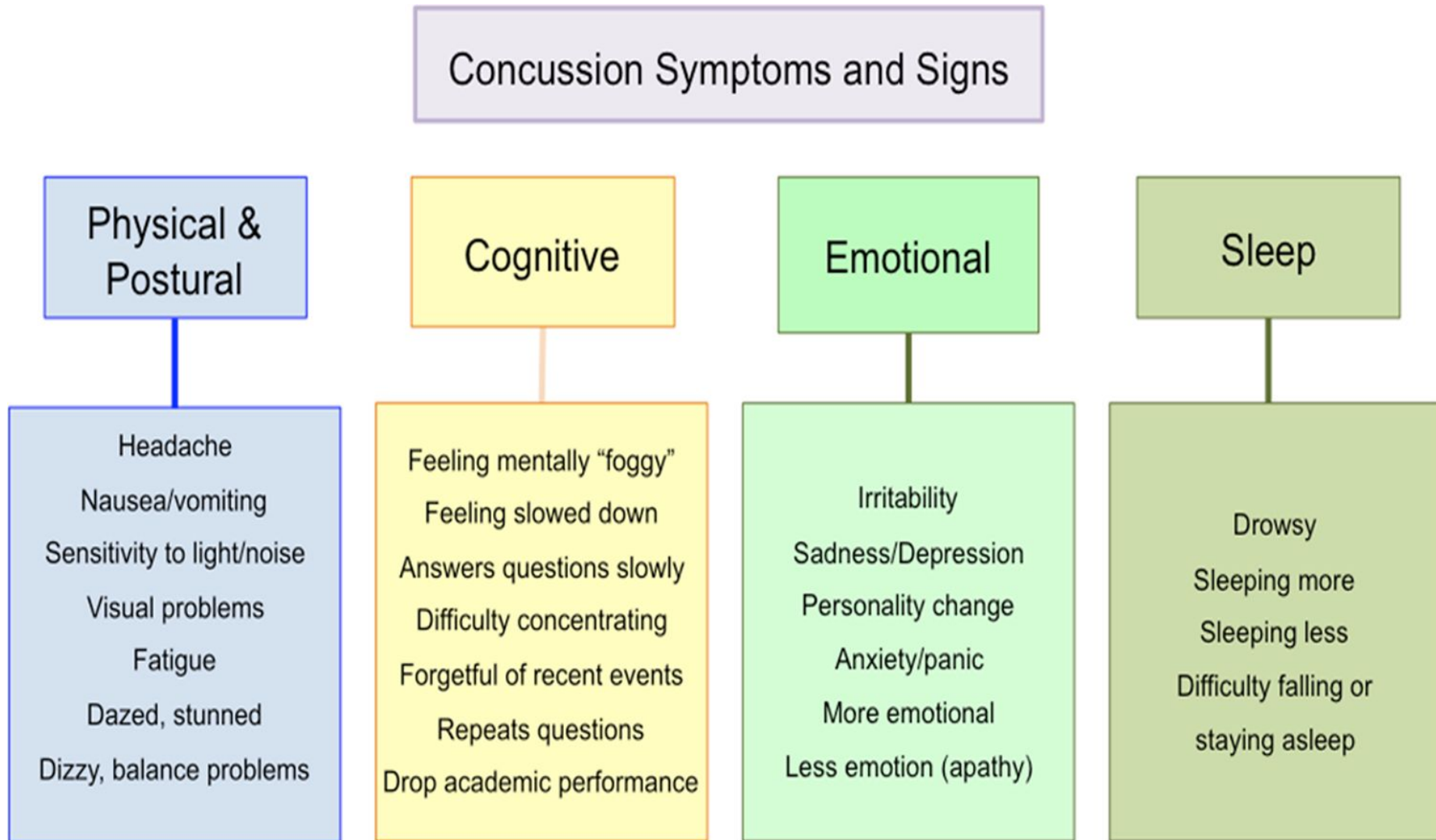
Delayed Symptoms Are Normal

- Generally, occurs in period of hours rather than minutes
- Signs and symptoms may be delayed – could be a day or more

Immediate Removal If a Concussion Suspected

**HAVE YOUR ASSISTANTS AND PARENTS BE
YOUR EYES!!!**

Concussion Protocol and Action Plan



Concussion Protocol and Action Plan

LSFA's Concussion Policy

- Once a concussion is suspected, the player is **no longer eligible to practice or play**.
- The Emergency Action Procedure (**EAP**) will be engaged at the level appropriate for the event.
- **The player will not be allowed to return to practice or play** until a doctor's release is received by the league authorizing the return.
- **The league, not the coach, will make the final decision on when the player may return.**

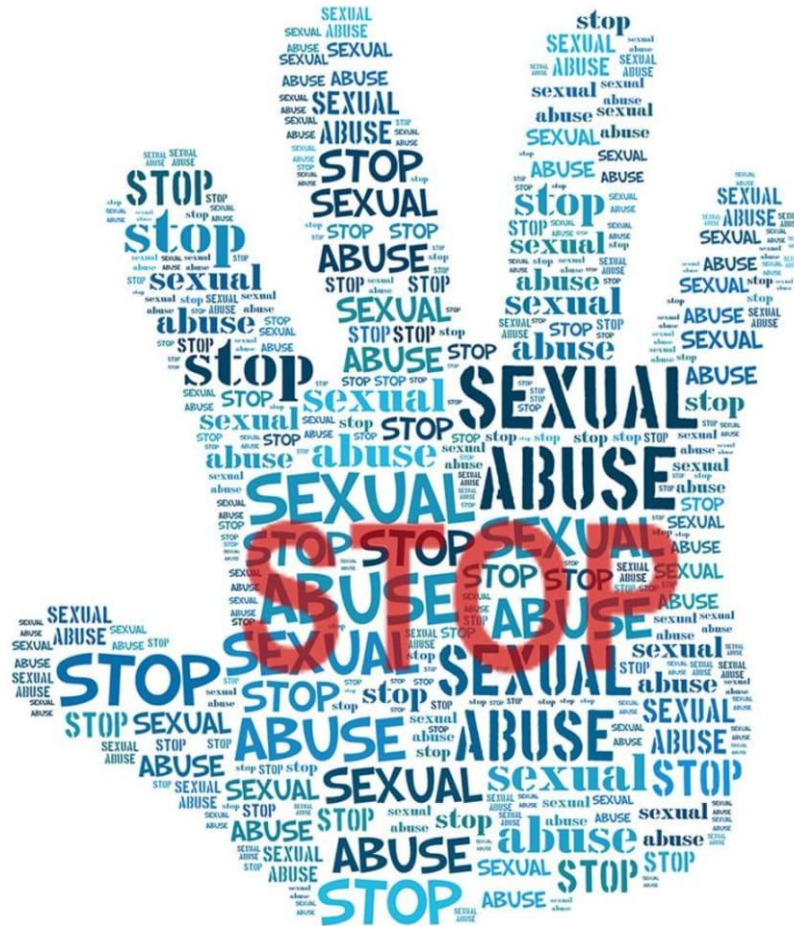


WHEN A CONCUSSION IS SUSPECTED

- 1 Remove the athlete from play
- 2 Ensure the athlete is evaluated by a health care professional
- 3 Inform athlete's parents or guardians about possible concussion
- 4 **Keep the athlete out of play the day of the injury and until they are cleared by a health care professional.**

WHEN IN DOUBT, SIT THEM OUT

Sexual Abuse



LSFA Child Sexual Abuse Overview

- **CDC Child Sexual Abuse Definition: Child sexual abuse involves any sexual activity with a child where consent is not or cannot be given.** This includes sexual contact that is accomplished by force or threat of force, regardless of the age of the participants, and all sexual contact between an adult and a child, regardless of whether there is deception, or the child understands the sexual nature of the activity. The sexually abusive acts may include sexual penetration, sexual touching, or non-contact sexual acts such as exposure or voyeurism.
- **LSFA Child Sexual Abuse Risk Reduction Strategy**
 - **All LSFA coaches have annual background checks conducted. These checks include local and national screening for sexual abuse.**
 - Per the Center for Disease Control (CDC), a background check is a good starting point, however they have limitations. **Criminal background checks will not identify most sexual offenders because most have not been caught.**
 - Due to the limitations on background checks, LSFA has instituted additional policies to help protect our players while participating in an LSFA activity.

LSFA Child Sexual Abuse Behaviors

- What constitutes inappropriate behavior? Sometimes it is unclear if a behavior is appropriate, inappropriate, or harmful. As an example, hugging. Hugging may be appropriate and positive in some circumstances, but it can also be inappropriate if the child is not receptive, if the employee/volunteer is hugging too often or for too long, or if the contact is romanticized or sexually intimate.
- **Verbal communication**
 - **Appropriate:**
 - Praise
 - Positive reinforcement for good work/behavior
 - **Inappropriate/harmful:**
 - Sexually provocative or degrading comments
 - Risqué jokes
- **Physical behavior**
 - **Appropriate:**
 - Pats on the back, shoulder, or helmet
 - **Inappropriate/harmful:**
 - Patting the buttocks
 - Intimate/romantic/sexual contact
 - **Corporal punishment**
 - Showing pornography or involving youth in pornographic activities

Limiting Sexual Abuse Exposure

What can you do to limit your exposure to these risks:

- **Limit physical contact to only what's essential**
- **Limit communications to ensure they're always appropriate to youth**
 - Shy away from jokes or other communications which could be misinterpreted
- **It is a LSFA requirement to always have 2 or more adults present during activities**
- **Always ensure activities are publicly visible** (applies to comp teams using their own space)
 - Don't go around the side of the building or behind the bushes to limit the players guardians' view
- **Never allow yourself or another coach to be alone with a child**
 - **(MOST COMMON)** If you have to wait to have a player picked up after practice, ask another coach or adult to wait with you.
 - Discourage parents from asking you or other LSFA representatives to provide transportation for their player.

Remember, what seems to be normal to you can be misconstrued or misinterpreted by other adults or minors who don't know you.

PREVENTING HEAT-RELATED ILLNESS

HEAT AND HYDRATION

A coach can prevent Heat-Related Illness nearly
100% of the time!

- Heat-related illnesses are caused when an individual is subjected to extreme temperature and humidity and is unable to cool down.

PREVENTING HEAT-RELATED ILLNESS

Schedule and enforce frequent water breaks.

- Coaches should take steps to prevent heat-related illnesses. When athletes are practicing or competing, coaches should do the following:
 - **Allow days for adjusting to warmer climates (run conditioning practices to begin the season)**
 - **Schedule practice during cooler times of the day.**
 - **If a kid says they are thirsty, let them go get a drink**
 - Make ice towels available during practice

Remind parents to have their player hydrate the day before, day of, and right before games and practices...especially on hot days.

Sports Drinks or Water?

- Water is superior before and during games/practices
- If practice/games exceed 60 minutes, sports drinks may be used to replenish electrolytes
- If a child continues to show up with only sports drinks or small bottles of water, notify the parents that they may need more water sent with them to practices or games
 - **If this is a recurring issue, bring extra water bottles**

Inclement Weather

Practice Responsibly:

- **If in doubt, cancel**
- If inclement weather strikes while at practice, remain calm and clearly communicate to players and parents what the plan of action is.
 - Gather athletes at the closest structure for collection by their parents
 - **No athlete shall be left unsupervised**

CANCEL Practice if:

- **Thunder or lightning is heard/seen or a tornado warning sounds**
 - **If thunder is heard, the practice or game must be suspended at least 30 minutes.**
 - All practice or games will stop immediately, and all participants and spectators will seek shelter.
 - In case of a tornado, seek shelter in a solid structure, preferably in a basement or an interior room. If no building is available, lay down in a ditch.

Inclement Weather

LSFA HEAT RESTRICTIONS

- We use a **Green/Yellow/Red** system to communicate practice restrictions
- The league website (under the coaches' tab) will be updated at 4PM each day:
 - **Green** Practice anytime 5PM or later.
 - **Yellow** Outdoor practice allowed with restrictions. Please pay attention to the information following the alert for more specific information about how to handle practice.
For example: Yellow Alert – “NFL Flag start practice no earlier than 7pm for one hour.” or “Thunderstorms expected, do not practice within 30 minutes of present thunder/lighting.”
 - **Red** No outdoor practice is allowed.
 - Temperature ≥ 95 ☐ Practice Suspended
 - Temperature < 40 ☐ Practice Suspended
 - Heat Index ≥ 105 ☐ Practice Suspended
(as reported by Accuweather.com)

Inclement Weather

Weather restrictions will be posted at www.lsfootball.org/weather

Weather Guidelines and Updates

Today's Practice Restrictions:
Current Status (See Policy Details Below):
GREEN

Gameday delay example. Direct parents and fans to check our WEATHER page

Lovell Community Center at Legacy Park

Alerts	Connection
Active Alert	Up

Estimated Time to All Clear

HOURS	MINUTES	SECONDS
00	20	45

Last Stroke Time	2024-03-07 11:00:37 CST
Last Stroke Distance	3.76
System Hours	
5:00 AM - 11:00 PM	

Follow us on “X” @LSFAGameDay for real-time updates when weather is in the area

Communication & Scheduling in TeamSnap

- **Setting up practice times and locations**

- Log into the TeamSnap app > tap (+) icon > go to “New Event” & Schedule practices
 - You have the option to repeat weekly or pick multiple days
 - You have the option to notify changes or not

- **Adding a parent or guardian to the app**

- Advise parents to go to the “Roster” > tap player > tap “add guardian”

- **To chat with team** > tap “Team Chat”

- **To add your profile picture**

- Tap “Roster” > tap on your name > tap edit icon > upload image



Resources & Equipment

Coaching resources can be found under the **RESOURCES** tab at www.lsfootball.org.

Including: LSFA game rules, formation rules, touch sheets, roster templates, and our EAP

****Each coach is encouraged to learn the rule book and keep a copy on you.**

- Coaches building their bags will receive a list of items to add to it including a roster with assigned jersey and helmet sizes.
- Distribute jerseys and GameBreaker headgear and jerseys at your first practice (or as soon as received). Report any sizing issues to your division rep.
- Please line players up and size them up with the best fit jerseys and helmets across your team. 90% of the time there is a sizing issue with a player, it can be resolved by rearranging size assignments across the team.
- GameBreaker helmets may be washed in a washing machine on a cold gentle cycle using mild detergent. Air dry only – NO DRYERS PLEASE!!! **DO NOT USE ANY TAPE OR MARK YOUR HELMETS IN ANY WAY!!!**

To dos

- Complete your background check if you have not done so! Check for email from Yardstik.
- Coach Bag Build (new format)
 - 7/30: 7:00 - 8:00 @LSFA Shed (returning coaches)
 - 7/31: 7:00 - 8:00 @LSFA Shed (all coaches)
 - 8/1: 7:00 - 8:00 @LSFA Shed (all coaches)
- 100 SE 16TH ST, Unit G LSMO
- Review all updates to Rulebook on website
- Start communicating with your team

Schedule

- Jamboree: 8/16 - One 30 min scrimmage
- Week 1: 8/23 (Saturday and Sunday games)
- No games over Labor Day Weekend
- 10/4: Team pictures - looking into Richardson Elementary
- 10/18: Playoffs begin (unless we have weather delays)
- 11/1: Championship games

***Once schedules are set, there is very little room to make adjustments



Roster Release

- Your rosters should be live in TeamSnap soon after you get home. Please check your app for your team and you can **immediately start communicating with parents**. Ask parents to respond in the app to confirm they are receiving your messages. ****You can ask your division rep for cell numbers if you do not receive such confirmation after a couple of days.*
- Your practice schedules/maps will be emailed to you in the next 2 days. **DO NOT start practice until Monday, August 4th!**
 - Pay attention to your location's blackout dates, save the school's calendar to your phone, and check it weekly for changes.
- Please email questions post-meeting to your division rep.

Returning coaches released to LSFA Shed for bag build



LSFA NFL FLAG OVERVIEW – NEW COACHES



Coaching - Responsibility and Impact

Coaching is a major responsibility. Your goal should not just be to make players better at football, but to **build life-long values and lessons** that go beyond football skills by **focusing on the mental, emotional, and social aspects** of an individual and team effort.

Remember ⚠️: These are **just KIDS** > Then **ATHLETES** > Then **Football Players**

- **You, as a coach, have the ability to shape lives** and make an impact in a **GOOD or BAD** way for the day, week, season, and even, their life through adulthood!
- Players buy in and follow inspiring coaches who boost confidence and acceptance season to season, sport to sport, giving a chance to be in their lives for years to come.

Coaching - Responsibility and Impact

In order to succeed, you must first believe that you can.

~ Tony Dungy

If you yell at your kids before bed, do you expect them to sleep well?

If you yell at your kids before school, do you expect them to have a good day?

- **You set the tone for your children, players, and team.**
- **You set the tone of your voice in their head.**
- **You become their inner voice.**
- **You can determine how they respond to adversity**
- Don't be their inner critic.
- Speak life, speak love, speak confidence, speak kindness and hope

Coaching - Your voice matters

Yelling and terms to avoid

We all get fired up in the moment and sometimes our words get the best of us. Consider adjusting how you correct poor performance. Outside of yelling in plays, or “run,” “pass,” **coaches should never yell at their players**. Yelling implies you care more about winning than you do them.

Avoid personal attacks: Yelling *“why did you do that!?”* or *“what are you doing!”* can have a lasting negative effect, destroys player confidence, and will do more damage than good next time they face the same on-field situation. Softly recognize the error, walk through a better approach, and own the the situation! Players know they messed up. They don’t need you adding shame to their inner voice.

Example: *“It’s all good man, I know you normally make the right throw. Next time once you see that blue is covered, instead of throwing deep, try looking to orange underneath instead. We can hit that hard next week in practice so we can work on going through your reads better. That’s on me. We just didn’t practice that enough.”* ***Use a joint effort approach and let them know you are there to help **support** adjustments and improve their decision making.

Coaching - Purpose

Coaches should lead with **PURPOSE #1.**

- Your “purpose” is a realistic and clear goal, motivation, and belief that you have for the team and individual player.

Winning is not everything, but making the effort to win is.

~ Tony Dungy

Setting the tone:

- We will win and lose as a team - every drill, play, practice, and game
- We pick each other up after each play and have each other's backs whether outcomes are good or bad
- If we focus, practice hard, and learn from mistakes, great things will happen
- Wins and losses are NOT important, but how we respond to them

Coaching - Process

Your PROCESS #2 should reflect your purpose on how to achieve player and team goals. Your team talks, actions, practices, and reflections of the days work should point back to your original purpose and the result of the hard work and effort.

Upon mistakes, be quick to approach players and cool them down.

- Most of the time, **there is no need to point out the mistake that was made**
- **Take the heat** - Most of the time, coaches can control outcomes of plays *“Hey {QB}, I really need to work on that play so we can get {receiver} more open on that route.”*
- **Build them back up** - Encourage, speak confidence, and commit to working with them to improve every rep, read, throw, catch, and/or play.
- Remind them, this is a **PROCESS!** Mistakes lead to improvement and improvement leads to greatness

Coaching - Results

RESULTS #3 will come naturally if you have a clear goal (**purpose**) and **process** to reach the goal. While this may not always come in the form of a WIN on Saturdays, **focus on EFFORT and IMPROVEMENT**, win or loss and **OWN “FAILURES” as a coach.**

To learn to succeed, you must first learn to fail. ~ Michael Jordan

There are NO failures in sports. There is just the adaptation that happens after errors; such as a missed flag, dropped ball, bad pass, lost game, etc.

YOU (as the coach) control the message and atmosphere post “failure.” Let your players know that games and practices will never be perfect and you expect errors to be made.

**Ask players next practice where they think the team excelled and could use improvement. Be human and admit how you are looking forward to working on your own mistakes.*

Game & Practice Approach

- **Keep it SIMPLE & Keep it FUN**
 - The best way to keep a player's attention is keep things fun and upbeat. With attention, comes effort and improvement
- **Teach the fundamentals of Football**
 - Remember that there is no such thing as “failure” in sports, but a step to success
- **Spread the ball around**
- **Move players around** - Do not “pigeonhole” players
- **Make ALL players feel like they have an important role on the team**
 - Your new and below average players will perform at a much higher level as the season goes along if you build trust and they are invested
- **Prevent all types of bullying** (including coaching staffs)
 - PvP and Coach to Player bullying will not be tolerated
- **Be good role models**
 - Coach with positive reinforcement - Do not just highlight the best player(s) achievements, but who showed up and improved and gave great effort.
- **Ease players into physical activity** (especially with the heat)
 - Know that not all players just came from another sport's practice and some may need more time to adapt to the speed of the game

Game & Practice Approach

- **Avoid drills with lines**
 - Split your team in groups
- **Setup speed and agility drills**
- **Create real game situations** (do half field scrimmages, swarm drills)
- **Keep players off the ground**
- **Be careful of penalties – cautious of conditioning (laps, etc).** Sitting out or not getting to play desired position is a better approach.
- **Reward hard work** (name practice and game MVP's based off of effort and improvement, NOT necessarily who was the “best player”)
- You should be able to see the skills taught at practice in the games. Your goal should be to make game decisions automatic.
- **Lead with positive reinforcement**
 - Leading with hard-nosed, tough love does not belong in our sport
 - **Creating a hostile environment can have damaging effects**
- **If you need help at all, please email or call us! We want to help you be a successful coach!**

Game & Practice Approach

GET ORGANIZED:

Daily Practice Plan:

- Warm up activities
- **PLAN REGULAR WATER BREAKS**
- Group drills (split into stations)
- Offense & defense team periods
- Cool down
- End with a fun game (picking a “practice MVP” will drive players to practice harder - let the MVP pick the game)
- **Youtube is your friend for coaching ideas**



Game Planning:

- Script out your game plays the best you can to ensure player involvement
- Aim for Equal Playing Time
 - All player should play half the game (minimum)
- Ensuring player touches (AT LEAST (1) per game)
- Have a play or two that any player can run to ensure a touch

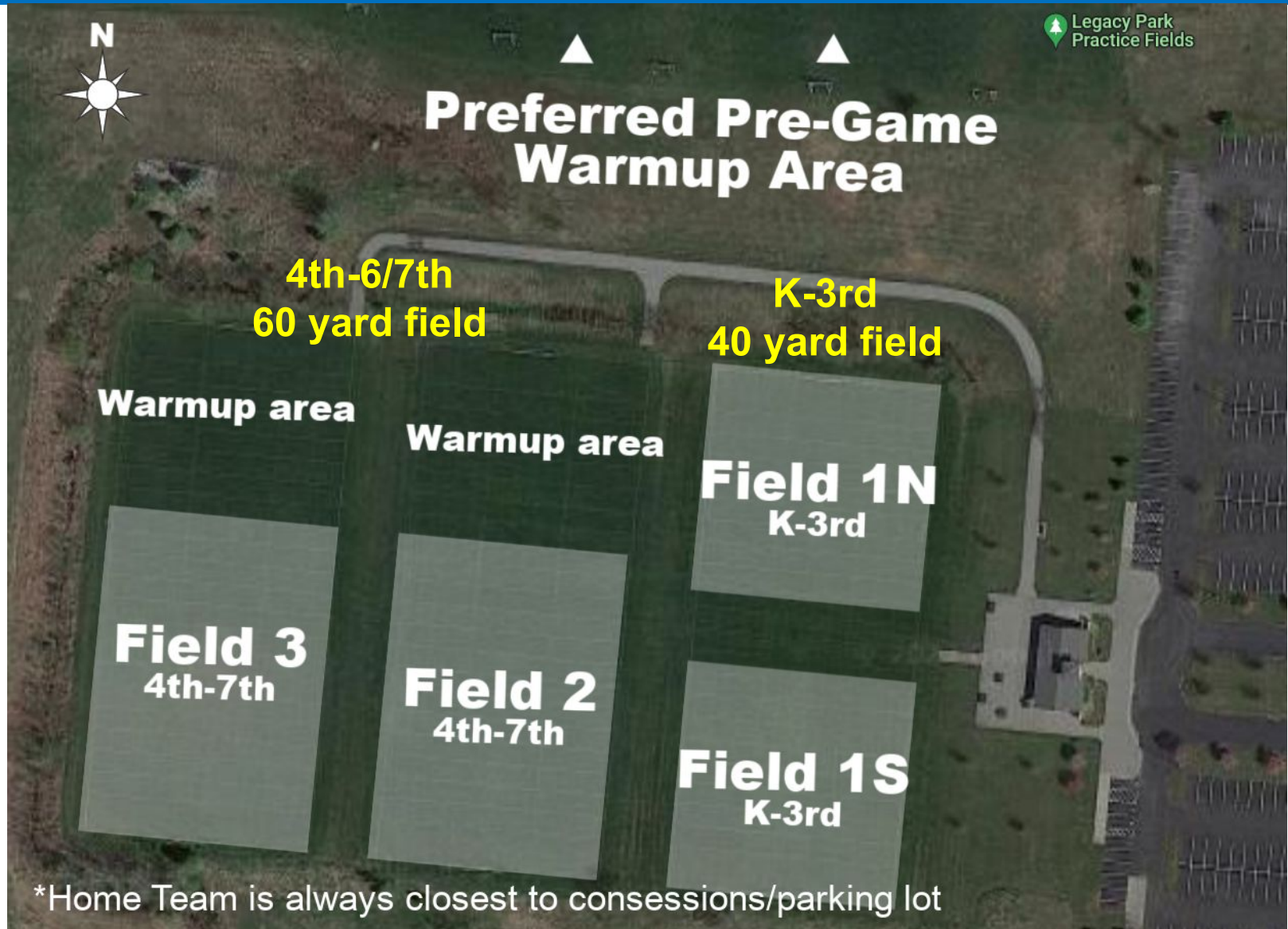
NFL Flag Practice Rules

- **You must practice where the league assigns you.** If you want to move where you practice you must obtain approval from LSFA first. Insured spaces are required.
- **All players must wear league provided softshell helmets and mouthguards at practice.**
 - On hot days, helmets can be removed when running non-possible contact drills.
- **You will receive your practice location email with a map attachment to send to parents.**
- **Practices may begin the week of August 4th (this coming Monday)**
- **Lee's Summit Parks:** Be aware that other sports may be in your spot. Parks works off of a first-come-first serve, but we've consistently used spaces allocated and should not be an issue. *If it is an issue, find the nearest spot and email the league.

	FLAG
Duration	K,1,2 = 1 hour max 3 rd -7 th = 1.5 hours max
Frequency	3x / week max prior to school (Fall) 2x / week max after school starts



Legacy - Gameday Field Setup



Unsupported Activities at League Sites

The following items will not be allowed at ANY game site or surrounding areas:

This is for KCFYL, LSR7 and Legacy Park Sites.

- A. Pets other than service animals
- B. Alcohol
- C. Tobacco products
- D. Musical Instruments
- E. Pyrotechnics of any type
- F. Vapor/Electronic Cigarettes



Game Planning

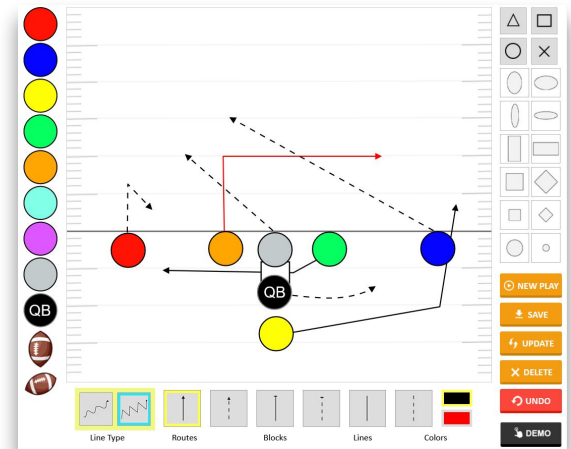
Recommended coach gear (not provided by the league)



Wristbands (\$4-10 a piece)
Amazon - youth size



Clipboards (\$3-5 a piece)
Amazon



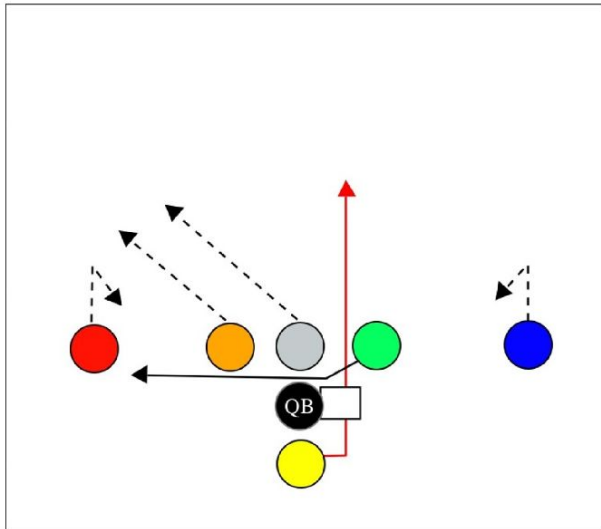
Play Maker Software
(\$5-\$20 a month)

Game Planning

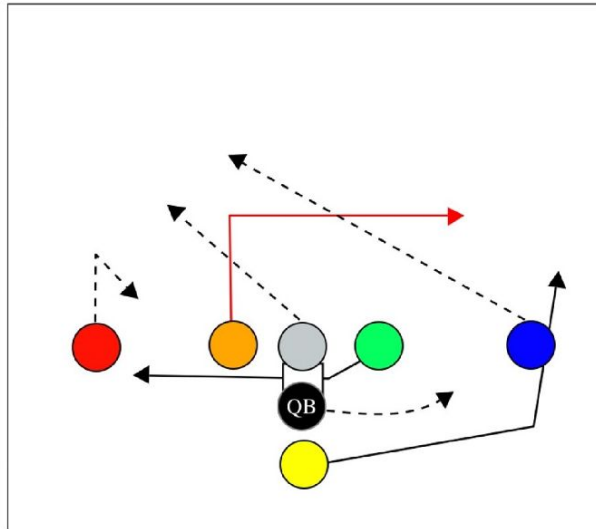
Create (visual) age appropriate plays that are easy to understand 👍

*Avoid complex play calling:

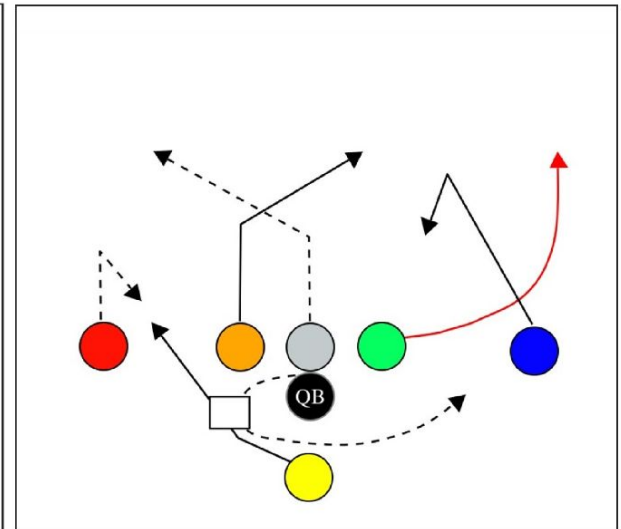
“Base single I action left boot orange post blue stick 10 green wheel” 👎



K/1 Example



2/3rd Example



4/5th Example

Game Planning

Pre Plan your rotations and positions

*Spreadsheet matrix and auto-population to see rotations
(on the coach's page - optional)

Example	Week 1										
Touches	Player	10	1D	20	2D	30	3D	40	4D		Off
	BAXTER	1	1	1			1	1	1	6	3
	SEBASTIAN		1	1	1	1	1		1	6	2
	COLTON	1			1	1		1	1	5	3
	TATE		1	1	1	1	1	1		6	3
	REECE	1	0.5		0.5	1		1	0.5	4.5	3
	EVAN		1	1		1	0.5	1	1	5.5	3
	JACK		1	1	1		1		1	5	1
	MAC	1	0.5		0.5	1	0.5		0.5	4	2
	ELI	1	1	1			1	1		5	3
	WALTER	1		1	1		1	1		5	3
	MARC	1			1	1			1	4	2
out of town	PLAYER NAME									0	0
		7	7	7	7	7	7	7	7	56	

1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
WALTER	WALTER	COLTON	COLTON
REECE	TATE	REECE	TATE
MAC	EVAN	MAC	EVAN
MARC	JACK	MARC	ELI
ELI	ELI	EVAN	WALTER
BAXTER	BAXTER	TATE	BAXTER
COLTON	SEBASTIAN	SEBASTIAN	REECE

	1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
1	EVAN	JACK	JACK	EVAN
2	MAC/REECE	MAC/REECE	EVAN/MAC	REECE/MAC
3	ELI	MARC	ELI	MARC
4	JACK	WATLER	WATLER	JACK
5	BAXTER	SEBASTIAN	BAXTER	BAXTER
6	TATE	TATE	TATE	COLTON
7	SEBASTIAN	COLTON	SEBASTIAN	SEBASTIAN

Game Planning

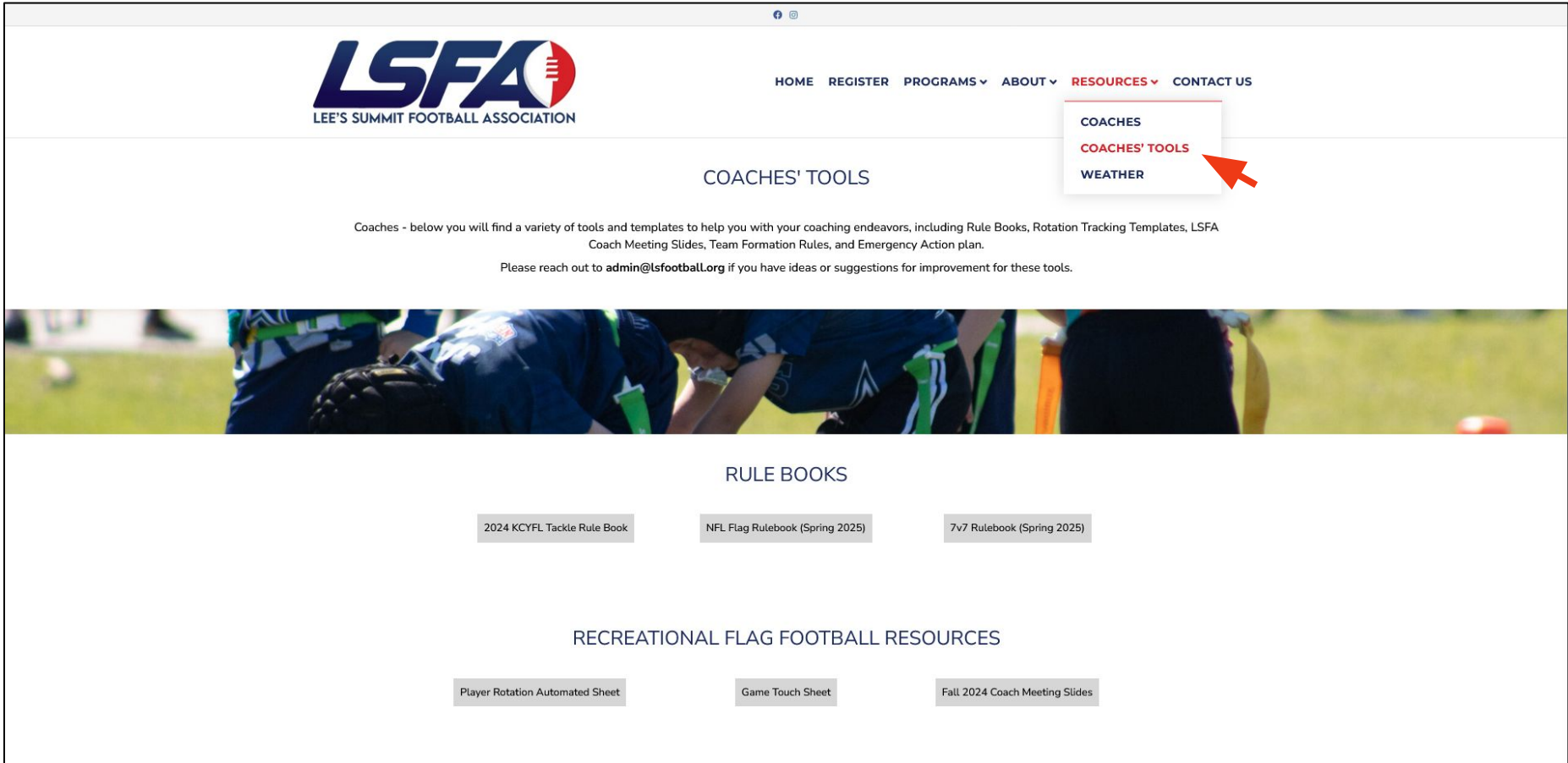
TIP: Pre Plan your play calls and player positions

*Spreadsheet matrix, heatmap, and touches

1st Quarter	Playoffs								1st Drive								NO RUN or ALT			
JAX									1st	5					1					
BEAR		18	19	20	<11			17	20	2nd	*20									
BRANTLEY	<22			<22	21>				21>	3rd	8				*11					
LUKE	19	<11	<11				20>	10>		2nd Drive										
CADEN		<16	<19	18>	<17			15>		1st	*21									
LEO			13				12			2nd	*19				8					
CALVIN	13	11				14		10	12	3rd										
	16	x	x	x	x	x	20	15		Best Pass	Short				Long					
1st Defense									1st		*12				*20					
1	2	3	4																	
JOSIAH	BENNETT	WESTYN	BRAYDEN																	
5	6	7																		
CARTER	BRANTLEY	CALVIN																		
Touches / XP																				
		LUKE		2	9	CADEN	*14													
		LEO		4	*13															

Game Planning

Coach resources such as the **Gameday Rotation/Touch sheet**, **Player Rotation Automated Sheet**, and **Rules** can be found on the coach's page.



The screenshot displays the LSFA (Lee's Summit Football Association) website. At the top, the LSFA logo is on the left, and a navigation menu includes HOME, REGISTER, PROGRAMS, ABOUT, RESOURCES, and CONTACT US. A dropdown menu from RESOURCES is open, showing COACHES, COACHES' TOOLS (highlighted with a red arrow), and WEATHER. Below the navigation, the heading "COACHES' TOOLS" is centered. A paragraph follows: "Coaches - below you will find a variety of tools and templates to help you with your coaching endeavors, including Rule Books, Rotation Tracking Templates, LSFA Coach Meeting Slides, Team Formation Rules, and Emergency Action plan. Please reach out to admin@lsfootball.org if you have ideas or suggestions for improvement for these tools." Below this text is a wide image of football players in action. Underneath the image, the heading "RULE BOOKS" is centered. Three buttons are displayed: "2024 KYFL Tackle Rule Book", "NFL Flag Rulebook (Spring 2025)", and "7v7 Rulebook (Spring 2025)". Further down, the heading "RECREATIONAL FLAG FOOTBALL RESOURCES" is centered. Three buttons are displayed: "Player Rotation Automated Sheet", "Game Touch Sheet", and "Fall 2024 Coach Meeting Slides".

LSFA
LEE'S SUMMIT FOOTBALL ASSOCIATION

HOME REGISTER PROGRAMS ABOUT RESOURCES CONTACT US

COACHES
COACHES' TOOLS
WEATHER

COACHES' TOOLS

Coaches - below you will find a variety of tools and templates to help you with your coaching endeavors, including Rule Books, Rotation Tracking Templates, LSFA Coach Meeting Slides, Team Formation Rules, and Emergency Action plan.
Please reach out to admin@lsfootball.org if you have ideas or suggestions for improvement for these tools.

RULE BOOKS

2024 KYFL Tackle Rule Book NFL Flag Rulebook (Spring 2025) 7v7 Rulebook (Spring 2025)

RECREATIONAL FLAG FOOTBALL RESOURCES

Player Rotation Automated Sheet Game Touch Sheet Fall 2024 Coach Meeting Slides

Be Stewards of LSFA

- **Provide a safe and fun environment** for youth to develop life skills while playing the game of football.
- **Be respectful** to players, parents, officials, league reps, and the community.
- We will.. Set the tone
- We will.. Have Years of Interaction (coaches, parents, & players)
- We will.. Be on the same field together
- We will.. Be cheering for the same team someday
- We will.. Leave the field and answer for our actions to our kids whether good or bad. That is in your control



Be Stewards of LSFA

- **Player and Official Interactions**
 - Positive at all Times
 - **Zero Tolerance** Policy from LSFA
 - Language
 - Physical Contact
 - **May ONLY inquire what the call or rule is with an official**
 - DO NOT QUESTION CALLS – ESPECIALLY FROM JUNIOR REFEREES. SPEAK TO A SENIOR REFEREE OR FIELD MONITOR ONLY IF THERE ARE SERIOUS CONCERNS.
 - DO NOT PERSONALLY OR ALLOW YOUR FANS TO RIDICULE REFEREES

Post Season Survey Results

Primary 2 complaints from our Fall & Spring Flag Seasons:

- **Rotation, touch, and “overly competitive” issues**

- Over 20% of respondents complained about coaches not meeting minimum playing time requirements, lack of touches, and/or overall feeling like the coach’s approach was too competitive.

- **Officiating**

- Officiating will never be perfect and we are making strides to improve consistency. YOU can help calm overall reactions to bad or inconsistent calls on the field. *Your reaction to officials and calls are echoed by parents and players! *Take complaints to the league, not field officials.*

Key Player Rule Emphasis

- **Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage.**
 - No running with the ball-carrier. If a non-ball carrier is thought to have blocked a defender's path to the runner, a penalty will follow.
- **Only legal play in a no-run zone is a forward pass by the QB past the LOS**
- **Rushers must be stationary and behind or with the back referee (at or beyond 10 yards)**
- **Rushers CANNOT make any contact with the QB.**
 - Any contact will be flagged other than an attempt to pull their flags
- **The offense CANNOT impede the rusher in any way.**
 - If an offensive player is stopped then the rusher must go around; otherwise, the offensive player must avoid.
- **Defenders are not allowed to run through ball carriers when pulling flags**
- **Runners must make a move when a defender has established position**

Parent Communication (first contact)

When contacting parents for the first time...

- **Introduce yourself** and give some background info.
- Share your **practice location and times**, including expectations.
- Remind them that **schedules will be published by August 14th**
- Tell parents **what their kids need** at every practice and game.
 - Mouth guards and recommended cleats (before first practice)
 - Include their flags and GameBreaker helmet
- **Tell the parents what you need from them.**
 - Recommend a 32oz+ water bottle on hot days
 - Ask that they give you a heads up when their kid cannot make it to a game/practice and stress the importance of your game planning.
 - Let them know that you are looking for parents to assist if able.
 - When first messaging through TeamSnap, ask parents to validate that they see your team message. If not, emails and phone numbers are usually in each player's profile. The league can help you with contact info if needed.

Game Day Parent Management

- **Create Boundaries**
 - Physical space at practice (cone off space)
 - Communication – “LSFA Monday Morning Rule” (cool down over the weekend)
- **Sideline Expectations**
 - Interactions with coaches, players & officials
- **Manage the loud parent**
 - Get Them Involved - running the chains, keeping stats, videographer, etc.
 - Remind them that talk towards the officials or opponent will result in a team penalty



LSFA Growth

Our Flag Football Program has grown 58% in just 5 seasons!

Rapid growth requires more man-power. If you have time to spare, come be a pivotal part in your community!

