Coach Education Program

Online FLAG FOOTBALL Sport Certification
Coach Education Program

*If you have not already done so, please complete the following Class A Certification Process at: http://soky.org/coachcertification/ prior to completing this Sport Certification Training

- Become a Class A Volunteer
- Complete and Submit Class “A” Volunteer Application.  
  *Required every three years*
- Complete the online Volunteer Orientation Training and submit its quiz.  
  *Only required once during continued involvement with SOKY*
- Complete the online Special Olympics International Protective Behaviors course.  
  *Required every three years for those over the age of 18*
- Complete the online CDC’s “Heads Up” Concussion Training for SOKY and submit its quiz.  
  *Required every three years for those over the age of 18*
Flag Football Sport Certification

• This training will cover Special Olympics Kentucky Flag Football events, rules, competitions, the divisioning and registration process, along with any additional flag football resources and other general information.

• The online Flag Football Sport Certification training is required for SOKY coaches who like to become sport certified and is part of the criteria to be eligible to attend both USA and World Games. The training is also for those coaches and/or volunteers that would just like to learn more information about Special Olympics Kentucky as a whole and specifically its Flag Football program.
Coaching Special Olympics Athletes prepares Special Olympics coaches to use their sport-specific knowledge in coaching athletes with intellectual disabilities. This course meets the Special Olympics standards and competencies for coach certification. For veteran Special Olympics coaches, this course serves as a reminder of the essentials sometimes forgotten after years of coaching. For new Special Olympics coaches, this course will help prepare you for your first role in coaching Special Olympics athletes.
Coaching Special Olympics Athletes (Cont.)

The better the coach ... the better the experiences ... the better the athlete!
I COACH BECAUSE...

Please take a minute to watch this “I Coach Because Clip” created by Special Olympics New Jersey

I COACH BECAUSE CLIP
Course Overview

Unit 1: The Athlete
Unit 2: Teaching & Training
Unit 3: Preparing & Coaching During Competition
Unit 4: Managing the Program
Unit 5: Additional Coach Information
Unit 6: SOKY Flag Football Specifics
Unit 1 – The Athlete Overview

• Psychological Issues or Learning Issues
• Medical Issues
• Social Issues
Motivation – helping athletes maintain interest

- May have shorter attention span; harder to keep independently “on task”.
- May be motivated more by short-term rather than long-term goals.
- May learn better with more frequent positive reinforcement

Perception – helping athletes understand the sport in which they are participating

- May have difficulty focusing attention on the appropriate object or task
- May have impairments in sight or hearing
Unit 1 – Psychological Issues & Considerations (Cont.)

**Comprehension**— helping athletes remember and perform the skill they have learned (understanding)

- May find it difficult to understand verbal explanations of new skills. Often find it easier to learn through visual demonstrations and physical prompts.
- May have difficulty in understanding complex, multi-part actions or explanations.
- Often take a longer time between learning one piece of information and the next (learning plateau).
- Less able to generalize skills learned in one situation to a different situation.

**Memory**

- May need frequent repetition and reminders in order to remember concept or skill
# Unit 1 – Psychological Challenges

*Each psychological item has its challenge and action:

<table>
<thead>
<tr>
<th>Psychological Item</th>
<th>Challenge</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perception</td>
<td>Easily distracted by noise</td>
<td>Control surroundings</td>
</tr>
<tr>
<td>Motivation</td>
<td>History of neglect &amp; negative reinforcement, feeling of failure</td>
<td>Focus on positive, appropriate reinforcement, catch the athlete doing well</td>
</tr>
<tr>
<td>Memory</td>
<td>Difficulty applying skills in different environments</td>
<td>Practice in different settings</td>
</tr>
<tr>
<td>Comprehension</td>
<td>Difficulty learning through verbal explanation only</td>
<td>Add demonstrations and/or physical manipulation</td>
</tr>
</tbody>
</table>
Down Syndrome

- Approximately 10% of individuals with Down Syndrome have a condition called atlanto-axial instability, which is a mal-alignment of the cervical vertebrae C-1 and C-2 in the neck. This condition may cause possible injury if they participate in activities that hyper-extend or radically flex the neck or upper spine.

- Prohibited sports – equestrian, gymnastics, diving, pentathlon, butterfly and dive starts in swimming, high jump, alpine/snowboarding, squat lift and soccer.

Medications

- Understand the physical side effects of an athlete’s medication

- Very important to know the medications athletes are taking
Seizures

• Incidence tends to be higher with Special Olympics athletes

• Athlete safety to minimize the adverse effects of a seizure

Physical Disabilities

• Some athletes also have physical disabilities which may affect the sports they can participate in or the methods of teaching a coach must use. Special Olympics has events for individuals who use wheelchairs, walkers or other assistance. *FLAG FOOTBALL IS A NON-ASSISTED SPORT*

• Muscle strength may be needed for particular sports and some athletes may not have the strength for those sports. This is often due to lack of use rather than a permanent disability.
Autism

• 20% of athletes exhibit one or more of the autism spectrum disorders
• Over stimulate

Fetal Alcohol Syndrome

• These athletes consistently function better on performance tasks compared with verbal tasks. The more concrete the task, the better the performance.
• Tend to have more verbal comprehension skills, despite being comfortable and chatty around people. These athletes will also tend to have attention and memory deficits and often display poor judgement in distinguishing right from wrong.
### Unit 1 – Medical Considerations for each action

<table>
<thead>
<tr>
<th>Action</th>
<th>See the challenge that correlates with the appropriate action.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Down Syndrome</td>
<td>Ensure the athlete is screened for atlanto-axial instability</td>
</tr>
<tr>
<td>2) Seizures</td>
<td>Be prepared to protect the athlete and minimize adverse affects</td>
</tr>
<tr>
<td>3) Autism spectrum disorders</td>
<td>Control and/or block self-stimulatory behavior and set up a behavior support plan</td>
</tr>
<tr>
<td>4) Attention deficit/hyperactivity</td>
<td>Shorten drills and provide one-to-one assistance when needed</td>
</tr>
<tr>
<td>5) Fetal alcohol syndrome</td>
<td>Provide concrete performance tasks</td>
</tr>
</tbody>
</table>
Unit 1 – Social Considerations

**Social Skills**

- May lack basic social/adaptive skills due to a lack of opportunity or training
- May also lack communication skills and positive interaction with others

**Recreation at Home**

- Lack of physical activity
- Lack of encouragement

**Economic Status**

- May lack financial means
- May not have access to independent transportation
All of the following social consideration(s) may impact an athlete’s participation in Special Olympics:

- Inappropriate responses to social situations
- Physical inactivity being modeled
- Lack of endurance
- Lack of access to transportation

Our challenge as coaches is to develop a full understanding of our athletes and the strengths and weaknesses they bring with them to a Special Olympics program. By doing so we can begin to develop a training and competition program that they will benefit from and enjoy.
Unit 2 – Teaching & Training the Athlete
There are many ways to organize a training session for Special Olympics athletes. Because of some of the things previously identified concerning comprehension and memory, there is considerable value in developing a consistent training routine that provides familiarity, stability, and comfort.
## Unit 2 – Organizing a Training Session

<table>
<thead>
<tr>
<th>Component and Details</th>
<th>Layout of Drill or Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up &amp; Stretching</td>
<td>Specific to the sport, repetitive and involve athletes in leading activity</td>
</tr>
<tr>
<td>Skills Construction</td>
<td>Break skills into smaller tasks, involve many athletes at a time and practice skills related to event situations</td>
</tr>
<tr>
<td>Competition Experience</td>
<td>Scrimmage, simulate event/game situations and work towards what the competition will look like</td>
</tr>
<tr>
<td>Cool-Down, Stretch, &amp; Reward</td>
<td>Playing a game related to the sport and end each training with a cool down activity</td>
</tr>
</tbody>
</table>
**Warm-Up**

- A warm-up should be the first physical activity in every training session or competition. It helps prepare the body and mind for the activity we are about to do. Warm-ups should begin at a slow pace and gradually become a little faster and more difficult.

- A warm-up helps us to reach a state of physical and mental readiness. When we prepare both the body and the mind, we are less likely to suffer an injury and will perform better at each practice, training and competition.
Unit 2 – Organizing a Training Session: Warm-Up (Cont.)

- **Physical Benefits:** A warm-up prepares the body for sport or exercise and helps to prevent injury by:
  - Increasing heart rate
  - Increasing breathing rate
  - Increasing blood flow to the active muscles
  - Increasing body and muscle temperature

- **Mental Benefits:** Warm-ups prepare the mind to focus on the sport or exercise by:
  - Helping athletes shift focus from life to sport
  - Mentally reviewing skills previously learned
  - Connecting the mind and the body (linking hand and eye coordination)
• Every sport is different and each sport has specific skills and movements. The warm-up should be personalized to the sport and the ability levels of all of the athletes.

• However there are some general components that should be included in all warm-ups regardless of the sport in which includes the following:

  • Aerobic activity to raise heart rate
  • Dynamic stretches
  • Sport specific movements
Unit 2 – Organizing a Training Session: 
Warm-Up – Aerobic Activity

- Aerobic activities are whole body movements that will increase the heart rate that may include:
  - Walk or jog around the field for five minutes
  - Team Dance
  - Team Game (i.e. – tag or sport specific game)
  - Build an obstacle course using the equipment and space you have for practice

- Aerobic activities should start at a slow pace and gradually increase in intensity/difficulty and last at least five minutes.
Now that the body is warm it is time to focus on stretching the muscles you will use during your sport.

Dynamic stretches consist of active, controlled movements that take body parts through a full range of motion.

Sport specific dynamic stretches include:

- Sprints
- Agility drills
- Balance drills

General dynamic stretches include:

- High knees
- Butt kicks
- Leg swings
- Torso twists
- Side stepping
- Arm circles
Unit 2 – Organizing a Training Session: Cool-Down

**Cool-Down**

- When your training, practice or sport session is complete you should always cool down. It as important to have a good cool-down as it is to have a good warm-up. A good cool-down allows the body to gradually return to a state of rest.

- There are many purposes of a cool-down including:
  - Decrease heart rate
  - Decrease breathing rate
  - Decrease body and muscle temperature
  - Decrease muscle soreness
  - Improve flexibility
  - Promote relaxation
Unit 2 – Organizing a Training Session: Cool-Down (Cont.)

Cool-Down

- The cool-down is also a great chance for coaches to review the session, to tell athletes what to expect at the next session, and to ask for feedback from athletes. Remind your athletes they need to drink water and have a healthy snack to help recover from practice. The Fit 5 Guide has suggestions for healthy snacks and recommendations for proper hydration.

- Cool-down activities may include: static stretching, controlled breathing intervals and some light aerobic activity.
The key is to break down skills into small tasks or steps; tasks are then put together to form skills. Use drills and activities that involve many athletes at all times. Practice skills in situations that are related to the game or event. Break skills down into small steps.

Task → Skill → Application → Competition
## Unit 2 – Training Sequence

What’s the challenge and how to fix it?

<table>
<thead>
<tr>
<th>Training Sequence Element</th>
<th>Challenge</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Application</strong></td>
<td>Acquire ability to repeatedly demonstrate sport competencies in different situations &amp; environments</td>
<td>Provide game like drills or situations</td>
</tr>
<tr>
<td><strong>Skills</strong></td>
<td>Acquire ability to perform series of sport competencies effectively and necessary to perform a sport</td>
<td>Work on essential sport competencies to perform the sport</td>
</tr>
<tr>
<td><strong>Competition</strong></td>
<td>Acquire ability to put essential sport competencies into practice</td>
<td>Provide scrimmage opportunities in practice</td>
</tr>
<tr>
<td><strong>Tasks</strong></td>
<td>Acquire ability to perform essential sport competencies</td>
<td>Break essential sport competencies down into individual parts</td>
</tr>
</tbody>
</table>
Unit 2 – Communication

- Communication is key to immediately reinforcing desired behavior. There are several key words that begin with a “C” which address what a coach should say:
  
  • CONCISE
  • CONSISTENT
  • CLEAR
  • COMMAND-ORIENTED
  • CONCRETE
<table>
<thead>
<tr>
<th>Communication Criteria</th>
<th>Description</th>
<th>Sport Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concise</td>
<td>Use a few key words that cue a desired action</td>
<td>“Go to the free throw line” Showing an athlete where to stand on defense</td>
</tr>
<tr>
<td>Consistent</td>
<td>Use the same word or phrase for the same action</td>
<td>Coach constantly say “Breathe” – teaching an athlete when to take a breath in swimming</td>
</tr>
<tr>
<td>Clear</td>
<td>Use easy to understand words that have one meaning</td>
<td>“Swing the bat” teaching how/when to swing.</td>
</tr>
<tr>
<td>Command-Oriented</td>
<td>Use words that elicit or reinforce a desired action</td>
<td>“On your mark. Set. Go.” Using this phrase for starts in athletics.</td>
</tr>
<tr>
<td>Concrete</td>
<td>Connect words to something defined or tangible</td>
<td>“Jump forward” when coaching an athlete in the long jump.</td>
</tr>
</tbody>
</table>
It is important to use the appropriate level of instruction and assistance.

- A lower ability athlete may require more assistance
- Verbal cues should always be accompanied by demonstration
- Partial physical assistance may be needed to properly position the athlete
- When all else fails take the athlete through the complete motion
<table>
<thead>
<tr>
<th>Level of Instruction or Assistance</th>
<th>Description</th>
<th>Sport Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Physical Assistance</td>
<td>Help the athlete through the entire motion of the skill</td>
<td>Softball: coach makes an adjustment to the athlete’s arm motion when throwing the ball by moving the athlete's arm through the entire throwing movement</td>
</tr>
<tr>
<td>Verbal</td>
<td>Tell the athlete what to do</td>
<td>Footwork: “run forward to the line; then return, running backward”</td>
</tr>
<tr>
<td>Demonstration</td>
<td>Show the athlete the proper technique</td>
<td>Soccer: one athlete shoots on goal while another watches</td>
</tr>
<tr>
<td>Partial Physical Assistance</td>
<td>Place the athlete's hands in the proper position</td>
<td>Golf: coach physically adjusts the athlete's hands on the golf club with the correct grip</td>
</tr>
</tbody>
</table>
Unit 2 – Managing Athlete Behavior

- The goal is for coaches to meet each athlete where he/she is and treat him/her accordingly.

- However, a coach may often have certain expectations of an athlete that may not be realistic ... not because the coach does not care, but because the coach does not understand or appreciate the differences that may exist.

- When an athlete exhibits what is generally perceived as inappropriate behavior, the inappropriate behavior may not be defiance, acting out or silliness. These behaviors may simply be a reflection or part of the person and/or what is operating in the moment.
<table>
<thead>
<tr>
<th>Athlete Behavior Characteristics</th>
<th>Strategies to Improve Learning</th>
</tr>
</thead>
</table>
| Swimmer has a short attention span | 1. Dwell on a stroke or activity for short periods of time; provide numerous activities focusing on same task  
2. Provide different opportunities for repetition and review, which is the key to gaining new skill  
3. Work one-on-one to gain full attention. |
| Basketball athlete yells if he/she misses a shot | 1. Emphasize the other aspects of the game besides shooting  
2. Work on shooting drills without a hoop  
3. Begin to shoot at a hoop but in a non-game setting with a one-on-one coach |
| Bowler doesn’t wait their turn | 1. Have a coach at the lane help with the order of bowlers, explain whose turn it is  
2. Have the bowler wait with a coach behind the bowling area until their turn is up  
3. Emphasize the order and that the bowler will always follow the same individual |
Unit 3 – Preparing & Coaching for Competition

- A key goal of Special Olympics is to provide an opportunity for all athletes to experience success in competitions.

- A Special Olympics athlete can benefit from many aspects of a competition (including meeting new people, participating in the festivities of Opening Ceremonies and other social events, the excitement of traveling to new places and staying away from home, etc.). None of these things, however, should be as important to the coach as the focus on the participation in the competition itself.

- This section highlights ways to improve the quality of an athlete’s competition experience.
Unit 3 – Preparing for Competition

Registration and Key Pre-Season Items

- Provide accurate entry and team roster information along with accurate scoresheets (Game Summary Forms), appropriate divisioning guidelines in which all are provided to SOKY State Office in a timely manner and by the requested due date.

- Help the specific Program Director prepare a successful competition for your athletes by meeting the registration deadlines and by turning in accurate and up to date information.

- As a coach, know and understand all of the rules in which can then be properly taught to your athletes

- Hold preseason meeting with athletes, coaches & family members to discuss expectations of the season – set the standard and any guidelines needed.
Unit 3 – Preparing for Competition (Cont.)

**Supervision**

Discuss the challenges associated with participating in competition away from home, and why adequate, non-coaching additional support personnel are needed (other persons).

**Transportation**

**Lodging (need for same-sex supervision)** [SOKY Housing Policy]

**Social activities**

**Coaches meetings (Who will supervise athletes during these?)**
Travel and Overnight

- Discuss overnight concerns with parents or group-home supervisors

- Write up a simple checklist of items to bring and distribute to athletes and parents

- Make sure that all special medication needs are understood. Coaches may have to assist with handling medications. Have all medical forms and information readily available at all times.

- Work with most effective rooming arrangements, taking into account athlete choice, behavioral and personality clashes, etc.
Unit 3 – Competition-Day Coaching

**Guidelines for Success**

- **Teach responsibility & independence:** Assist athletes in dressing appropriately (proper uniform), understanding what is happening at competition site, maintaining a focused attitude and appropriate behavior.

- **Arrive Early:** Allow time for putting on uniforms, warm-up and stretching routines and time to focus on the competition.

  Encourage maximum effort no matter your specific division or opponents throughout the entire competition!
Unit 3 – Competition-Day Coaching (Cont.)

**Guidelines for Success**

- Help athletes learn from winning & losing
  
  *Deal graciously and realistically with winning and losing. Focus on effort made, recognize accomplishments and new skills that were performed and taking something positive away from the experience.*

- Let athletes compete without direct supervision (depending on ability or division)
  
  *Not running down the side of the court shouting instructions, allowing the competition officials to conduct the competition and allowing athletes to make mistakes and helping them learn from their mistakes.*

**IF YOU MUST PROTEST A RESULT OR OUTCOME OF AN EVENT, PLEASE DO SO**

**IN A CALM & RESPECTFUL MANNER!**
The coach can be the key person who makes any competition experience a good one.

*Please, take the time to adequately prepare for competition and plan for on-site supervision and make sure your time coaching is time well spent.
The successful Special Olympics Kentucky coach:

Is sports and coaching knowledgeable:

- Special Olympics Kentucky is a sport organization
- Technical knowledge of the sport and how to teach it is essential if coaches are to effectively help athletes improve their sport skills and truly benefit from Special Olympics.
- Successful coaches are constantly looking for opportunities to learn more about the sport.

Is Special Olympics Kentucky knowledgeable:

- Special Olympics Kentucky offered sports and modified rules to each sport
- Special Olympics Kentucky Mission Statement
- Special Olympics Kentucky Athlete and Coach Oath
- Special Olympics Kentucky Coaching Requirements (Coach Certification Process)

A better understanding of these will benefit your athletes!
The successful Special Olympics Kentucky coach:

**Recruits and trains assistant coaches:**

- Individualized coach-athlete teaching is key to successful training in Special Olympics.
- Assistant coaches can be recruited to help provide individualized attention.
- Assistant coaches are useful only if they are trained and coordinated at practice.
- Invites fellow co-workers or friends out to see a game or a practice in hopes they will become involved.

**Recruit and trains athletes:**

- A coach is also a promoter and recruiter; always tries to expand participation
Unit 4 – The Successful Special Olympics Coach (Cont.)

- Places athletes in correct division or ability level every season
- Puts a priority on safety
- Puts a priority on Health and Fitness & overall well-being of athletes
- Conducts high-quality training and competition
- Involves and educates families of participants
- Assists with community inclusion to improve social and communication skills of participants
- Understands the proper and preferred method for wanting to communicate any feedback, suggestions, or complaints to the SOKY state office.
  
  - NONE OF THE LISTED ITEMS ABOVE SHOULD TAKE PLACE AT OR DURING AN EVENT
  
  - THE ITEMS ABOVE SHOULD BE ADDRESSED VIA EMAIL OR PHONE CALL BY THE HEAD COACH AND ONLY THAT PARTICULAR COACH (EMAILS SHOULD BE SHORT AND TO THE POINT)
  
  - THE HEAD COACH SHOULD FUNNEL ALL COMPLAINTS AND FEEDBACK FROM THE TEAM, PARENTS, GRANDPARENTS, ETC. THROUGH THEM PRIOR TO BRINGING IT UP TO SOKY STATE OFFICE

We understand that every coach deserves to be heard, but in order to communicate most effectively, every coach should also understand the proper methods listed above!
Coaches have the greatest opportunity to create positive change in Special Olympics athletes, because they are the ones who work with athletes on a consistent basis. Good coaches know that learning to play a sport is more than just mastering skills associated with the sport – it takes teamwork, commitment, sacrifice, and dedication. These are qualities that Special Olympics coaches work to instill in their athletes, with the understanding that these lessons can have a positive impact on the athletes’ lives outside of sports. The second reason is that it is a requirement.

You as a Special Olympics coach are role models and character builders. Coaches help our athletes discover their physical skills, their self-worth, their human courage, and their capacity to grow. Being a Special Olympics coach is one of the most important and rewarding volunteer roles.
Responsibilities of the Special Olympics Coach

- Assist athletes in learning sports skills and applying them in competitions.
- Encourage confidence and self-esteem through sport.
- Obtain equipment for athletic training.
- Help to recruit athletes and assistant coaches.
- Register athletes for competitions.
- Know and share the mission of Special Olympics in your community
- Most importantly HAVE FUN!
Coach Resources

• **Coach Code of Conduct:** Special Olympics Coaches are role models whose behavior should serve as a positive example for their athletes.

• **Athlete Code of Conduct:** Special Olympics Kentucky is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics.

• **Family Member Code of Conduct:** This should be emphasized during training, competition, and special events at any level.

• **Volunteer Code of Conduct:** For SOKY volunteers.

  [Volunteer Code of Conduct](#)
  [Family Code of Conduct](#)
  [Athlete Code of Conduct](#)
  [Coach Code of Conduct](#)
Key Coaching Forms

- Accident/Incident Form: [Online Version]
- Certificate of Insurance: [Online Version]
- Athlete Medical Form: [Online Version]
- Class A Volunteer and Unified Partner App: [Online Version]
- Local Program Contact List: [Online Version]
- Special Olympics Logo Usage Guidelines: [Online Version]

All can be found on the [SOKY COACHES CORNER PAGE]
Special Olympics Coach Oath – “In the name of all coaches, we shall follow written and verbal instructions of Special Olympics officials at all times, have our athletes at the appropriate events and activities at the proper time and abide by the rules and policies, in the spirit of sportsmanship.”
Unit 6 – SOKY Flag Football Specifics

Important General Information

- **Main Point of Contact:** SOKY Director of Sports and Competition
- **Fall Sport:** Season runs from August-December
- **Season Timeline:**
  - Local/Area sign-ups/tryouts take place in August/September
  - First Packet of Information (registration packet) is sent out via email in mid-September
  - Three regional tournaments will take place in October:
    - Louisville Regional Tournament – St. X H.S. (One day event)
    - NKY Regional Tournament – Thomas More College (One day event)
    - Danville Regional Tournament – Centre College (One day event)
  - State Tournament is held in early-mid November (One day event)
Team Sport Divisioning Philosophy

• The divisioning process for team sports is much different, and much harder, than individual sports. Unlike most individual sports, team sports do not have concrete distances or times that can be used, although we do have teams submit game summary forms. Once a game starts, however, the information contained in the Game Summary Forms (GSFs) often takes a back seat to the dynamics at play minute-by-minute, play-by-play on the court or field.

• The challenge with divisioning team sports is that there are many factors that affect how a team performs on any given day — missing players, illness, penalties, behavior, coaching, who’s hot and who’s not, individual match ups, etc. With divisioning in team sports, much more emphasis is put on game results, common opponents, coach rankings and coach notes. There is not a perfect science to ensure that all divisions will have close games, which is why we use leagues/regionals as a divisioning process for team sports. We recognize there may be some games during a competition that are not competitive, but we hope that coaches will use this time to get the team better as a whole and play the back-up players.
SOKY Flag Football Specifics

SOKY FLAG FOOTBALL

• The official Special Olympics Sports Rules in the SOKY Flag Football Sports Manual shall govern all Special Olympics Flag Football Competitions. In cases, not covered by these rules, Special Olympics North America Flag Football rules will govern play.

• Official Events: Team Competition (5 on 5) and Team Skills Competition

SOKY FLAG FOOTBALL SPORTS MANUAL

Special Olympics North America Flag Football Sport Rules

The SOKY Flag Football season runs **August** through **December**. Teams will qualify for the State Tournament by participating in at least **ONE** of the three sanctioned SOKY Regional Tournaments. These tournaments must be held within the official SOKY Flag Football Season.
Unit 6 – SOKY Flag Football Specifics

SOKY Flag Football Divisioning Criteria

**B DIVISION**
- Players have a limited understanding of rules or team play
- LIMITED basic skills – passing, catching
- Minimal defensive skills and concepts
- Little strategy and very few organized plays
- Players not able to catch a pass while running
- Quarterback with limited accuracy and arm strength

**1A DIVISION**
- Players have a USEFUL understanding of rules and team play
- USEFUL basic skills – passing, catching
- Players have USEFUL defensive skills, but struggle to play defense without being physical
- Teams implement SOME strategy, but run general plays
- SOME players can catch a pass while running
- Limited ability to react to the way the other team plays
- Quarterback has USEFUL accuracy and fairly strong arm
SOKY Flag Football Divisioning Criteria (Cont.)

2A DIVISION
- Players have CONSISTENT understanding of rules and team play
- CONSISTENT skills – passing, catching
- CONSISTENT defensive skills – Able to play aggressively without being physical
- Teams CONSISTENTLY implement strategies and run specific plays
- MOST players can catch a pass while running.
- Quarterback throws with good strength and CONSISTENT accuracy.

3A DIVISION

The criteria should be used as a guide when trying to determine at what level your team should compete. If you are having trouble divisioning your team, please contact the SOKY Office or a Flag Football Sport Advisory Team Member for help.
SOKY Flag Football Roster

• As a coach you will complete one Official Team Roster for the season. The minimum allowed per team is five (5) athletes and the maximum is fifteen (15) athletes plus a maximum of three (3) coaches and three (3) additional personnel (chaperones, bus drivers, etc.) per team.

• Each may also have a maximum of two (2) athlete team managers in which must be registered SOKY athletes. The athlete team manager position is for those athletes who may not be able to physically play flag football or are just looking to help out the team.

• A team must have a minimum of five (5) players to start a game (required). Teams may continue with a minimum of four (4) players if necessary, due to disqualification or injury.
Unit 6 – SOKY Flag Football Specifics

Diagram of Special Olympics Flag Football Field

60 Yards

10 Yards
5 Yards
15 Yards

No Running Zone
No Running Zone
No Running Zone
No Running Zone

Goal Line
Midfield
Goal Line
Unit 6 – SOKY Flag Football Specifics

Venue Set-Up
# Unit 6 – SOKY Flag Football Specifics

## Flag Football Signals

<table>
<thead>
<tr>
<th>Signal</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>🧧</td>
<td>End of period</td>
</tr>
<tr>
<td>🧧</td>
<td>Free ball</td>
</tr>
<tr>
<td>🧧</td>
<td>Foul</td>
</tr>
<tr>
<td>🧧</td>
<td>Penalty foul</td>
</tr>
<tr>
<td>🧧</td>
<td>False start</td>
</tr>
<tr>
<td>🧧</td>
<td>Unnecessary roughness</td>
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<td>Flag down - fumble</td>
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<td>Player clarification</td>
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*Note: The signals shown are for reference purposes only and may not be used in actual gameplay.*
GUIDELINES FOR OUTDOOR EVENTS
HEAT, COLD AND LIGHTNING WEATHER POLICIES

Heat Guidelines
- A heat index of 95-99 degrees Fahrenheit will result in a shortened event.
- A heat index of 100 degrees Fahrenheit and above will result in a cancelled or postponed event.

Cold Guidelines
- A wind chill of 10 degrees Fahrenheit and below will result in a cancelled event.

Lightning Guidelines
- Activity may not be resumed or started for 30 minutes after both the last sound of thunder and the last flash of lightning.

General Statement
As staff of Special Olympics Kentucky, our number one priority is the safety of our athletes, volunteers and spectators. It is to be understood that all cancellations will be decided as soon as possible, and to assume the event is still on if you have not heard anything from a staff member via email and/or by phone. You may also check for updates on our website and all our social media accounts; Facebook, Twitter and Instagram. In advance, we greatly appreciate your cooperation with this, and ask that you abide by the policies above for both competition and practice/training.
Unit 6 – SOKY Flag Football Specifics

SOKY FLAG FOOTBALL MANUAL OVERVIEW

Sections 1-6

1. General Rules
2. Proper Attire
3. Equipment
4. The Game
5. Dead Balls/Fumbles
6. Penalties
7. Coaching Attire & Duties
SOKY Flag Football Specifics

SOKY FLAG FOOTBALL MANUAL OVERVIEW

Section 1 – General Rules

• Special Olympics Flag Football is non-contact. In all aspects of Special Olympics Flag football, rulings shall be made with player safety as the primary consideration.

• An intermediate (youth) size football will be used in all divisions.

• A one-piece three flag belt will be worn by all athletes during the games. These belts must be of different color than the predominant color of the team uniforms and the team shorts/pants. They must be a different color for visual purposes. Belts MUST be worn on offense and defense. If belts are not in compliance or found to be altered in any way to prevent being pulled off as easily, an unsportsmanlike penalty will be assessed. If there are repeat offenders, these athletes will be ejected from the game.
SOKY Flag Football Specifics

SOKY FLAG FOOTBALL MANUAL OVERVIEW

Section 1 – General Rules (Cont.)

- Athletes are also required to wear a protective mouth piece that is NOT white or clear. All mouthpieces MUST be colored. For visual and emergency purposes, mouth pieces MUST also have at least a 4-inch stem on them. Lanyards that are connected to mouthpieces are not allowed to be worn.

- All levels and divisions will play on a field that is ideally 60 yards long (including end zones) and 25 yards wide. The actual size will be determined by the space available at a particular venue. If insufficient space is available, a slightly smaller space can be used. A space of at least 5 yards around the field must be free and clear of obstructions. The field can be marked with chalk, paint and/or traffic cones.

- All forms, fees, etc. MUST be returned to the SOKY office on or before the required deadline. If not returned by this date, you may not be allowed to participate in that event.

EACH TEAM IS REQUIRED TO PLAY ALL TEAM MEMBERS IN EVERY GAME PLAYED.
SOKY FLAG FOOTBALL MANUAL OVERVIEW

Section 2 – Proper Attire

• All players must wear matching numbered uniforms. Numbers must be on both the front and back of the uniform and must be tucked in at the waist. Jerseys must be long enough to be tucked in. No mid-drift jerseys.

• All players must wear rubber cleated or flat-soled athletic shoes. Metal cleats, spikes, hiking boots or other equipment deemed dangerous by officials will not be allowed. Flag football is played in all weather conditions (rain, snow, mud, etc.); therefore, proper shoes become an important part of the uniform.

• No blue jean shorts or pants, or denim of any kind are allowed. All team members must wear shorts or pants that are the same color, and these must also have **NO POCKETS**! Shorts must properly fit the athlete.
SOKY FLAG FOOTBALL MANUAL OVERVIEW

Section 2 – Proper Attire (Cont.)

- Stocking caps and football-approved gloves are acceptable in cold weather. Skull caps may be worn to protect an athlete’s head from the sun. Toboggans with a ball on top, and hoodies are **NOT ALLOWED** to be worn due to safety reasons. Toboggans with no ball on top and crew-neck sweatshirts may be worn during cold weather. Sweatpants (**NO POCKETS**) are also fine to wear.

- Those players who wear eyeglasses while playing are required to wear a strap to hold the glasses in place.

- No jewelry is permitted by any athlete unless for medical reasons. In these cases, athletes should wear tape or a sweatband to cover it.
SOKY FLAG FOOTBALL MANUAL OVERVIEW

Section 3 – Equipment

• An intermediate (youth) size football will be used in all divisions of flag football. Leather, synthetic leather, or rubber footballs are appropriate for use in training and competition. The ball should be properly inflated and inspected periodically for defects or damage. Nerf® footballs may be used in training to assist athletes who are having difficulty catching the ball, but cannot be used in competition.

• A protective mouth piece must be worn at all times during training and competition. These mouthpieces need to be colored, NOT white or clear. White or clear mouthpieces will not be permitted. For visual and emergency purposes, mouth pieces MUST also have at least a 4 inch stem on them. Mouthpieces can be found in most athletic supply stores. Lanyards to hold mouth pieces are not allowed.
Unit 6 – SOKY Flag Football Specifics

**SOKY FLAG FOOTBALL MANUAL OVERVIEW**

**Section 3 – Equipment (Cont.)**

- A one-piece (clip or buckle style), three flag belt is the required flag belt for competition. This is a belt with the flags **permanently** attached. Team belts MUST be of different color than the predominant color of the team uniforms and shorts/pants. This is for visual purposes. (The flag belts should be the thicker style belts, rather than flimsy style to prevent from complete breaking of the belt when pulled or stepped on. The belts also need to remain in the proper position on the waistline, with a flag on each hip and one in the back). Other styles of belts (Velcro or two-flag) may be used in training but cannot be used in competition. If belts are not in compliance or found to be altered in any way to prevent being pulled off as easily, an unsportsmanlike penalty will be assessed. If there are repeat offenders, these athletes will be ejected from the game.

- **Head Gear:** Rugby style (SOFT PADDED) head gear is allowed to be worn for safety reasons. This head gear is not mandatory but is highly encouraged to help prevent serious head injury due to collisions, or any other type of event that may affect the head. This head gear must be one solid color (preferably black), and SOFT PADDED.
SOKY FLAG FOOTBALL MANUAL OVERVIEW

Section 4 – The Game

• All games will consist of two (2) 20-minute halves (running time), UNTIL the last minute of each half, at which the clock will stop on all dead ball whistles (i.e. incomplete pass, out of bounds, change of possession, etc.)

• **MERCY RULE:** At any point, a team is up by 36 points or more, the clock will be continuously running the remainder of the game. Also, the second half of play will be shortened from 20 minutes to 15 minutes. If this 36-point differentiation is hit in the first half of play, the remainder of the first half will be a running clock, but not shortened in time. Once the 36-point differentiation is met, at no point will the clock or regular amount of time ever go back to the normal ruling. At this point, coaches should remove key players, and place subs into the game if able.

• There will be a five (5) minute break at halftime (between the 1st and 2nd halves).
SOKY FLAG FOOTBALL MANUAL OVERVIEW
Section 4 – The Game (Cont.)

• Each team is entitled to TWO regular (60 second) time-outs per half. Any unused time-outs in the first half do NOT carry over to the second half. Only the Captain or Coach can call the time outs. The clock will stop on all time-outs.

• Officials can stop the clock at their own discretion (injuries, delays, etc.).

• In the B division ONLY, one coach per team is allowed on the field at all times. They may assist in the offensive huddles, defensive huddles, and/or placement of athletes on the field. He/she must relocate and be out of the way when the ball is snapped.
SOKY FLAG FOOTBALL MANUAL OVERVIEW
Section 4 – The Game (Cont.) - Overtime

Overtime: If the score is tied at the end of regulation play.

- A coin toss is held to determine first possession.
- Each team receives one play from midfield.
- The team gaining the most points or gaining a yardage advantage is awarded one (1) extra point and wins the game.

- If both teams score a touchdown, or gain the same yardage, the procedure is repeated until one team wins.

- If the team with the first attempt in overtime scores on the first play, the opposing team must score on it’s first play also.

- An interception in overtime is worth 0 yards. There is no advantage for the defensive team for an interception.
Unit 6 – SOKY Flag Football Specifics

SOKY FLAG FOOTBALL MANUAL OVERVIEW

Section 4 – The Game (Cont.) - Scoring

• Touchdown: 6 points

• Extra Point:
  ✓ 1 point (from the 5-yard line)
  ✓ 2 points (from the 10-yard line)

• Safety: 2 points

• No Kicking!

• Penalty for having to borrow flags: 6 points awarded to opposing team when the game begins.
A coin toss determines the first possession.

Each team will provide 2 captains.

The officials and team captains will meet prior to the start of the game to conduct the coin toss.

The winner of the coin toss will choose offense or defense. Whichever team is on defense after the opening coin toss will choose which direction of play for the first half. In the second half, everything will be the opposite. The team that was on offense in the first half will be on defense, and both teams will travel in the opposite direction of the first half.
SOKY FLAG FOOTBALL MANUAL OVERVIEW
Section 4 – The Game (Cont.) – Possessions

- All possessions, except following an interception, start at the offensive team’s 5-yard line.
- The offense has 4 plays to cross mid-field.
- Once the offense crosses mid-field, they have 4 additional plays to score a touchdown.
- If the offensive team fails to cross mid-field or score a touchdown in the prescribed number of plays, possession of the ball changes and the opposite team starts at their 5-yard line.
- Interceptions change the possession of the ball at the point of the interception. A ball intercepted in the end zone is spotted at the 5-yard line.
- In the 1A & 2A divisions, each team has 30 seconds to snap the ball after the ball is spotted (marked ready for play by the Official). In the B division, teams have 45 seconds to snap the ball after it is spotted.
- Once the ball is snapped to the quarterback, he/she has 6 seconds to get rid of the ball. If he/she is still in possession of the ball when the official reaches a 6 second count, the play will be blown dead which will result in a loss of down.
SOKY Flag Football Specifics

SOKY FLAG FOOTBALL MANUAL OVERVIEW
Section 4 – The Game (Cont.) – Positions/Snap

- The ball can either be snapped between the center’s legs to the QB, or on the side of the hip as one continuous motion from the ground to the QB.

- No minimum number of players are required to line up on the line of scrimmage.

- The person who handles/possesses the snap cannot run the ball unless he/she hands the ball off first.

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SOKY FLAG FOOTBALL MANUAL OVERVIEW
Section 4 – The Game (Cont.) – Rushing the QB

• All players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. A special marker, placed by the official, will designate the spot 7 yards from the line of scrimmage.

• Players not rushing the quarterback may defend the line of scrimmage.

• Once the quarterback hands off the ball, the 5-yard zone no longer exists, and all defenders are eligible to rush.

• The defense cannot initiate any contact with the quarterback.
Unit 6 – SOKY Flag Football Specifics

**SOKY FLAG FOOTBALL MANUAL OVERVIEW**

*Section 4 – The Game (Cont.) – Running*

- The quarterback (player receiving the snap) cannot run the ball, unless he/she hands the ball off first.
- Only direct hand-offs behind the line of scrimmage are legal. Handoffs may be in front, behind, or to the side of the quarterback/offensive player, but MUST be behind the line of scrimmage. Laterals and Pitches are not allowed.
- The player who takes a hand-off can pass the ball, as long as he/she does not pass the line of scrimmage.
- “No Running Zones” are located 5 yards before the mid-field line and goal line. Any ball snapped from these zones must be passed. The purpose of “No Running Zones” is to avoid short yardage power running situations.
- The ball carrier may NOT spin, dive, hurdle or use either arm to shield a defender from grasping his/her flag.
- The ball is marked at the spot where the position of the ball is when the player is declared down (carrier’s flag belt is pulled or falls off, or hand/knee touches ground).
SOKY Flag Football Specifics

SOKY FLAG FOOTBALL MANUAL OVERVIEW

Section 4 – The Game (Cont.) – Passing and Receiving

• All passes must be forward and received beyond the line of scrimmage.

• All players are eligible to receive a forward pass, including the quarterback if he/she is legally handed-off.

• A shovel pass is legal as long as the forearm is above the elbow. No underhand pitches or throws.

• Only one player is allowed in motion at the snap and he/she may not be moving toward the line of scrimmage at the snap.

• A player must have at least one foot in bounds when making a catch.

• Interceptions change possession of the ball at the point of the interception. (Exception: A ball intercepted in the end zone is spotted at the 5-yard line.) Interceptions cannot be returned.
There are no fumbles - The ball is spotted where it hits the ground.

**MUFFED SNAPPED BALL RULING:** When a muffed snap in the shotgun/under center formation(s) occurs (ball doesn’t make it to quarterback, ball hits ground before ever making it to the quarterback, or rolls on the ground to the quarterback), the play is dead and the ball will return to the original line of scrimmage, but will be the next down. If the ball is snapped over the quarterback’s head, or beside him/her in the air the ball will be placed at the spot where the ball hits the ground. If the ball is snapped into the end zone, the result is a safety.
Play is ruled dead when:

- the ball carrier’s flag is pulled.
- the ball carrier loses his/her flag.
- the ball carrier steps out of bounds.
- the ball carrier’s knee or hand touches the ground.
- a touchdown, extra point or safety is scored.
- during a try-for-point the defense obtains possession of the ball.
- a forward pass strikes the ground or is caught simultaneously by opposing players (the offensive retains possession).
- a pass is intercepted (no returns).
- a snapped ball touches the ground. (SEE MUFFED SNAPPED RULE)
- there is an inadvertent whistle.
- a receiver catches a ball without his/her flags attached.
- the quarterback is still in possession of the ball after the 6 second count by the official.
SOKY Flag Football Specifics

**SOKY Flag Football Manual Overview**

**Section 6 – Penalties**

- All penalties are assessed from the line of scrimmage.

- No penalty may take the ball more than half the distance to the offender’s goal line.

- Coaches will have the opportunity to decline or accept the penalty based on the result of the play.

- Sportsmanship/Roughing: The officials will disqualify any player who participates in rough or unsportsmanlike play. No warning is required.
Unit 6 – SOKY Flag Football Specifics

SOKY FLAG FOOTBALL MANUAL OVERVIEW
Section 6 – Penalties (Cont.)

Offense: 10 yards from the line of scrimmage and loss of down.

• Illegal Motion (more than 1 player moving at snap, moving forward at snap).
• Offside (in neutral zone at snap, false start)
• Illegal Forward Pass (not beyond line of scrimmage; Partner to Partner)
• Illegal Procedure (quarterback run)
• Pass Interference (picking or pushing defender)
• Illegal Contact (holding, blocking, bumping)
• Flag Guarding (diving, spinning, warding off)
• Delay of Game (failing to snap within 30 seconds of ready)
• Unsportsmanlike Conduct (improper use of flag belt)
Defense: *10 yards from the line of scrimmage automatic first down.*

- Offside (in or beyond neutral zone at snap)
- Pass interference
- Illegal Contact (holding, blocking or bumping)
- Illegal Flag Pull (before receiver has ball)
- Illegal Rushing (rushing quarterback inside 5-yard limit)
Coaches and managers are responsible for dressing according to SOKY standards. Not only are athletes required to look their best, but coaches and team managers hold this responsibility as well. This includes athletes who are managers.

Coaches and managers MUST wear a matching coach’s shirt. This shirt must be the same color of the team’s uniforms OR can be another color that represents the team, as long as it sports the team name. If a coach’s or manager’s shirt does not bare the team name, then it must be the predominant color of the team’s uniform.

Jeans can be worn, as long as they have NO holes and they fit properly.

Athletic suits can be worn, but absolutely NO sweatpants! (cotton-type)

Shoes must be worn. NO flip-flops or sandals allowed (NO open-toed shoes)
Coaches are responsible for knowing and understanding the rules of the game provided in this manual. Coaches are also responsible for making sure that all uniforms and equipment meet SOKY standards, and that all game equipment (mouth-pieces, belts, etc.) are brought to every game/tournament.

Coaches should use the proper equipment and teach the athletes to use and perform all activities the “right” way the first time and every time. For safety’s sake, coaches should keep the instructional and playing areas clear of clutter and debris. Coaches should be aware of equipment problems and hazardous areas so as to correct or avoid them. In addition, coaches should perform periodic safety inspections and preventative maintenance on all equipment and playing field areas.
• Fair athletic competition creates an opportunity for each athlete or team to play at his/her best. You are strongly encouraged to place athletes on teams where all members have an equal chance to perform as contributing team members. An athlete should never be placed on a team where he/she is only a position and not a contributor. The best coach strives to create a team that practices, plays and contributes as a whole. The team will always be stronger than any one player.

• Coaches should understand that there will always be the strongest and weakest teams in each division. If at any time a coach is not being sensitive to a lopsided score, a Tournament Official will approach that coach during a timeout to administer a warning. If a coach does not make appropriate substitutions or if the coach purposely continues to run up a score, Tournament Officials will impose disciplinary action to the coach. Depending on the severity of his/her actions a coach may be verbally reprimanded, not allowed to coach the next game OR be removed from coaching in the SOKY program altogether.
Flag Football Skills and Drills
Skills & Drills – Drill #1

Warm-Up Drill - Always begin practice with a warm-up drill. This along with stretching will get muscles loose and warmed up.

• **Objective**: Improve agility, footwork and balance

• **Drill**: Place cones at corners of 15-yard square. Line up players at one corner of square. Have players:
  - sprint to first cone
  - side-step to second cone
  - backpedal to third cone
  - spring back to beginning of line

• **Coaching Tip**: Throw a football to each player as he or she finishes the drill. Repeat drill to other side after everyone has had a turn.
Flag Football Skills and Drills

Skills & Drills – Drill #2

Flag Pulling

- **Tip**: If you don’t have flags, the best alternative would be to use tube socks or long dress socks and tuck them in the waistband of your shorts or in your belt.
- **Objective**: This drill teaches the defender to make split-second decisions and to instinctively be able to properly pull the opponent’s flag.
- **Set up**: Line players up in a single file line acting as ball carriers. The first person in the line will walk forward 5-10 years and turn to face the ball carriers.
- **Drill**:
  - The first ball carrier in the line will run toward the defender, then at the last step, cut to the right of the defender. The defender should attempt to reach out and pull the flag.
  - The next ball carrier in the line will do the same thing as the first runner, only this time the runner cuts to the left of the defender. Again, the defender should attempt to pull the flag.
  - The ball carriers should begin to pick up speed with each running back cutting to the right, next to the left, next to the right, rotating back and forth.
  - The process should consistently speed up and eventually the defender does not have time to think, only to react by pulling the flag belt.
  - Switch positions and let another player be the defender, rotating all the way through the team.
- **Coaching Tip**: Many teams like to practice this youth flag football drill in the few minutes before a game, in order to warm up and prepare for their opponent.
Flag Football Skills and Drills
Skills & Drills – Drill #3

Flag Pulling

- **Objective:** To teach players how to avoid having their flag pulled.
- **Set Up:** Set up cones about 5 yards wide and 15 yards long.
- **Drill:**
  - A player will start on offense and attempt to get from one cone to the other without having their flag pulled.
  - Be sure to flip flop positions so each child can practice each position.

- **Coaching Tip:**
  Be careful to not allow players to flag guard, which is one of the most commonly called penalties during games.
Unit 6 – SOKY Flag Football Specifics

Flag Football Skills and Drills
Skills & Drills – Drill #4

Passing

• **Objective:** Develop and improve passing technique by focusing on correct arm and hand movement. This drill will also help to perfect throwing motion using only one arm

• **Set Up:** Have players partner up and have them stand across from one another in parallel lines 5 yards away. Each set of players will need 1 ball.

• **Drill:**
  - Once players are set up have them kneel on both knees, throwing to their partners 5 yards away.
  - After several tosses, have players switch to kneeling on their right knee, then after several throws have them switch to the left knee
  - Next have them throw standing up with feet together, after players have been able to successfully throw from these positions have them try a 3-step drop then a 5-step drop before throwing.

• **Coaching Tip:** Show players how to follow through with their arm, so that their thumbs end up pointing down. Demonstrate how to throw from no higher than their ear.
Flag Football Skills and Drills

**Skills & Drills – Drill #5**

**Passing**

- **Objective:** To develop a solid passing foundation

- **Set Up:** Players will partner up with one being the QB and the other the Center. Each pair should have a ball.

- **Drill:**
  - The QB will call a cadence or snap count
  - The center will snap the ball
  - The QB will drop back steadily behind the center
  - The QB should bring the ball up to the throwing shoulder right away
  - Practice 1, 3, and 5 step drops WITHOUT throwing the ball to ensure proper mechanics

- **Coaching Tip:** Once proper mechanics are established coaches can add a runner and the QB can run through the drill and end with a pass.
Snapping

- **Objective:** Develop proper snapping mechanics

- **Set Up:** Set up a 20 x 20 yard area. Divide teams into even groups and place in even lines. Place cones in middle of drill four yards apart. One football per team.

- **Drill:**
  - The QB and center on each team will start
  - The center will snap directly to the QB. The center will stand still while the QB runs to the next cone.
  - The previous QB snaps to Center, so on, until course is completed.
  - The drill continues until each person gets a turn.

- **Coaching Tip:** If there are enough players, the coach can set this up as a relay race. The center must be sure to place the ball on the ground before snapping.
THANK YOU FOR FINISHING THE SOKY FLAG FOOTBALL SPORT CERTIFICATION TRAINING PRESENTATION! IN ORDER TO COMPLETE AND RECEIVE CREDIT FOR ENTIRE TRAINING, PLEASE TAKE THE FOLLOWING QUIZ:

CLICK HERE:
SOKY FLAG FOOTBALL SPORT CERTIFICATION QUIZ