

2020 Little Tigers Football Club

Football Coaching Requirements and Expectations

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Mission Statement

To provide a positive and supportive environment for youth to develop skills and winning attitudes, improve character and sportsmanship, while competing in a fun and challenging atmosphere.

Philosophy

By explaining, demonstrating, and using repetitive drills, our coaches will focus on proper body positions and proper fundamentals of each skill, and will encourage our players to repeat these fundamentals. Our coaches will focus on developing self-esteem and confidence by believing in our players and giving them positive reinforcement.

Purpose

By becoming a part of Edwardsville Little Tigers Football, youth will experience:

- An improvement of self-esteem and self-discipline
- A renewed respect for authority
- A respect and concern for others through sportsmanship
- An inclination to give 100% effort to all they endeavor
- A respect for teamwork, team spirit, and building friendships

General Coaching Qualifications

The Little Tiger Football Club has high expectations for the coaches that will be entrusted to teach the game of football to the youth of the Edwardsville and Glen Carbon communities. Little Tiger Football coaches will possess the following characteristics and qualifications:

- Passion and ability to teach young men football and life skills.
- Knowledge of basic football skills.
- Knowledge of youth football rules.
- Win with class and lose with dignity.
- Never jeopardize the integrity of the game.
 - Respectful to Edwardsville Little Tigers Football Club members, game officials, and opposing teams showing good sportsmanship in all situations.
 - Available for the time commitment required to coach football.
 - Head Coaches - approximately 15-20 hours per week during the season.
 - Assistant Coaches - approximately 10-12 hours per week during the season.
 - Be in control at all times, including intense game situations and parent exchanges.
 - Adhere to all Little Tiger Football Club rules (as provided in this pamphlet and throughout the season) and Tri County Junior Football League rules. See Attachment 1.
 - Provide the signed application and pass the mandatory background check.
 - Complete the required USA Football Training
 - Attend required coaches' meetings. Head coaches see below. Assistant Coaches will attend the mandatory coaches' school

and miss no more than 50% of all other mandatory meetings.

- Recognize the “winner” in each child encouraging their strengths.

Head Coaching Qualifications

In addition to the basic qualifications for every coach, head coaches will possess the following characteristics and qualifications:

- Great decision-making skills.... always puts the TEAM first.
 - Great communicator with players, coaches, club officials, and parents.
 - Great organizational skills.
 - Great delegation skills.
 - Great team building skills.
 - Great Leader, who leads by example.

Coaching Style

Each Head Coach will have his own style and expectations that should be shared with his coaching staff, players, and parents. The Little Tiger Football Club will not mandate a certain style but will expect the coach’s style to support the Little Tiger Mission Statement and Philosophy. By way of example, and not limitation, Edwardsville Little Tigers Football Club expects that coaches teach the game of football to every participant, not just play to win. That means, for example.

- (a) assigning positions that are appropriate based on each child’s physical and athletic ability to promote best success for the individual player,
- (b) if handing out a playbook, hand out playbooks to all kids on the team,
- (c) explain each position to all players
- (d) Edwardsville Little Tigers Football Club will provide tools to allow each coach the opportunity to fulfill the following coaching elements which should provide the basis of how each Head Coach manages and leads his team and how each Assistant Coach teaches the game.
 - Evaluate each player’s strengths and weaknesses, but boost self-confidence and self-esteem in all players.
 - Put each player in the best situation to be successful recognizing the “winner” in every child.
 - Be fair to each player and make impartial decisions. Decisions should be based on the best interest of all players.
 - Keep the playbook simple.
 - Coach the entire roster.
 - Make football a fun and enjoyable experience.
 - Don’t use abusive language or berate or belittle players in any way.
 - Understand that voice volume may be raised only to ensure that the player(s) being addressed can hear for proper understanding, or to offer strong encouragement.
 - Never use profanity or foul language. Use of foul language and profanity is grounds for suspension from the club’s coaching staff.
 - Remember that you are working with children who will often make mental and physical

- mistakes.
- Be positive, smile, and enthusiastically encourage players.
 - Always act in a manner to be an excellent role model for all Little Tiger Football players.
 - Choose the proper game day attitude remembering that people care more about what you do than they do about what you say.
 - Support the game officials with positive comments in front of players. Your lead will instill respect for authority and create a positive atmosphere for all that participate and watch.
 - Do not argue with officials or opposing coaches.
 - Only talk to officials to clarify the number of the player committing the foul, asking for amount of time left or timeouts and clarifying a call.
 - Never question a judgment call.
 - If you are removed from a game by an official you will be subject to discipline by Edwardsville Little Tigers Football Club and Tri County Football League, including a minimum of suspension for upcoming game(s) and could result in longer suspensions or expulsion from the club.
 - Practice the circle of affirmation.
 - Reinforce the motto "win with class and lose with dignity.
 - Never run up the score. If your team is ahead by more than 4 touchdowns, slow the game down by putting in second string lineup or taking a knee.

Coaching Staff

The Head Coach will be responsible for selecting his coaching staff. Each team should have an Offensive and Defensive Coordinator. The Head Coach can fill one of the Coordinator positions but not both. The Head Coach will also have a sideline coach track plays during the game. A maximum of six coaches can be on the sidelines during the games, including the play monitor.

Communications

The Head Coach should work closely with the Team Mom to communicate team news, Edwardsville Little Tigers Football Club news, and special events to the team parents. The Head Coach should also communicate his expectations to the players, the parents, and his coaching staff when the teams are determined. Email is the preferred communication tool, but team or parent meetings can also be scheduled before or after practice. Regular meetings with the coaching staff are also encouraged.

Keep lines of communication open with parents. Communicate to parents that unruly or inappropriate comments from the sidelines during a game may result in penalties for the team. It is the Head Coach's responsibility to manage the conduct of a team's fans on the sidelines. Any issues related to conduct of fans should be immediately communicated to the Athletic Director and/or President.

All comments or complaints from parents or otherwise should be channeled to through the Head Coach. If issues cannot be resolved, then comments should be channeled to the Coaching Coordinator, then the Athletic Director, and then the Board of Directors of Edwardsville Little Tigers Football Club.

Club Participation

The Little Tiger football coaches are the face of the organization. In addition to coaching football our coaches are expected to be active participants in club events during the season and off-season. Events include registration, equipment handout, parades, Tiger Time Out, and the awards banquets. The Little Tiger Football club is a volunteer organization that requires participation from all the club members. Due to family or work commitments it is difficult to participate in all events. However, we expect the coaches to make every attempt to attend most events when volunteers are needed or send representation from your team.

Coaching Meetings

Head coaches are expected to attend all coaching meetings scheduled by the club. If you are unable to attend, you will need to contact the Athletic Director and send representation from your team. Coaches are also welcome and encouraged to attend the monthly Little Tiger board meetings. Assistant coaches are expected to attend any mandatory meetings for all coaches and at least 50% of all other mandatory coaching meetings.

Practice Format

Football requires more practice time to be successful than any other team sport. The key to success is preparation and execution. Practice time is critical to the development of each player. The overall success of each player, your team, and the Little Tiger Football Club is dependent on productiveness of every practice. Practice time is limited so make every minute count. Your team will play the way they practice!

- Normal practices are scheduled for 2 hours per session. Each team will practice during times designated by Edwardsville Little Tigers Football Club and will not exceed 2.5 hours per session, with no contact after the first two hours. Any exception to the regular practice schedule needs to be reviewed and approved by the Athletic Director.
- An extra practice session can be scheduled if additional preparation is needed for an upcoming game. Example; A walk through or special teams practice the day before a weekend game. Any “extra” practice should be light, instructional, have purpose, and be well communicated to the parents. Field availability will be limited outside the regular practice schedule designated by Edwardsville Little Tigers Football Club. Any exception to the regular practice schedule should be reviewed and approved by the Athletic Director.
- The head coach should have a backup plan if he is unable to attend practice. Practice should never be canceled because the head coach is unavailable. An assistant coach should be prepared to practice the team in advance or on short notice.

- Each head coach is encouraged to prepare a written practice plan/schedule for each practice. A sample practice plan/schedule will be provided by Edwardsville Little Tigers Football Club. Each practice should cover what each individual team needs to work on. As a coaching staff, everyone needs to collaborate.
- Players should not be standing around or sitting practice. During drill work there should be enough stations so there are 6-8 players per station. This will keep the players active and allow more reps per player. Use the agility stations to accomplish your conditioning training and keep the pace fast without sacrificing correct form.
- Use scrimmages to practice game situations, player rotations, and prepare for your opponent.
- Try to keep drills to no longer than 10 minutes each.
- Keep live tackling drills limited to smaller spaces. For example, don't perform 10- yard high-speed ramming type drills. Review in depth safe and sure blocking and tackling techniques with the head up to lessen the possibility of neck and head injuries.
- Each team should have a dress rehearsal before the first game. Be prepared for the chaos of the first game. The dress rehearsal should include pregame warm-ups, offense, defense, special teams, substitutions, play calling, and coin toss.
- Short water breaks should be taken on a regular basis throughout practice to keep players hydrated. Take no chances with heat exhaustion, NO EXCEPTIONS! Let players take a break in small groups to minimize disruption that could impact the flow of practice.
- Always remember . . . "Hard work beats Talent when Talent doesn't work Hard!!!"
- You agree that you will abide by club rules related to practice schedules as prescribed by the Board or the Athletic Director.

Player Injuries

The safety of each player will be the top priority of every coach. Take each incident seriously and never joke or harass a player who says he is unable to participate. Never force a player to play or practice against his will.

- Always error on the side caution if a player is sick, hurt, or injured.
 - If a player says he is sick or hurt then a coach should stabilize the player on the sideline and monitor his condition. A player should not return to action until he says he is ready. Communicate each incident with the parent.
 - Injuries are generally more serious than a bump, bruise, or sick stomach and should never be taken lightly. Ice should always be used for injuries that could result in swelling. The parents and club President should be notified immediately when a serious injury has occurred.
 - Each coach should have a medical kit in his coaching bag to handle minor injuries such as cuts and scrapes.
 - Each team should have ice bags, a water jug, and water bottles at each game.
 - Player injuries can often be avoided by inspection of practice and game fields.
- Before beginning a practice or game, inspect all fields to ensure that they are safe.
- If a player is injured and down, especially if a player appears to have a head or neck injury, do not remove a player's helmet except when instructed to do so by a medical professional or until you are absolutely sure that a player's injuries do not affect his head or neck.

➤ If a player is diagnosed with a concussion, he will not be allowed to play or practice until a release is received from a doctor.

Player Discipline

For the safety of the player and his teammates, each player is expected to participate in practice unless he is injured, has a school activity, or has an excused absence from the coaching staff.

At the coach's discretion, if the player has two unexcused absences in the same week then the player will be ineligible to participate in the next game. The coach will need to inform the parent and the athletic director of the one game suspension.

Game ejections will be reviewed case by case. The Athletic Director should be informed if a player is ejected from a game. The Head Coach and Athletic Director will review the cause of the ejection and determine if the player should be suspended for the next game if the player is not automatically suspended by Tri County Football League.

Any player who is suspended from school will be ineligible to participate in practice or games during the duration of the suspension. Any additional discipline should be reviewed with the Athletic Director and club President.

Fighting, cussing, insubordination, unruliness, and any act that takes away from the football experience for the other players will not be tolerated in practice or games. The head coach should address the problem immediately and inform the parent and athletic director if the problem persists. Player discipline does not include touching a player when you are angry. Do not ever grab a player's head or face mask.

Equipment Management

The Head Coach is responsible for the collection of equipment at the end of the season. The Head Coach is also responsible for collection of equipment from any player that leaves the program prior to the end of the season. The club will provide an inventory sheet to each team that will be used to track the equipment of each player. There will be a designated collection day the week following the last game and one makeup date. The Head Coach should contact any player who does not return his equipment during one of collection dates and schedule a special collection for that player. The Equipment Director should be notified if all the equipment is not collected a week prior to the awards banquet.

The coaching staff should remove a player from practice or a game if an equipment issue is discovered. The player can participate again once the equipment issue has been resolved. Safety of each player is our top priority.

Coaching Life Skills

The football field is a one of a kind classroom that teaches our players many of the life skills that will be important as future adults, fathers, husbands, coaches, and employees. Leadership, Integrity, Loyalty, Teamwork, Respect, Discipline, Determination, Courage, Pride, etc are some of the skills that are characteristics of many football players. Little Tiger coaches will discuss the

meaning and importance of these life skills with the players throughout the season. If the coaches make it important then it will become important to your players.

Tobacco, Alcohol and Drug Use

Use of illegal drugs will not be tolerated. Use of excessive use of alcohol or use of tobacco in the presence of players will not be tolerated. As a coach, you will not use alcohol or tobacco in the presence of players, on or off-field during the course of the season (the sole exception is an informal gathering at a private residence that is not sponsored by Edwardsville Little Tigers Football Club). You will not consume alcohol in any quantity prior to or during practices, games, or other official team gatherings, including post-game/season gatherings. You will not use tobacco or alcohol on school property and municipal facilities since it is against Illinois law, and I may be subject to immediate removal as a coach if I do. You will not use illegal drugs or substances. You will not wear any clothing that promotes firearms, alcohol, tobacco products or bars; always dress professionally. If (a) you fail any drug test, (b) we have reason to suspect that you are using (or have used) illegal drugs, (c) we have reason to suspect that you are intoxicated while in contact with children participating in Edwardsville Little Tigers Football (whether during club activities or otherwise, we may remove you as a coach or volunteer within Edwardsville Little Tigers Football Club.

Coaches Pledge

Edwardsville Little Tigers Football Club's goal is to help develop young boys into men beyond the lines of the football field by providing an environment where they will have fun and develop the values of sportsmanship, teamwork, commitment and hard work. Winning is not the goal. We expect coaches to be consistent and caring role models with positive qualities. The following are not suggestions. We expect coaches will act as role models. Therefore, you agree and pledge that:

1. Little Tigers Mission and Philosophy.

All my actions and decisions will support the mission, philosophy, purpose, requirements and guidelines set forth in the pamphlet entitled "Little Tiger Football Coaching Requirements and Expectations."

2. Football Fundamentals.

I will teach the fundamentals of football to all players pursuant to the guidelines provided by Edwardsville Little Tigers Football Club.

3. Preparation.

- a. I will prepare for all practices and games.
- b. I will strive to be organized and be efficient with my time having practices and drills planned out, written out and timed. I will abide by all club prescribed practice schedules and rules related to practice.
- c. I will make drills game relevant and practice what is needed for each game.
- d. I will strive to make the majority of drills with group sizes of no more than 6-8
- e. I will strive to make drills no longer than 10 minutes.
- f. I will keep live tackling drills limited to smaller spaces. For example, I will not perform

10-yard high-speed ramming type drills.

- g. I will review in depth safe and sure blocking and tackling techniques with the head up to lessen the possibility of neck and head injuries.
- h. I will adhere to the rules, programs and guidelines for practices and games of Edwardsville Little Tigers Football Club and Tri-County Football League.

4. Safety.

I will do my best to ensure that players have a safe experience while playing and practicing.

- a. I will provide players plenty of water breaks. I will take no chances with heat exhaustion, NO EXCEPTIONS!
- b. I will take no chances with injuries. I will always err on the side of caution.
- c. I will inspect all playing areas to ensure that they are safe for play and practice.
- d. I will be consistent, set parameters and will not let players go outside them.
- e. I will never touch a player when I appear angry.
- f. I will never touch a player in any private area.
- g. I will never touch a player out of anger. I will only make contact when necessary.
- h. For example, when demonstrating a drill, technique or drill.
- i. I will not grab a player's face mask or head.
- j. If a player is injured and down, especially if a player appears to have a head or neck injury, I will not remove a player's helmet except when instructed to do so by a medical professional or until I am absolutely sure that a player's injuries do not affect his head or neck.

5. Fun and Positive Experience.

I will do my best to ensure that all players have a fun and positive experience while playing and practicing.

- a. I will strive to always have fun and keep it simple.
- b. I will not use abusive language or berate or belittle players in any way.
- c. I understand that voice volume may be raised only to ensure that the player(s) being addressed can hear for proper understanding, or to offer strong encouragement.
- d. I will not use profanity or foul language and I understand that it will not be tolerated by the Edwardsville Little Tigers Football Club.
- e. I will remember that I am working with children who will often make mental and physical mistakes.
- f. I will be positive, smile, and enthusiastically encourage players.
- g. I will always act in a manner to be an excellent role model for all Little Tiger Football players.
- h. I will make decisions based on the best interest of all players.
- i. I will strive to instill self-esteem and boost self confidence in all players.

6. Sportsmanship.

I will encourage sportsmanship, teamwork, hard work and class at all times.

- a. I will choose the proper game day attitude remembering that people care more about what you do than they do about what you say.
- b. I will support the game officials with positive comments in front of players. I understand that my lead will instill respect for authority and create a positive

atmosphere for all that participate and watch.

- c. I will not argue with officials or opposing coaches.
- d. I will only talk to officials to clarify the number of the player committing the foul, asking for the amount of time left or timeouts and clarifying a call.
- e. I will never question a judgment call.
- f. If I am removed from a game by an official I will be subject to discipline by Edwardsville Little Tigers Football Club and Tri County Football League, including a minimum of suspension for upcoming game(s) and could result in longer suspensions or expulsion from the club.
- g. I will practice the circle of affirmation as set forth in the pamphlet entitled "Little Tiger Football Coaching Requirements and Expectations."
- h. I will always reinforce the motto "win with class and lose with dignity."
- i. I will never run up the score. If my team is ahead by more than 4 touchdowns, I will slow the game down by putting in second string lineup or taking a knee.

7. Alcohol, tobacco and drug use.

- a. I will not use alcohol and/or tobacco when in the presence of players, on-or off-field during the course of the season (the sole exception is an informal gathering at a private residence that is not sponsored by Edwardsville Little Tigers Football Club).
- b. I will not consume alcohol in any quantity prior to or during: practices, games, or other official team gatherings, including post-game/season gatherings.
- c. I will not use tobacco or alcohol on school property and municipal facilities since it is against Illinois law, and I may be subject to immediate removal as a coach if I do.
- d. I will not use illegal drugs or substances.
- e. I will not wear any clothing that promotes firearms, alcohol, tobacco products or bars; always dress professionally.

8. Club Administration.

- a. If I am a head coach, I will manage my sideline and parents.
- b. I will bring issues related to sideline conduct to the attention of the Athletic Director.
- c. I will always keep communication with parents open.
- d. If I am a head coach, I will immediately retrieve and return equipment of any player that quits, and I will return equipment as directed by the Edwardsville Little Tigers Football Club at the end of the season.
- e. I will complete required paperwork and attend mandatory meetings, club events and clinics.
- f. I will channel any comments or complaints through the Head Coach then Coaching Coordinator, then the Athletic Director, then the Board of Directors of Edwardsville Little Tigers Football Club.
- g. I will abide by club rules related to playing time for participants including mandatory play monitor sheets.

9. Club and School Support.

- a. I will support (and not bad mouth) the Edwardsville Little Tigers Football Club, District 7 Schools, athletic programs of District 7 Schools, fellow coaches.
- b. Dissension will tear the program apart and I will not participate in dissention.
- c. I will support the activities and decisions of Edwardsville Little Tigers Football Club.

Tri-County Youth Football League Rules

Coaches must adhere to Tri-County Football By-Laws and Standing Rules.

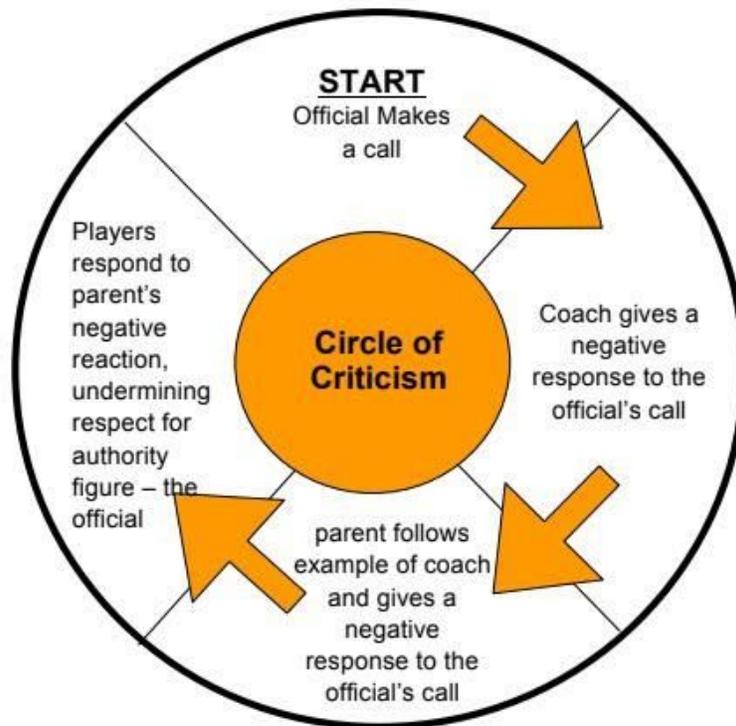
Attachment 1

Game Day Attitude

One of the key points in becoming an effective coach is choosing the right game day attitude. Actions and reactions on the field will have a lasting effect on kids. The Circle of Criticism and Circle of Affirmation are simple concepts that illustrate the results associated with negative and positive feedback given to the game officials/referees. We expect coaches and game officials/referees to work together as a unified team.

What happens in the Circle of Criticism?

- The Circle of Criticism begins when a coach responds negatively to a right or wrong call made by the referee.
- The coach's example gives the parent the implied permission to react negatively toward the referee.
- A parent's example causes the child to assume that it is acceptable to react in the same way. The result can be a negative attitude toward the referee, who represents authority on the field.



What happens in the Circle of Affirmation?



- The Circle of Affirmation begins when the coach gives a positive response to a right or wrong call made by the referee.
- The coach's example influences the parent to react positively toward the referee.
- A parent's example encourages the child to give a positive response. The result is a positive attitude toward authority.
- The Circle of Affirmation goes beyond the referee. A coach's affirmation of players and cheerleaders inspires encouragement and positive comments from parents, family members, and other players and cheerleaders.

Practicing the Circle of Affirmation makes the game a better experience for everyone involved.