

WHITE RIVER SPORTS

Kids COMPETE.
Coaches COACH.
Fans CHEER.

Mission: White River Sports exists to provide a safe place to simply play and compete; learn and connect.

2009 Football Leadership Team

Contact Info

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What does a Leadership Team Member do?

The Flag Football Leadership Team has been meeting for the past few months preparing and praying for the upcoming Flag Football season. They are excited and ready to help you guys make this an awesome football season.

The Leadership Team are a group of volunteers that have given of themselves to help lead and oversee practices and games. They join me in praying for each and every coach, player, and family. They strive to lead by being servants first, and will be present at practices and games to help answer questions and help you learn along the way.

Football Progression Chart

Leadership/ Spiritual Maturity

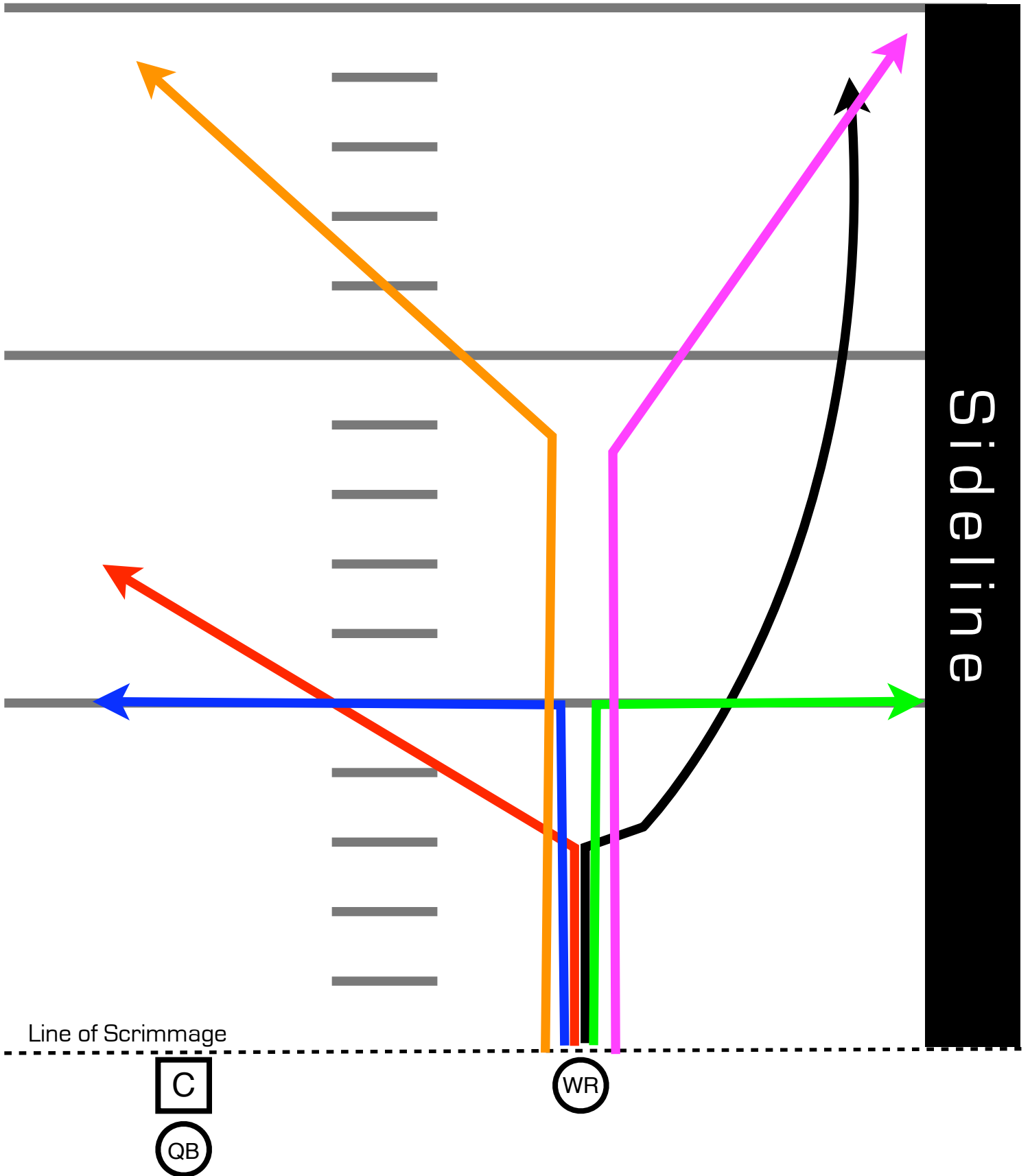
- Listen when a coach is speaking
- Arrive on time to practices/ games
- Verse Memorization
- Involve all of their teammates
- Stay Positive
- Encourage teammates
- Learn how to pray
- Be able to focus on one task
- Offer to pray
- Play with integrity
- Lead teammates on/off the field

Offensive Skills Progression

- Learn positions on the field
- Learn the cadence
- Learn how to run properly
- Learn how to receive a hand-off
- Learn how to make a hand-off
- Be able to form a huddle
- Learn the defensive stance
- Learn the WR/RB stance
- Learn basic pass routes
- Learn how to pass
- Learn how to catch
- Make the C/QB exchange
- Learn how to call plays
- Learn the toss/pitch
- Know the rules
- Learn all routes in route tree
- Learn QB drops (3 & 5)
- Have a complete understanding of the offense

Defensive Skills Progression

- Learn defensive positions
- Learn basic rules of defense
- Learn the defensive stance
- Don't stop until the whistle blows
- Learn to blitz
- Learn how to back-pedal
- Learn to read run or pass
- Learn to push the play
- Learn man/ball technique
- Learn Man-to-man Defense
- Learn to read QB/RB
- Learn Zone Defense
- Play defense as a team



Slant

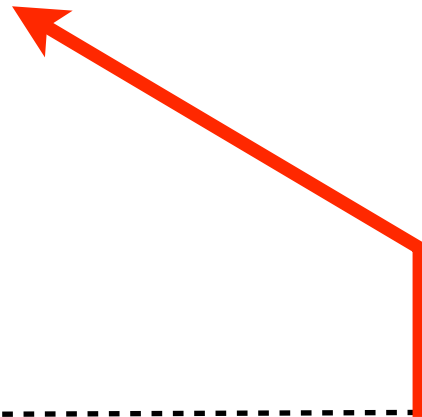
1. Go 3 yards
2. Plant outside foot
3. Cut at 45 degree angle toward the middle/QB
4. Look for the ball right after you cut

Line of Scrimmage

C

QB

WR



In

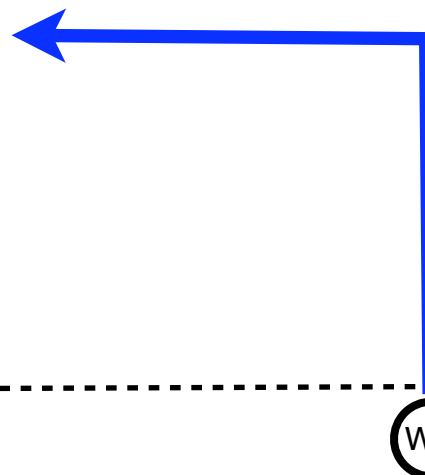
1. Go 5 yards
2. Plant outside foot
3. Cut at 90 degree angle toward the middle/QB
4. Look for the ball right after you cut

Line of Scrimmage

C

QB

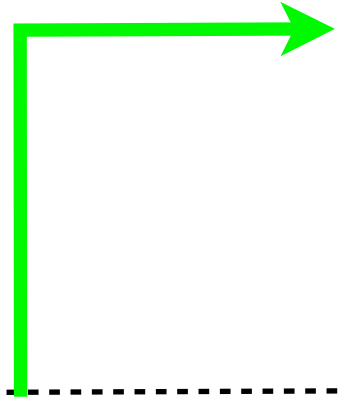
WR



Out

1. Go 5 yards
2. Plant inside foot
3. Cut at 90 degree angle toward the sideline
4. Look for the ball right after you cut over your OUTSIDE shoulder

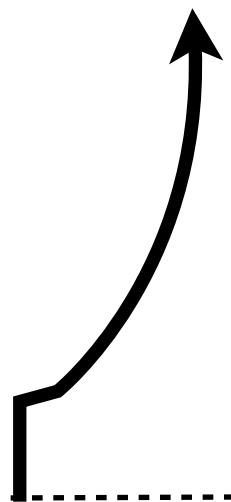
Line of Scrimmage



Go

1. Go 3 yards
2. Make a move on your defender (optional)
3. Sprint up the field
4. Look for the ball over your inside shoulder

Line of Scrimmage



WHITE RIVER SPORTS

1. Go 8-10 yards
2. Plant outside foot
3. Cut at 45 degree angle toward the goalpost or middle of the end-zone
4. Look for the ball right after you cut over your INSIDE shoulder

Line of Scrimmage

C

QB

WR

Post



Flag

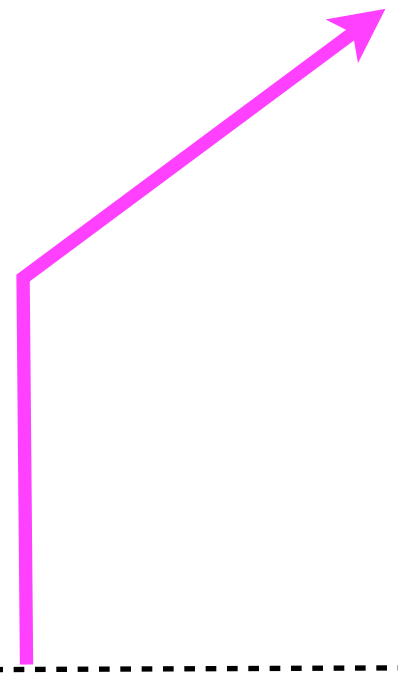
1. Go 8-10 yards
2. Plant inside foot
3. Cut at 45 degree angle toward the corner pylon or back corner of the end-zone
4. Look for the ball right after you cut over your OUTSIDE shoulder

Line of Scrimmage

C

QB

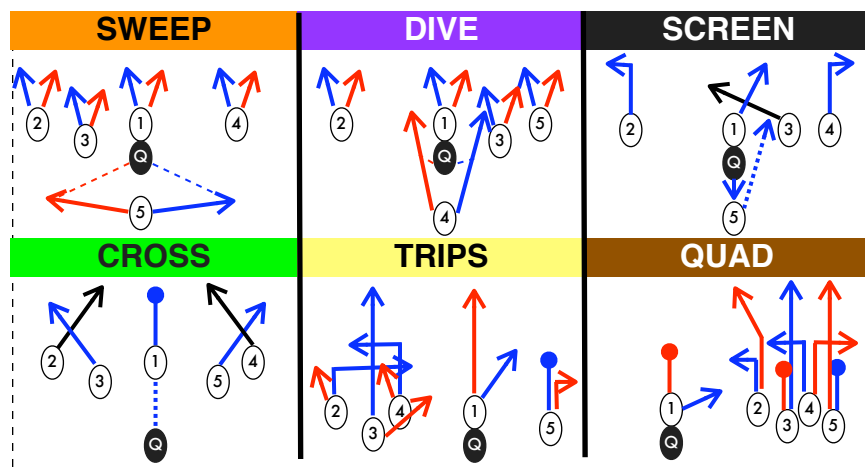
WR



We have created the Play Maker, to hopefully make it easier and simpler to create your own plays to put in your wristbands. We found the ones produced by Upward were often too complex for most players and teams.

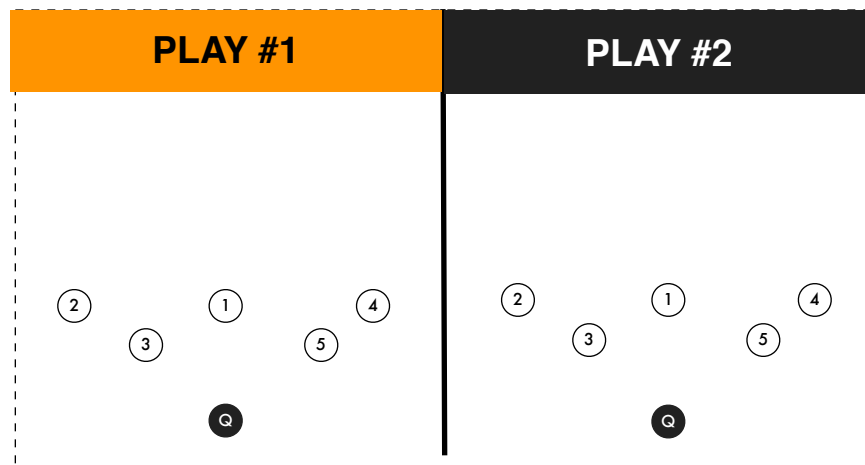
Sample Play Maker

This is a sample Play Maker, meant to be used as an example. This is the approximate size needed to cut out and slide into your players' wristband to view the plays.



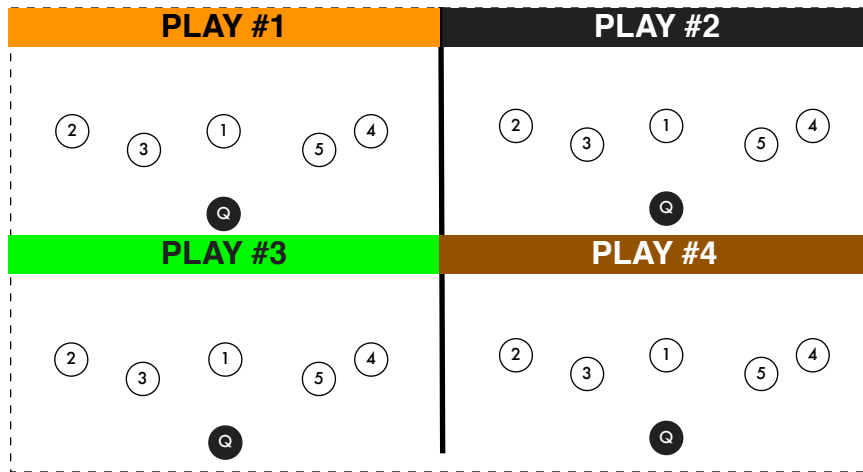
2 Play Options

This is a Play Maker that gives you the option to call 2 plays, or variations of 2 plays. This is great for the younger divisions.



4 Play Options

This is a Play Maker that gives you the option to call 4 plays, or variations of 4 plays. This is great for the middle - older divisions.



6 Play Options

This is a Play Maker that gives you the option to call 6 plays, or variations of 6 plays. This is recommended for older division teams that have a good grasp on play-calling.

