

2009 West Broncos General Information



2009 Football General Information

Communication

I cannot stress enough how important it is for you, the parent, to feel free to come to me to address any concerns or questions you may have. The only requests I will ask of you is (1) try to talk with me either before/after practice or during a break and (2) if there is something serious to discuss, let's not do it in front of the players of the team.

Please feel free to talk to me any way you are more comfortable; in person, on the phone, or through email.

I will try to make all announcements at the end of each practice; however, there are times when I have to make more immediate contact. Generally, this will be done as a phone call from one of the coaching staff (coaches or team moms). This isn't a common occurrence, but does happen when adverse weather is forcing the cancellation of a practice or game.

We have so little time to prepare for each game so we need all the players here on time and ready to go at 6 PM sharp whenever possible. I know this is a big commitment and is tough on the players and even you as parents especially once school starts. If they must miss practice for any reason please call me and leave a message on my machine if possible so I can make plans to adjust practice if needed.

Schedule

Practice Tuesday and Thursday (one pre season practice on the main football field)

Tuesday Bennett Park Baseball Field 1 Left Field

Thursday Bennett Park Football Field

Practice will begin at 6:00 PM. It is important to have your son at the field properly equipped and ready to practice at the start of practice. Practice will last approximately two hours.

During the first practice of the season, we will be practicing in helmet, T-Shirt, cleats, and shorts. Following practices will be in Full Pads.

Practice is made up of three activities: conditioning, drills, and scrimmage.

Parents at Practice

A parent or guardian must be present during practice.

If a player needs a bathroom break we will send them to you for escort on and off the field.

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Parents and siblings are NOT allowed on the practice field according to Bennett Park Rules. As we will be practicing on the base ball field on Tuesdays and the grand stands are a long way from Left field I'm going to suggest that you bring a chair and position yourself along the Left Field fence outside the foul line. As long as we don't have an issue with a little brother or sister coming on to the field you should be ok watching practice from there.

On Thursdays when we are on the main football field you will be required to remain in the grand stands.

When practicing on Thursday and during the games on the Turf we will only be allowed to have water on the field. (for more information regarding the Turf requirements see the Bennett Park Website)

Dad's we may use you to assist us during practice. If so be prepared to fill in and help the coaches out.

Conditioning

We will begin each practice with a series of conditioning and stretching exercises. The practice will begin with a small run. After the warm-up run, we will stretch the major muscle areas to help protect against injury. After stretching, we will begin the conditioning portion of the practice. Our conditioning will consist of grass drills, up-downs, sprints, and other physical fitness activities.

The conditioning session will last approximately 20 minutes and concludes with a water break.

At the end of practice we will conduct one last conditioning activity. Typically it will involve running and relays.

Drills

After conditioning we will begin the drill phase. Typically, we will separate into different groups – Linemen and Backs/Receivers. Linemen drills will consist of blocking, fighting off blocks, blocking schemes, and tackling. Backs/Receiver drills will consist of executing the offensive plays, receiving drills, hand off drills, and pass coverage drills.

We will also work on tackling drills as a single unit. These drills will focus on open field tackling, sideline tackling, and team tackling.

The purpose of the drills is to teach football fundamentals specific to player positions. Drills are typically full contact and full speed.

The drills portion of the practice will be approximately 40 – 60 minutes long with water breaks approximately every 20 minutes.

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Scrimmage

The scrimmage portion of the practice is designed to simulate a game environment for either the offensive or defensive unit. There are two types of scrimmages we will use in practice intra-squad scrimmage and inter-squad scrimmage. In an intra-squad scrimmage, we will be running our offensive unit against remaining team players. This can be a half line scrimmage (left or right half of the offensive line) or a full line scrimmage.

We will have inter-squad scrimmages, when possible, with the other Bronco 2nd grade teams.

Equipment & Uniforms

Bennett Park Provided Protective Equipment

The Bennett Park Youth Football League will loan each player the following equipment:

- 1 Football Helmet with chinstrap
- 1 pair of knee pads
- 1 pair of thigh pads
- 1 pair of hip pads
- 1 tail pad
- 1 pair of shoulder pads
- 1 mouthpiece
- 1 pair of practice pants
- 1 pair of game pants
- 1 practice jersey

This equipment is signed out prior to the beginning of the season and must be returned to the league at the conclusion of the season.

If you have issues with your equipment get with a coach and we will help you square things away.

Optional and Required Equipment

Each player is required to wear the League Provided Protective Equipment for each and every “full pads” practice. A player can substitute his/her own equipment for the League Provided Protective Equipment provided the equipment is equivalent in protective quality.

Some players replace the chinstrap of the helmet with a purchased chinstrap. Chinstraps come in several varieties. I do not have any issues with changing the chinstrap. The only note here is that chin strap buckles must be plastic. No metal buckles are allowed.

Some players also choose to replace the league provided mouthpiece with a mouthpiece purchased from their dentist or at a local sporting goods store. This is fine too, but keep in mind that league rules require that the mouthpiece must have a strap that connects the mouthpiece to the player’s facemask and the mouth piece not be clear (so that the

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referees are able to see that the player has it in prior to a play). All mouthpieces must be sized and formed to the player's mouth. The mouthpiece should come with instructions for doing so. It is important to follow these instructions. (If you need help contact a coach)

Each player should purchase or acquire a pair of cleats. We play in adverse conditions at times and this can make footing difficult, at best. Football or soccer cleats should be used, but any cleats will be acceptable. (there is no need to purchase any special Turf Cleat, regular cleats will perform just fine)

Each player should purchase orange, blue or white socks. (your choice)

Some players choose to purchase forearm pads. This is fine too. These will help protect the forearms from contact while blocking and tackling. I don't have any restrictions for using additional pads.

Uniforms

Game jersey will be issued prior to our first game. Players **MUST** bring both Home and Away jerseys to **EVERY** Game.

Jerseys this year will be Blue and Orange. No white this year.

Your son will be able to keep the game jersey at the end of the year.

Game Day

We will meet one hour prior to game time. Prior to the game we will stretch, run through our plays, and do some motivational activity. We will meet at the same location for each park.

Prior to going on to the field we encourage our parents to make a tunnel or create a gauntlet for the team to move through as they make their way onto the field. It's one last chance to "pump them up" and encourage them before the game.

Game Captains will be selected by the coaches prior to the game. Selection will be based on performance during practice. Game Captains will participate in the pre game coin toss at mid field.

During the game we will need one parent to help us record the game. We are allowed to have one person with one camera in the press box at each game. The game film is a critical tool for the coaches to review and improve our team during practice. If you are interested in helping us with that let us know and we will give you an idea of how to record the game.

At home games we will be required to provide a sideline chain crew. No experience is necessary. (It's not rocket science). If interested let a coach know.

Parents are not allowed on the sideline during the game.

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At Half Time we will move to an end zone and talk about the game, make changes, rest, and drink water. If you child needs a bathroom break we will send him to you. We will not have snacks at half time.

Post Game after we link up and shake hands with the other team we will huddle up as a team and move off the field as a team. Win or loose we want the parents to create another tunnle or gauntlet to congratulate our team, win or loose.

We will move back to our initial link up point where we will dig into our Snacks.

I know that is a lot of information and if you were able to read through the entire text, thanks for your time! The bottomline is that if you don't know something or have any questions or concerns give me a shout.

Thanks,

Coach Haley

