



The very first thing every coach must do before moving forward with in-person training plans, is to review the [Resources for Future SONC Events & Activities checklist](#) in its entirety (scroll about halfway down the page to find). In-person training is **not** “business as usual” and there are many videos to watch, documents to read and preparations to make to ensure the safety of our athletes and volunteers.

### Coach’s Meeting

- View the January 14, 2021 Coach’s Meetings found in the [Flag Football](#) section of the [SONC Coach and Sport Resources web page](#).

### Sport Equipment

Football sport equipment is plentiful, and arrangements have been made for each athlete to have their own for the duration of practice

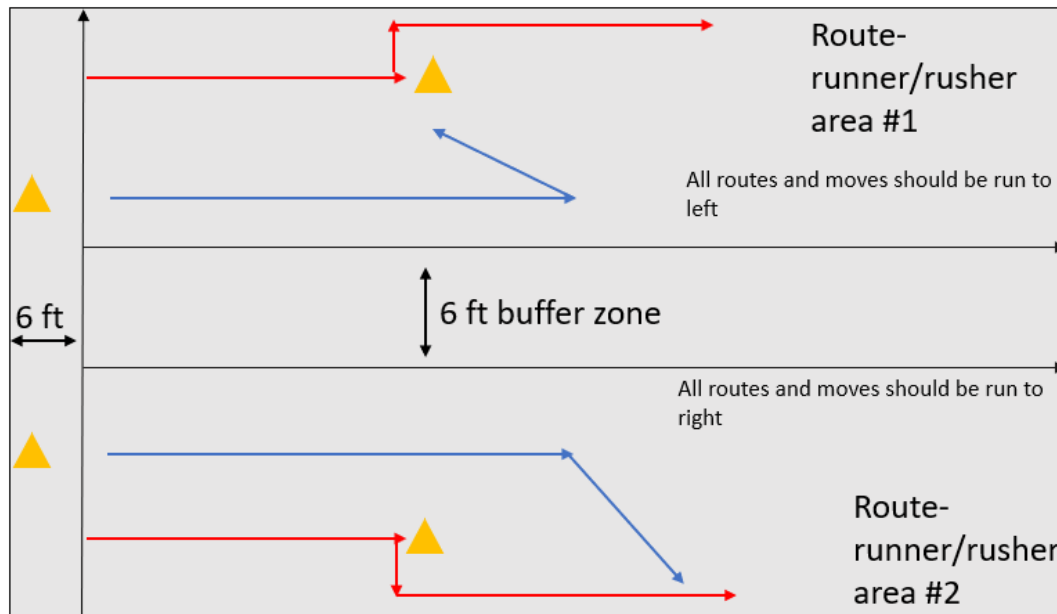
- Athlete’s Equipment
  - Water bottle – make sure it is labeled
  - Shorts/pants **with no pockets**
  - Mouthguard
- Coach’s Equipment
  - Water bottle
  - Baskets for athletes’ personal items
  - Sharpies and blue painters’ tape to label baskets and water bottles
  - Cones or spots – approximately 12-16
  - Footballs – enough for 1 per athlete
    - Must be sanitized before and after each use. Limit sharing where possible.
  - Flags – one belt for each athlete per practice.

### Indoor or Outdoor Flag Football Drills

- Athletes and coaches must remain assigned to the same group during the practice. No switching of athletes/coaches is allowed.
- Assign athlete skill areas where athletes can work on flag football. Must be minimum 6 feet of distance in between assigned areas.
- Playing area entry/exit – Use one door for entry and one for exiting to ensure proper physical distance.



- Whistles – if using a whistle during practice, it is recommended that electronic whistles are used, bells or other means of amplification.
- If you do not have a ball for every athlete, the ball must be sanitized before it transfers from one individual to another. For guidelines on ball sanitization, click [here](#).



- **Guidelines for this Space**
  - Only one athlete should be in each route-runner/rusher area at a time.
  - Athletes lined up for a turn in this space should be lined up at least 6 feet away from the space (with an additional 6 feet between each athlete in line)
  - A 6-foot buffer should be marked between each area
- **Drill Ideas for this Space**
  - Route-running (in blue): Have your athletes practice running precise routes using [the route tree](#). Practice only the routes that break backwards, to the sideline, or do not break (no breaking towards the center of the field and potentially into the other route-runner's space). This means no post or dig routes. Running these routes DOES NOT include actually catching a pass.
  - Ball-carrying and juking (in red): Carrying their own ball (or a just-sanitized one), athletes should set out from the line of scrimmage, approach the faux defender (a cone), perform a juke to the inside or outside, and explode past

## General Fitness and Conditioning Practice

For use in solo drills (stretching, body weight workouts, etc.). Can be utilized on a gym floor or outdoors in a field or in a parking lot.

