



5V5 FLAG FOOTBALL

OWIFA COACHES STARTER PACKAGE



powered by:

**FIRSTDOWN
PLAYBOOK™**

CERTIFICATIONS & TRAINING



CREATE AN ACCOUNT W/ THE LOCKER

MANDATORY ELEARNING

Visit the [OWIFA website](#) for more information

✓ — **SAFE SPORT, DIRECT ATHLETE CONTACT** FREE

✓ — **SUPPORT THROUGH SPORT** FREE

✓ — **MAKING HEADWAY IN FOOTBALL** FREE

✓ — **MENTAL HEALTH IN SPORT** FREE

**SVS NATIONALS
MANDATORY TRAINING**

✓ — **MAKING ETHICAL DECISIONS** \$75



ADDITIONAL MODULES (OPTIONAL)

1. NCCP Coach Initiation in Sport (\$15.00)

- Introduces new or experienced coaches to the foundational skills of coaching, such as long-term athlete development, ethics, coaching motivation, and athlete safety and wellness

2. Community Novice Coach: Combined - Non-Contact & Tackle (\$14.99 - \$19.99)

- Whether you want to coach tackle, flag, touch, or if you're unsure where you'll end up, this module will get you on your feet and teach you what you need to know to begin coaching in a safe and ethical manner

3. Making Ethical Decisions (\$65 - \$75) ** MANDATORY FOR MOST SPORTS

- The training helps coaches identify the legal, ethical, and moral implications of difficult situations that present themselves in the world of team and individual sport

4. Safe Contact 2.0 Refresher (\$10)

- Updated information discussing: Preparation for contact, Blocking, Block Defending, Ball Carrying

5. NCCP Creating a Positive Sport Environment (\$15.00)

- Coaches learn to use positive coaching strategies to create a positive sport environment, enhance safety, and improve learning and performance

FUNDING RESOURCES

Coaches are eligible to apply for a **NCCP Coach Bursary Program** to subsidize costs **Up to a maximum of \$300 per individual in the fiscal year (April 1, 2023-March 31, 2024) will be available to cover up to 60% of eligible course registration fees (workshop training)**



More information about eligibility can be found on their website

[Application Link](#)

FLAG FOOTBALL RESOURCES

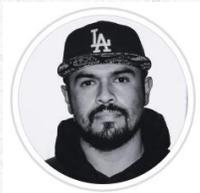


FOOTBALL CANADA FLAG RULEBOOK

EQUIPMENT

- ✔ Youth Sized Footballs
- ✔ Ladders
- ✔ Hurdles
- ✔ Pop-socket Flags
- ✔ Cones
- ✔ Armbands
- ✔ Mouthguard (for the players)
- ✔ Ball Pump
- ✔ Pinnies

EXAMPLE INSTAGRAM ACCOUNTS WITH FOOTBALL DRILLS



[__darwin_](#)



[platinumfitp](#)



[travistoivonen](#)



[theqbmovement](#)



[_dbstrictlywork](#)



[bp31training](#)

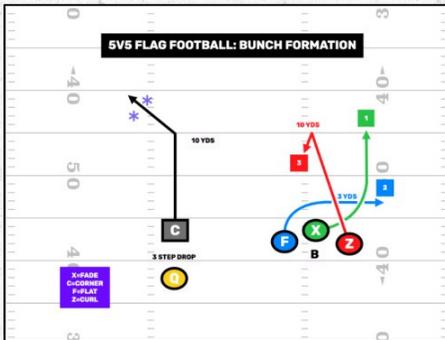
POWERED BY FIRSTDOWN PLAYBOOK



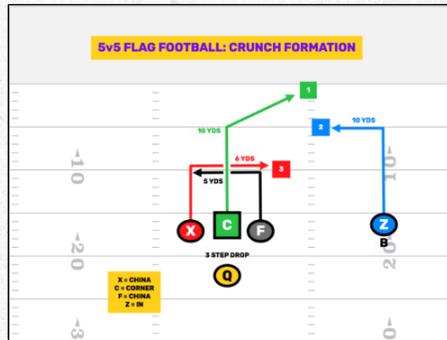
FIRSTDOWN PLAYBOOK

OFFENSIVE FORMATIONS

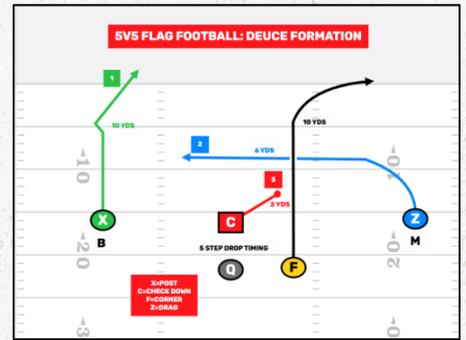
BUNCH



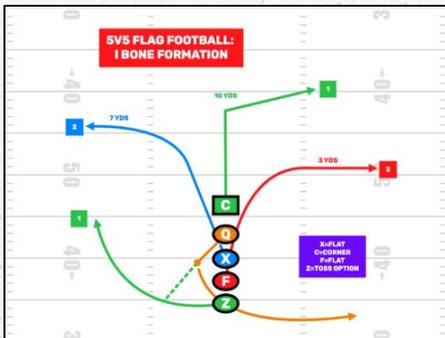
CRUNCH



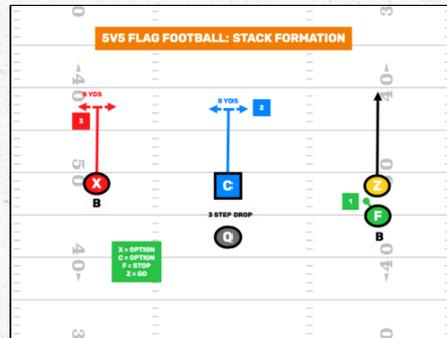
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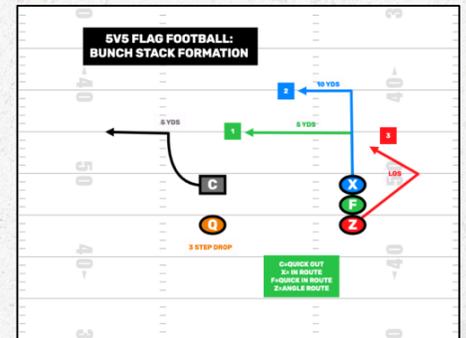
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STACK

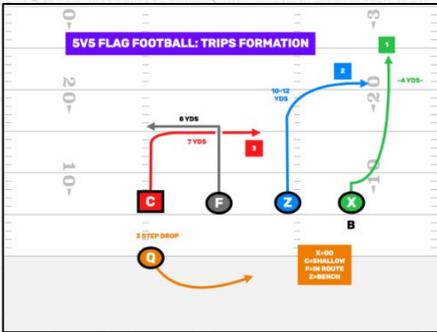


BUNCH STACK

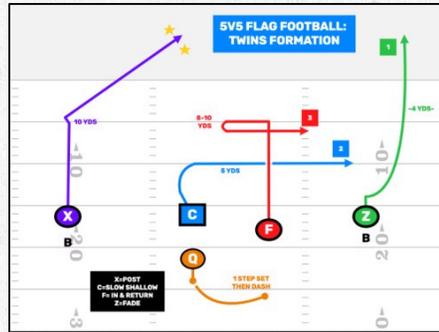


OFFENSIVE FORMATIONS (CONTINUED)

TRIPS



TWINS



LIKE WHAT YOU SEE?

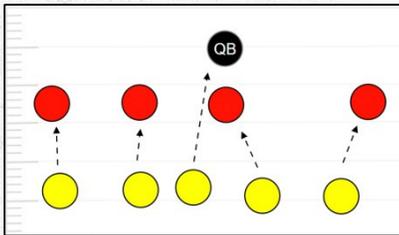
OWIFA will be offering a free 1-YEAR subscription to the ALL FOOTBALL MEMBERSHIP from FirstDown PlayBook to each team this season

FEATURES:

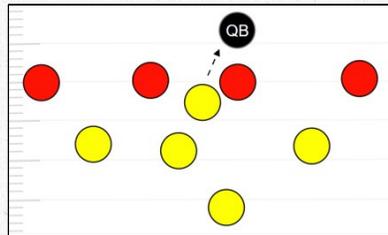
- Draw your own football plays from scratch
- Print football plays and wristband sheets easily
- Share playbooks with staff and team

DEFENSIVE FORMATIONS

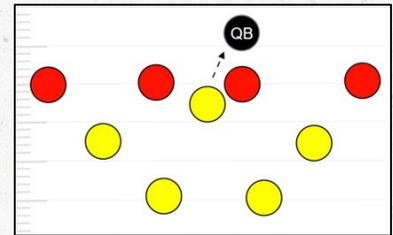
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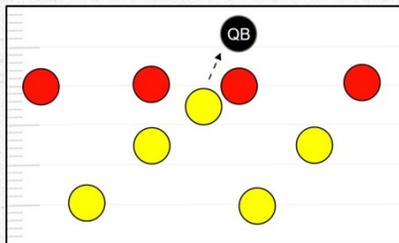
COVER 1



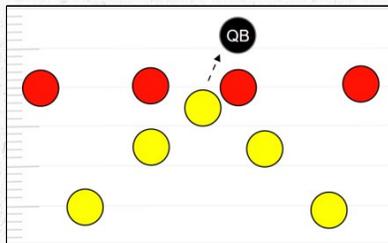
COVER 2 (version 1)



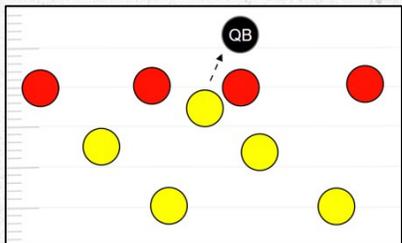
COVER 2 (version 2)



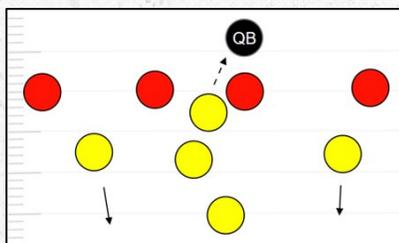
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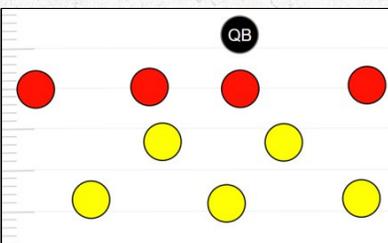
COVER 2 (version 4)



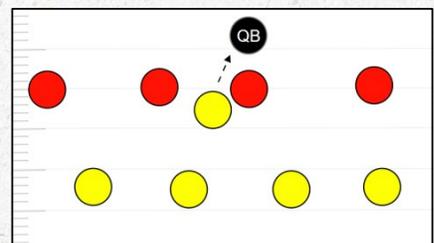
COVER 3 (version 1)



COVER 3 (version 2)



COVER 4



MOCK PRACTICE PLAN

Mock 5v5 Practice Schedule			
Time	Offense Drills	Defense Drills	Coaching Notes
10:00 am	Warm Up		
10:10 am	2-minute catching (run 3 times)		Split players into groups; Practice catching balls straight on and parallel from the QBs; Make sure players are attacking the ball; count how many balls each group gets in a minute and add a quick fitness movement (ex. 20 jumping jacks) for groups without the highest number of catches
10:19 am	Water Break		
10:20 am	Route Tree	Tracking Deep Balls	O: receivers have to make a certain number of catches D: make sure defenders have a hand on the receiver while tracking the deep ball
10:30 am	Hip movements: Hip Dips, Spin moves, Hip Shifts	Flag Gauntlet	O: make sure receivers are not afraid to try different moves D: make sure defenders move their feet and get in front of the receivers
10:40 am	Double moves	Footwork for tracking double moves (man defence)	O: make sure receivers are using their shoulders and eyes to sell the double move D: watch the hips and keep the feet moving
10:50 am	Water Break		 NFL FLAG HAS A LIST OF FLAG DRILLS
11:51 am	1v1s		
11:10 am	Water Break		
11:11 am	Scrimmage		
11:30 am	Cool down		

CHECKOUT OUR FOOTBALL 101 SERIES

 **STRENGTH & CONDITIONING**



QUARTERBACK MECHANICS 