



**FOOTBALL**  
CDA JR. TACKLE

Coaches  
Handbook  
2008

# Introduction

Thank you for your time and commitment to these young athletes you'll be coaching. Remember they look up to you as a leader. Try to make this a positive experience at practices and games. A great rule to coach by is to correct and teach a player and not to criticize a player.

## Mission Statement

The mission of the Coeur d'Alene Junior Tackle Football Association is to support a football league which is developmental yet competitive. It will teach good citizenship, and good sportsmanship along with the fundamentals of football. Our board and coaches will encourage commitment, self-discipline, responsibility, team work, fair play, and an appreciation for and knowledge of the game of football in an atmosphere of enjoyment and respect for self and others.

## Important Dates

- 8-17-08 - Equipment handouts at Persons Field. It is the coach's responsibility to be there. It's a good idea to record jersey numbers when you hand them out.
- 8-19-08 - First day of practice.
- 8-27 and 28 Jamboree at Lake City High School.
- 9-06-08 - First game of the year, check schedule for times.



## Practices

- 1) Players must have 3 pad-less practices before a padded practice.
- 2) Players must have 10 practices before playing in a game.
- 3) 2 hours is maximum practice time.
- 4) Practices are not allowed on CDA JR TACKLE game fields at Persons Field.
- 5) No practices on Sundays allowed.
- 6) The Jamboree counts as a practice.
- 7) Parents are not allowed in player area during practices.
- 8) There must be a cell phone at all practices in case a player is injured and you need to call 911.

# Games

- 1) Home games are your team's responsibility to provide chain gang and clock keeper.
- 2) Must have your team help at least once for field set up and take down.
- 3) Your entire sideline is your responsibility. Once you have talked with someone on your sideline who is misbehaving. If it happens again talk to a league representative on the field and they will have the person escorted off the field.
- 4) High school rules at the game.
- 5) 2 points for a PAT (field goal).
- 6) 1 point for a run PAT.
- 7) All kicks will be live for all grade levels. (5th PAT is no-rush)
- 8) 10 minute quarters.
- 9) 10 minute half time.
- 10) Football sizes 5<sup>th</sup> and 6<sup>th</sup> grade are youth sized ball and 7<sup>th</sup> and 8<sup>th</sup> grade are intermediate sized ball.
- 11) Every player must play at least 10 plays per game. Special team plays are included.
- 12) Keep parents out of player area on game day.
- 13) There must be a cell phone at all games in case a player is injured and you need to call 911.
- 14) No schedule changes for games unless approved by the board.

# Organization

Pick a practice site. The players are covered by the league's insurance at practices and games. Organize a mandatory team meeting early after the first practice if possible. This will be your opportunity to tell your players and their parents your expectations, rules and responsibilities. Here are a few examples of topics to discuss during your first team meeting.

- 1) The league has a zero tolerance for misbehavior towards referees, players and coaches.
- 2) The league has a no tobacco policy on all practice and game fields.
- 3) All coaches on your team including a parent who helps out part time. Must fill out a coaching application prior to having any contact with players. This is so the league can perform background checks to protect the players.
- 4) Inform them of website: [www.cdajrtackle.org](http://www.cdajrtackle.org)  
Coaching applications and accident claim forms are available to download off the website.
- 5) Recruit a Team Mom. They are invaluable and duties may include the following.
  - A) Collecting physicals before the first game.
  - B) Collecting league commitment forms before the first game.
  - C) Organizing chain gang and clock keeper schedule for your team.
  - D) Collecting candy sales money from players for league fund raiser.
- 6) Handout your team practice schedule and game schedule. Inform them the CDA league competes with Kellogg, Post Falls, Rathdrum, Sandpoint and Timberlake, and Spokane.

