

Clearview Youth Football & Cheerleading



Coaches Handbook

MISSION

The mission of the Clearview Youth Football & Cheerleading organization is to teach football and cheerleading skills to children between the ages of 5 and 14, while implementing the ideals of good sportsmanship, honesty, courage, loyalty and respect for oneself and others.

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Introduction

This document is for use by all CYFC coaching staff as a guideline on how to conduct themselves as members of the CYFC organization. The document will detail expectations for all coaches, misconduct and associated actions, responsibilities of all coaches, practice and team organization, and some football fundamentals.

An introduction to safety issues is provided, however all coaches will receive a safety manual which must be referenced for detailed safety information. In addition, a playbook and sample drills are available from the organization upon request.

Coaches Code of Conduct

All coaches and related staff must adhere to the following Code of Conduct.

- Winning is a consideration, but not the only one, nor the most important one, you should care more about the child than the winning of the game.
- Act in a sportsmanlike manner always, *win or lose*.
- Remember children are involved in athletics for fun and enjoyment.
- Lead by example in demonstrating fair play and sportsmanship to all participants. Ensure that you are knowledgeable in the rules of each activity that you lead, and teach these rules to the participants.
- Do not use foul or abusive language, threats or violence towards a referee, acting referee, spectator, official or player. **Actions of this nature will not be tolerated by CYFC.** Coaches will control their teams and the parents of the players on their teams at all times
- Place the emotional and physical well being of the participants ahead of any personal desire to win. Treat each player as an individual, keeping in mind the wide range of emotional and physical development of children within the age groups that you lead.
- No participation while under the influence of alcohol or prohibited drug. Consumption of alcohol or prohibited drugs around the playing area or at the practice facilities while activities involving the CYFC are being conducted, are not allowed.
- Learn, understand, and follow the rules of CYFC and the league (TCMFL) that we compete in.
- Provide a safe playing situation for all participants. Organize practices that are fun and challenging for all players. Give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
- Remember that coaching is a privilege not a right. Remember that you are a youth coach, and that the game is for the children and not adults.

- Be generous with your praise when it is deserved; be consistent, honest and fair. Do not criticize players publicly. Learn to be a more effective communicator and coach, don't yell at players.

Safety

This section is not meant to be comprehensive with regard to safety, rather it is meant as an introduction to on-field safety. The coaches are referred to the CYFC Safety Manual for more comprehensive discussions on safety related issues.

With regard to injuries and illness, the following guidelines are prescribed:

- In the event of an injury, contact the team medical person, or if this person is not available contact the medical person of one of the other teams in your practice area.
- Stay calm, and try to keep the child calm. For most, this is the first time that they have been hurt, and will be scared by this.
- DO NOT MOVE THE CHILD IF THEY ARE UNABLE TO MOVE UNDER THEIR OWN POWER. If this situation occurs contact emergency medical services immediately. If the child's parent(s) is/are at practice, call them over, and appraise them to the situation. If the parent(s) is/are not available, have another coach or parent contact them as soon as possible.
- In the event that a child has to be transported to the hospital, Underwood Hospital is the hospital that the child will most likely be taken to for home games. Hospitals for away games will be listed in the CYFC Official Season Schedule. If the parent is not at practice, a coach or team parent should accompany the child.
- When a child says that they are hurt, believe them. Do not attempt to get them to practice or play in a game if they are physically or emotionally not prepared to do so. Doing so leaves you and the CYFC organization liable for any problems, which may arise.
- Be alert to children trying to hide an injury. This puts the child at greater risk and also other children on the team.
- Talk to your athletes to see if anyone is hurt. An injury may not become apparent until after the practice or game.

Team/Parent Meetings

At least one team/parent meeting should be held by the head coach for all players and their families. This is in addition to the orientation meeting that the CYFC organization holds prior to the start of the season. It is recommended that additional meetings be held throughout the season to foster a good relationship between the coaching staff and the player and their families.

Coaches at a pre-season Team/Parent Meeting should discuss:

- Their philosophy and rules on:
 1. Sideline behavior
 2. Practices
 3. Picking up and dropping off players
 4. Minimum Playing Time Rules
 5. Procedures for grievances within the Team
 6. Disciplinary issues and actions

- Coaches are encouraged to have a Team Parent who will manage and seek parents volunteers for:
 1. Snacks
 2. Team Parties
 3. Change in Schedules
 4. Collection of Money
 5. Team Communication
 6. Etc.

- Coaches should work on improving their coaching skills by:
 1. Attending coaching clinics (CYFC clinic mandatory)
 2. Getting the appropriate license (if available)
 3. Watch competitions
 4. Reading instruction books
 5. Talking to other coaches
 6. Ask a Board Member for help with problem areas
 7. Learn the rules of the game

Dealing with Parents

Parents can be the coach's greatest ally or their worst enemy. Keep in mind the following when dealing with parents.

- Parents often believe that their child may deserve more playing time. To them, their child is a star, and the best player on the team. When approached by this, try to encourage the parent(s) to attend a practice, this gives them the opportunity to observe their child's progress as compared to others on the team.

- Inform parents that any conduct that becomes disruptive to either practice or competitions will not be tolerated, and may result in the parent being asked to leave the event. If the problem becomes excessive, their behavior could result in their child being dropped from the team.

- Parent complaints should be directed to the head coach of the team. Any complaints that can not be handled by the coaches should be directed to the President. If the situation involves multiple parties, their situation may be more appropriately handled through the entire CYFC Board of Directors.

- It is the parent's responsibility to have their child at practice on time. Explain to the parents that it is disruptive to have children arriving late, or not at all. This behavior affects every member of the

team, not just their child. Also, parents should be aware of the time practices are scheduled to end, and be available to pick their child up at this time.

It is important to explain the goals and objectives of CYFC to the parents at Team/Parent Meetings.

- You are the link between CYFC and the community that we serve. Parents and children will look to you for information regarding our association, so be prepared; stay knowledgeable about association activities.
 - If there are questions or concerns from parents or participants, bring them to the attention of the Board in a timely fashion.

Expectations of Coaches

The coach's calling is something we all need to take very seriously. To this end, CYFC has adopted the following guidelines:

The coach must be aware that he may have a tremendous influence, for good or bad, in the life of the player, and thus shall never place the value of winning above the value of the individual player -- his health, character, and development are paramount.

The coach must constantly uphold the honor and dignity of the profession. In all personal contact with players, officials, parents, the media, and the public, the coach shall strive to set an example of the highest moral and ethical conduct. This includes never "playing favorites" in practice or in games, never favoring one's own child above others, and being as fair as possible in assigning positions and playing time. Players need to earn their positions every year, and the efforts and contributions of all players must be recognized.

The coach will always look sharp on the field, whether in practice or in games. You are representing CYFC to the community.

The coach shall promote academic achievement, always emphasizing that school comes before sports. Where appropriate, the coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse, and shall under no circumstances condone or promote their use.

The coach shall be fully aware of safety issues pertaining to preparing for and playing the game, including but not limited to stretching and warming up, fitting and using equipment, and playing in a safe manner. If you have questions, see the board.

The coach shall be well acquainted with current rules and is responsible for their interpretation to players. Coaches who are relatively inexperienced should feel comfortable approaching experienced coaches to ask for help in this and other regards. Coaches shall always be open to helping each other.

The coach shall be fully prepared for every practice and game, and will see that his assistants are prepared as well. You should have written plans and a schedule for each practice.

The coach will encourage respect and support for officials. Inciting players and/or spectators against officials is prohibited.

The coach should always emphasize sportsmanship by players and spectators, and with his assistants should greet and exchange greetings with rival coaches before and after the game.

The coach shall refrain from using profanity. Disagreements with parents or other coaches should never occur in front of players. Let it go or take it somewhere else.

The coach shall emphasize positive discipline, such as encouragement and praise, over negative discipline. In the long term, ignoring a negative behavior is far more effective than punishing it. A player can NEVER be summarily dismissed from his team without due process.

Exceptional Misconduct

The following are grounds for temporary or permanent dismissal of either coaches or players from CYFC:

1. Illegal use of prescribed drugs or narcotics;
2. Stealing, or the sale or purchase of stolen property;
3. Use of profane or obscene language and/or acts of vulgarity-,
4. Fighting;
5. Vandalism;
6. Acts found to be in violation of the law.

In the event of exceptional misconduct, one of three consequences may occur:

1. Temporary or permanent dismissal from the program after consulting with the board;
2. A probationary period;
3. Other appropriate action, as determined by the individual circumstances.

The coach, player, or parent may appeal any ruling to the CYFC Executive Board.

Certifications and Clinics

Each head coach and all members of the coaching staff will be required to complete a coaching application and contract for board approval. All coaches will be voted on and approved by the CYFC Board of Directors annually. However, any coach can and will be removed from his/her position if necessary. CYFC reserves the right not to disclose reason/reasons for dismissal.

Each head coach and all members of the coaching staff will be required to attend a Coaches Clinic to be conducted by CYFC. The purpose of this clinic is to make each coach aware of certain safety issues involved in the sport of football/cheerleading. The clinic outlines the expectations of CYFC for all coaches and related staff and is mandatory.

Each coach must pass a voluntary criminal background check prior to being appointed as a member of the coaching staff for any CYFC team.

General Coaches Rules

A coach will not be permitted to use profanity, abusive language, and alcohol or conduct herself in a manner that could be deemed offensive. This rule will apply to all practices and games.

A coach will not transport any participant to or from practices or games, unless approved by the parent.

Coaches will notify the CYFC Executive Board of Directors if a problem or situation arises. A coach will rationally discuss with a parent/guardian any problem or situation which may arise. A coach is expected to resolve any grievance. If a solution is not reached, the coach is expected to direct the grievance to the CYFC Executive Board of Directors.

All coaches and participants must participate in any and all CYFC fundraisers. Failure to do so may result in the dismissal of a coach, coaches, and/or the violating participants.

Coaches will be held **responsible** for any and all monies and/or merchandise turned into them by participants during the CYFC fundraiser. It is best to have all monies directed to a member of the Executive Board.

A coach will adhere to all rules and regulations as set forth by CYFC and the TCMFL with which CYFC is affiliated.

A child's health and well-being will be the first objective for any coach.

Violation of these rules by a coach of CYFC may result in one or more of the following, according to the Exceptional Misconduct section:

- a. Warning
- b. Probation
- c. Suspension limited to a lifetime
- d. Fine

General Notes

Care of equipment/fields: All equipment must be used and cared for in a responsible manner. Coaches and/or parents may be held financially responsible for the loss of equipment.

Attendance: This is very important. If players are not practicing they will have a greater risk of injury and they put extra pressure on the team and coaching staff as well. Keep a daily record of who is at practice and who is missing. If you have a player who is suited up and is consistently missing practice, then the Board of Directors needs to know. We cannot risk the chance of losing several hundred dollars of gear to a family that is not being responsible. Please report all drops right away and collect the gear and return it to the league. If you cannot get the gear try to seek help from the other team parents and or the Board.

Equipment: Stress that kids do not sit on their helmets. Also, the player must always have their practice and game Jerseys tucked inside their waist belt. Anyone caught damaging the gear or field equipment will 1st be warned and if continued will be removed from the team and league.

Field Responsibilities: As a coach you always need to make sure the field is safe from holes, glass or other debris in which players may be injured. Walk the field before every game. You and your team maybe asked to help set up and or tear down a field on any given game day, you will be given notice which day will be yours. Also, please don't leave any garbage on field (stress to players, families too).

Forms: There is always a lot of paper work involved in being the coach. You must always have your official roster on you with the appropriate emergency and medical release forms attached.

Discipline and Good Sportsmanship

It is the coach's responsibility to instill discipline and good sportsmanship in their players. Remember, these kids look up to you. They will remember you for a long time. How you are remembered is up to you.

Discipline

- Football requires more discipline than most other sports
 - Coordinating effort of 11 children
 - Controlling high levels of physical exertion
 - Instilling mental concentration
 - Football players must control and focus their emotions – which is particularly difficult for young men
- Practices are designed for the good of the entire team
 - Distractions by individuals slow the team's progress
 - Undisciplined behavior can erode team chemistry
- As coaches we must teach how to focus energy in a positive and safe manner
 - Acknowledge the role of emotion in football
 - Positively reinforce desired behavior
- If one child cannot follow instructions, corrective action should and will be taken
 - Pull the child aside and explain the negative behavior
 - Pull the child out of the drill until he is ready to participate positively
 - Some physical activity can also be used
 - Burn off extra energy
 - Refocus team and individual on the task at hand
- If a child cannot control his behavior he will be removed from practice and his parents will be called
- Discipline will NOT involve
 - Degrading the child
 - Public embarrassment
 - Physically grabbing the child (facemask)
 - Excessive physical activity

Good Sportsmanship

- Poor sportsmanship will not be tolerated in any form
 - Poor sportsmanship will be grounds for dismissal for a coach
 - Poor sportsmanship will be grounds for removal from games/practice for players
- Coaches should always be a positive role model
 - Reinforce positive behavior for all athletes to follow
- Examples of good sportsmanship
 - Shaking hands with opponents after a game.
 - Helping an opponent up after a play.
 - Showing concern for injured opponents.
 - Accepting all decisions of the referees
 - Encouraging less skilled teammates
 - Congratulating an excellent effort by opponents
- Examples of poor sportsmanship
 - Trash talking
 - Causing injury to an opponent on purpose
 - Cheating
 - Blaming losses on others
 - Running up the score against opponents

Developmental Differences in Athletes

Coaches will observe developmental differences inherent to young athletes. This includes:

- Put athletes in positions and situations in which their development will let them succeed.
 - Match athletes based on size, skill and aggressiveness
 - Slow down drills as needed to encourage proper technique
- Recognize some athletes mature at different speeds
 - Provide instruction appropriate to the player and their physical skills
 - Encourage the late-maturing athlete
- Involve parents
 - Identify each athlete's future potential
 - Recognize that physical changes occur over time

Practice Regulations

The practice field location will be determined by CYFC. Practice is not permitted anywhere except your assigned field unless permission obtained from CYFC. The CYFC Board of Directors must be notified of any changes in days, times, and location.

Practices may not start until the official start date assigned at the parent orientation meeting. Each squad is limited to five organized practices per week, prior to the start of the school year. After the start of the school year, practices are limited to four (preferably three) organized practices per week, plus any scheduled games. Violation of these rules *will* result in coach's suspension or dismissal.

Never leave a child waiting on their parents/guardians by themselves. Never take a child

anywhere by yourself. Always have another adult accompany you.

General outline for Practices

Coaches and there staff must be prepared for practice. Practices must be preplanned and followed to the plan. Time goes quickly and must be organized. Practice like you play! Need to be full or game speed!

Younger kids need the more quantity in contact, as in repetition to build experience. Older kids are generally more experienced and need more quality time; they can get by with less contact; they probably already understand more and grasp the concepts. Apparatus such as dummies or sleds, arm pads are a plus as it allows the kids to go 100%.

In August: 30 minutes of stretching, exercising, running and water! 1 hour of station breaks. Each coach would take a specific area, example: 1 tackling, 1 blocking, 1-offensive plays, 1-defensive scheming. Rotate positions every 10 to 15 minutes w/ breaks included. Depending on the level of team and experience, review player position at coaches meeting (15 min. after practice on the last practice of each week). If you have enough coaches or parent assistant coaches, they can work one on one with a player during that drill to help them improve fundamentally.

In Sept.: 20 minutes of stretching, exercising; 20 minutes of blocking, tackling; 1 hour of scrimmage; 10 minutes of wind sprints. With only three days per week, assign one day to your defense, one day to offense, one day to special teams. The last day of the week should be limited contact. When scrimmaging another team during the week don't have down time while your team is on offense (have the defensive players working on fundamentals) and conversely when on defense.

In October: if you don't have lights, reduce practice time to 90 min. Determining positions is a talent in itself. At the lower levels (Freshman, Sophomore) it is usually best to start with the more experience players on offense. It is easier to teach defensive skills to the newer players. As you go up in the levels (Sophomores to Seniors) it is best to have a balance of talent on both offense and defense. Contact becomes more important at the upper levels. Don't stereotype players from year to year at one position.

Field Scheduling

The only field CYFC has access to is the field at Chestnut Branch Park. This field will be utilized by all the teams within the CYFC organization. Scheduling of the field for use other than official games and defined practice times will be done through the Director of Equipment and Grounds or the Vice President of Football Operations. Practice schedules will be given to the coaches prior to the start of the season.

If additional practice times are deemed necessary due to weather, please schedule the use of the field through the Director of Equipment and Grounds or the Vice President of Football Operations. Practices on weekends in July/August are not recommended and should try to be avoided.

Scrimmage games can be scheduled at the coach's discretion. However, make sure the field is available prior to scheduling a scrimmage game, as multiple teams may want the field.

If a team requires a Varsity and Junior Varsity squad, it will be up to the coach to schedule Junior Varsity games. Such a schedule is the responsibility of the head coach and should be thought out prior to the start of the season. The schedule must be submitted to the Executive Board for approval.

Playing Time

The primary goal of CYF&C is to teach all children good sportsmanship, teamwork and fundamentals of the game in a safe and healthy environment. To that extent, all players will be provided ample playing time in Varsity and/or Junior Varsity games.

Depending on the number of players on a team, a Varsity and a Junior Varsity Team may be established. All players making the Varsity team will participate in league games. All players not making the Varsity Team will be assigned to the Junior Varsity Team and will participate in non-league games. Any players not meeting the age requirements will automatically be assigned to the Junior Varsity Team.

Teams will be made up according to the following:

- Varsity game will have a minimum of 22 players, if available.
- Junior Varsity game will strive to have a maximum of 22 players (possibly more depending on size of squad).
- Squads with less than 25 players will not have a Junior Varsity Team.

Minimum playing time will follow the rules outlined below. Exceptions to these minimum playing time rules will be made if a player has multiple unexcused absences, for disciplinary reasons, or if a safety or health issue arises. These minimum playing time rules are to be used as a guideline.

- Junior Varsity games will require that all player play approximately 50% of the game, or equitable playing time, depending on the number of players.
- Varsity games require that all players receive the following playing time:
 - Freshman: All players play at least one quarter
 - Sophomore/Junior: Minimum of four plays from scrimmage during every game.
 - Seniors: No minimum playing time rules.

Coach/Referee Communication

Just as much as the playbook, game plan, and defensive schemes are a part of the game of football, so is the relationship between the officials and the coaches. The most important aspect of this relationship is how we both communicate with each other. The old adage of “treat others as you would want to be treated” applies. A coach who constantly yells, berates, and argues with every call, made or not made, loses credibility and respect in the eyes of the officials. In the same way coaches do not respect officials

who ignore them, refuse to listen to what they say, or are just plain unapproachable. These types of attitudes foster and maintain an adversarial relationship, which makes the sidelines an unpleasant place for coaches and officials alike. How do we move past that type of relationship towards one based upon mutual respect of the jobs each other is doing? The key is effective communication. Some of the major points are as follows:

Speak to the officials in calm tone: This is hard considering that football is an emotional game and people get caught up in the moment. You would not yell at a police officer in the heat of a traffic stop. Officials are not a police officer, but they are responsible for enforcing the rules of the game equitably for all sides. Officials do not care who wins or loses the game. They do not see teams in terms “Clearview” vs “Other” but in terms of offense vs defense. Ask your side official for an explanation of the call or the rule. If he doesn’t have all the information, he should be able to get it for you. Remember there is a game going on and the explanation may come a few plays later. If you really feel the rule has been misinterpreted, you have the option for a referee/coach conference. This is an official’s timeout and if the rule has been misapplied, it can be corrected. If the rule has not been misapplied, then your team will be charged for a time out. If you are out of timeouts, then you will be assessed a five yard delay of game penalty. Ask your questions in a respectful and calm tone and listen to the answers. Do not interrupt the officials when they are trying to answer your question.

Know the Rules: Nothing will destroy your credibility faster than arguing a basic rule or is applying a college or NFL rule to the game governed by High School rules. An example, “that ball was uncatchable” on a pass interference call does not apply in High School rules. Officials spend a lot of time studying and learning the rules, so they have a good grasp of what the rules are and how to apply them to the junior program. Officials, like other humans, make mistakes and may on occasion misinterpret the rules. But just like a player misses the snap count or commits a foul, these are not done on purpose.

Never argue a judgment call: This again is difficult because the call may have gone the other way. The ruling official, in his/her opinion, had a foul or didn’t have a foul and calls it like he/she sees it. Remember each official works a specific zone and the other officials may not have even seen what another official sees or doesn’t see because they are catching their respective area on the field. Before any foul is administered, the crew gets together and discusses what happened and if anyone saw the play differently, that is the opportunity for other officials to provide input. Remember the officials are not out to “get anyone”. Some other common sense basics are don’t call the officials names, attack their integrity, or try to intimidate the officials. These tactics will get you no where except possibly tossed out of the game. The officials are out there for the same reason you are, for the kids. This is a youth football game and the players and fans are watching and learning from the adult actions and interaction on the field. What type of example will you be? As human nature would have it, how you treat the officials is likely to directly influence the respect and treatment you receive.

Fundamentals

This section offers a brief introduction to some football fundamentals that may be useful to the new coach and helpful to the experienced coach.

Throwing a Football

- Find a grip that fits the size of the quarterback's hands.
- Make sure you can see "air" in the palms- Ball should not be resting in the palms.
- Feet should be perpendicular to the target.
- You should be on the balls of your feet. Do not become flatfooted.
- Always point your front shoulder at your target.
- Ball can be chest high when taking drop or rolling out
- When setting to throw, the ball should be up by the ear and then brought up and back to start the throwing motion.
- Front elbow should start and move in the direction of target
- Short step with front foot in the direction you are throwing
- The follow through should be with your thumb facing down and your hand "in the opposite pocket".
- Always finish at your target so you remain balanced and the ball will follow the path you intended it to.

Catching a Football

- When facing the quarterback
- Ball above your stomach = Make the triangle with fingers / thumbs
- Ball below your stomach = Pinkie fingers together
- When running away from the quarterback = Pinkie fingers together more times
- Focus on the ball. Eyes should never leave the ball until after the catch is ensured. Always catch the ball first before running
- Eyes should follow ball down into the tucked position and in practice the receiver should always tap the ball twice.
- **RUNNING WITH THE FOOTBALL AFTER THE CATCH**
 - Always keep ball in proper running positions. Remember the three points (hand,
- **WIDE RECEIVER STANCE**
 - 2-point stance with your inside foot up and your arms relaxed at your side.
 - Make sure the receiver rolls off the ball of his front foot so there are no wasted steps

Guide for Running Backs

- Good stance. Weight should be evenly distributed so the back can move forward or laterally without any hesitation.
- Use the same stance at all times. Developing different stances for different plays would tip off the defense.
- The back should be able to hit the hole quickly with their head up and eyes moving.
- Form a pocket for the QB to put the ball into. Do not reach for the ball or look for it. The QB will get it to you.

- Form the pocket by having the inside arm up, about chest high and the other arm about waist level. Once the ball is put into the pocket, close the pocket with your arms. Keep both hands on the ball until the back breaks the line of scrimmage.
- Do not make your cut in the backfield. This will cause the back to “dance” rather than to bust it up into the hole. Clear the line and then look to make cuts if they are necessary.
- Once the line of scrimmage has been cleared, put the ball into your outside arm. This will help keep the ball away from the pursuit. Cover the front point of the ball with the palm of your hand. The back end of the ball needs to be tucked in to the bicep and arm pit area. Keep the ball tight to the body to prevent fumbles.
- Once downfield, have the ability to switch the ball from one arm to the other. This will allow the ball carrier to keep the ball to the outside. Do not try to switch the ball when you are about to be hit. At this point, cover up with both arms and be ready to deliver a blow to the tackler.
- Above all else - protect the ball.

Blocking

- Stance
 - 3 point – feet slightly offset
 - Balanced – not too much weight on hands (no white knuckles)
- Run blocking
 - Short step (6 inches) on snap
 - Load up arms (sway elbows backward)
 - Head level, eyes up
 - Step into defender making impact with chest
 - Extend arms into should pads
 - Move feet
 - Drive with legs
- Pass blocking
 - Short step (6 inches) on snap
 - Backpedal with balance
 - Head level, eyes up
 - Small steps - stay in position
 - Extend arms
 - Move feet constantly

Tackling

- Principles
 - Proper tackling technique is critical for safe, effective play
 - (1) Techniques will be taught often
 - (2) Drills will begin at ½ speed
 - (3) Players will be matched up by size, age and aggressiveness
 - (4) “Live” tackling will only be done AFTER athlete has mastered proper technique
 - (5) Live tackling drills will be brief. Two or three tackles per person. Always keep eyes up, chin up, looking through eyebrows.
 - **NEVER,EVER PUT THE HEAD DOWN!!!!!!!**
 - The helmet and shoulder pads are not weapons. They are protective devices.
 - Never tackle face first. Always avoid a head-on tackle.
- Key Points of emphasis

- Eyes up and Chest out
- Contact first with chest
- Stay on your feet
 - (1) Don't dive unless absolutely necessary (game)
 - (2) NEVER dive in practice
- Bow your neck
- Keep arms inside shoulders unless absolutely necessary
- Punch through tackle.
- Grab jersey
- Hips tucked in football player's position
- Knees bent
- Move your feet. Get in good position.
- Avoid lunging or diving.
- Ball carrier should go down first.
- Second man to the ball carrier should try and strip the ball.
- Place facemask toward the sideline (usually the ball side)
- Tackle with shoulder toward the inside of the field. This must be taught daily.
- In drills- make sure the ball carrier understands his role
 - (a) Drill is to teach tackling, not running
 - (b) Be a good actor.
- Eyes on belt buckle in open field.
- Types of tackles
 - Goal line or short yardage
 - Down lineman
 - Backside pass rush
 - Inside-out pursuit
 - Sideline
 - Open field