

UPWARD SPORTS LEAGUE

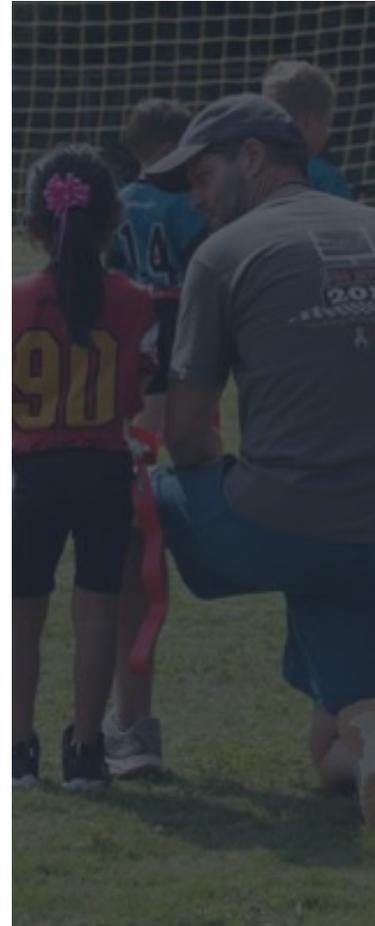
FLAG FOOTBALL COACH PRE-SEASON MEETING

UPWARD
SPORTS

As a coach, you play a vital role in **SPORTS MINISTRY.**

Sports ministry requires that we give our best effort in teaching the sport and caring about people through ministry opportunities. This isn't "just an Upward league" or "just a church league." This is our chance to provide the best youth sports experience in our community and demonstrate the gospel to the families we serve.

Remember, as a coach, you lay the foundation for your athletes. Building trust through positive coaching, communication, and teaching helps your athletes achieve success.



Why should we give our **BEST EFFORT?**



*Because the families we are serving
are part of God's creation.*

Genesis 1:27

So God created human beings in his own image. In the image of God he created them; male and female he created them.

Genesis 2:7

Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person.

1 Cor 10:31

So, whether you eat or drink, or whatever you do, do it all for the glory of God.

The Five Keys to Coaching

Be Organized



**Lead The Practice
Devotion**



**Communicate With
The Parents**



Teach The Sport



**Follow the Circle of
Affirmation**



Be Organized

Set aside about 45 minutes each week to prepare for practice so that you can teach the sport, the rules, and lead the devotion time.

1

Commit to preparing and organizing for practice.

A group of people, including men, women, and children, are sitting on a bench outdoors. They appear to be at a sports practice or event. The background is dark, suggesting it might be evening or night. The people are dressed in casual attire, and some are wearing hats. The overall atmosphere is relaxed and social.

Lead the Practice Devotion

Coaches lead a devotion, discussion, and prayer during practices using the devotion materials. If you need help, let the league director or coach commissioner know; they are ready to provide support.

2

The devotions include a **Scouting Report** to help you prepare.

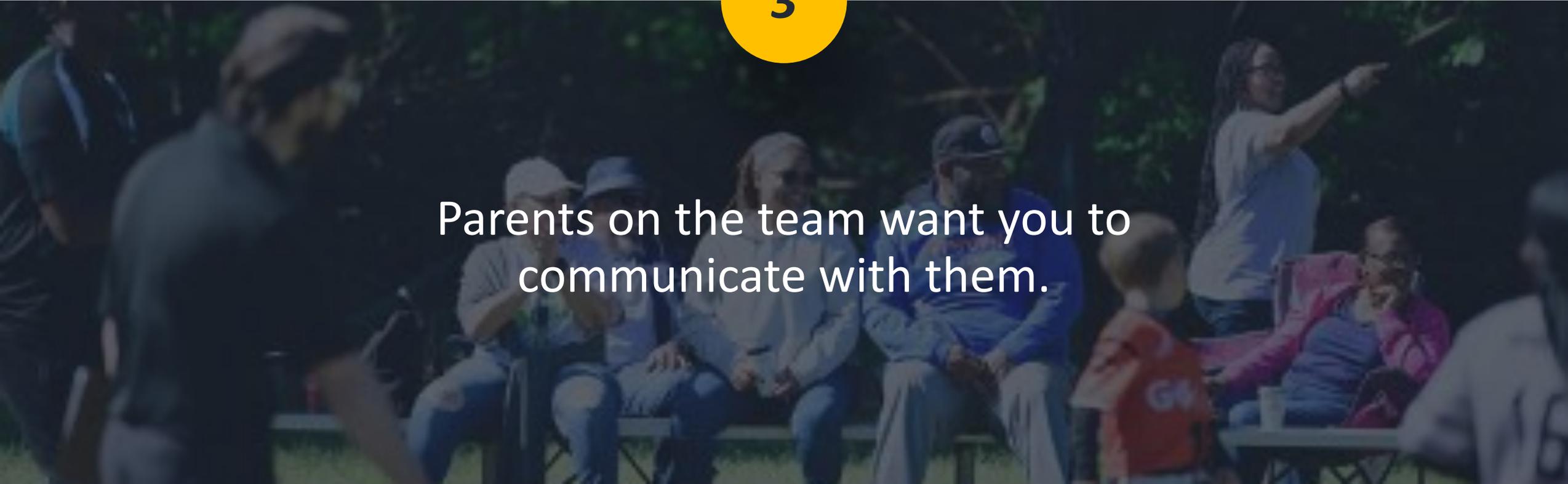
A group of people, including men and women, are sitting on a bench outdoors. They appear to be in a casual setting, possibly a practice or a meeting. The background is dark, suggesting it might be nighttime or in a shaded area. The people are dressed in casual attire, and some are looking towards the camera or each other.

Communicate with the Parents

Once a week, send an email, text, or both to let parents know how the team is doing and remind them of upcoming events.

3

Parents on the team want you to communicate with them.

A group of people, including men, women, and children, are sitting on a bench outdoors. They appear to be at a sports event or a community gathering. The scene is dimly lit, suggesting it might be evening or night. The people are dressed in casual attire, and some are looking towards the camera while others are looking away.

Teach the Sport

As players learn the fundamentals, a sports experience must also include learning **sportsmanship**, an understanding of **healthy competition**, the rules, and a **growth mindset** where players are learning with each opportunity to compound small improvements over time that lead to noticeable changes.

4



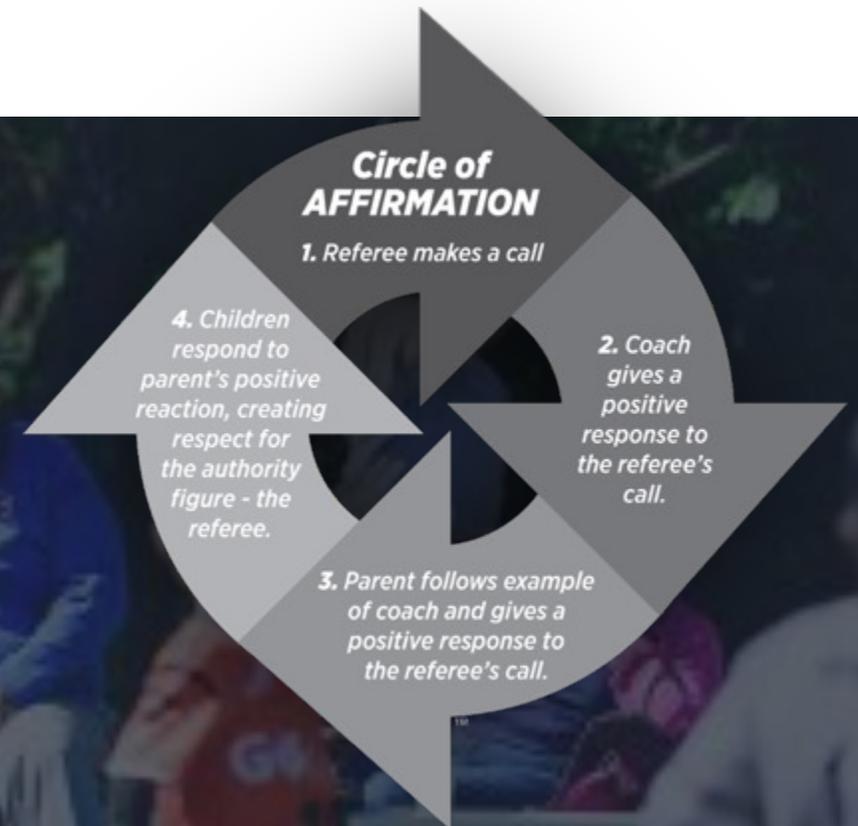
Teaching the fundamentals gives the players the building blocks for lifelong learning and enjoyment of the game.

Follow the Circle of Affirmation

Actions and reactions during games can either open or close the door to ministry. Support game day officials by following the Circle of Affirmation. By following this, you set a positive example for your athletes

5

Choosing the right game day attitude is key to being an effective Upward coach.



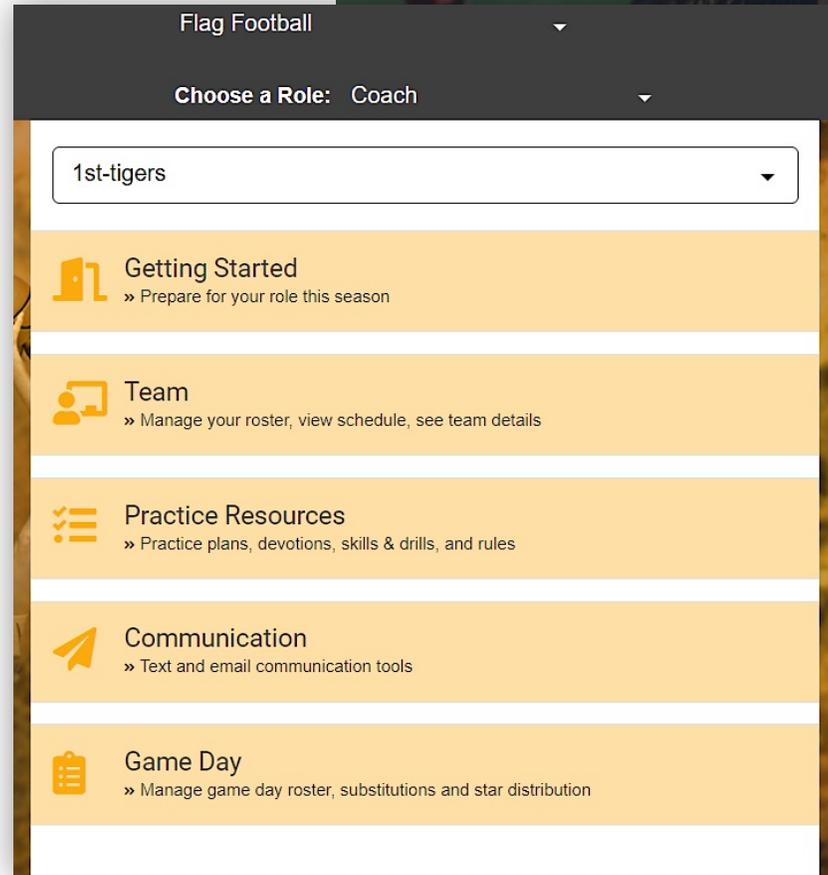
A photograph of four men on an outdoor basketball court. One man in the center is wearing a black and white striped referee uniform and a cap, pointing towards the right. The other three men are dressed in casual athletic wear. The background shows a grassy area and some parked cars.

UPWARD SPORTS BASKETBALL LEAGUE

MyUpward.org
TOOLS & RESOURCES

MyUpward.org is the best tool to use for coaching.

You will receive an email invitation to **MyUpward.org** where you can create an account and an icon on the home screen of your mobile device for easy access.



Practice Plans on MyUpward.org

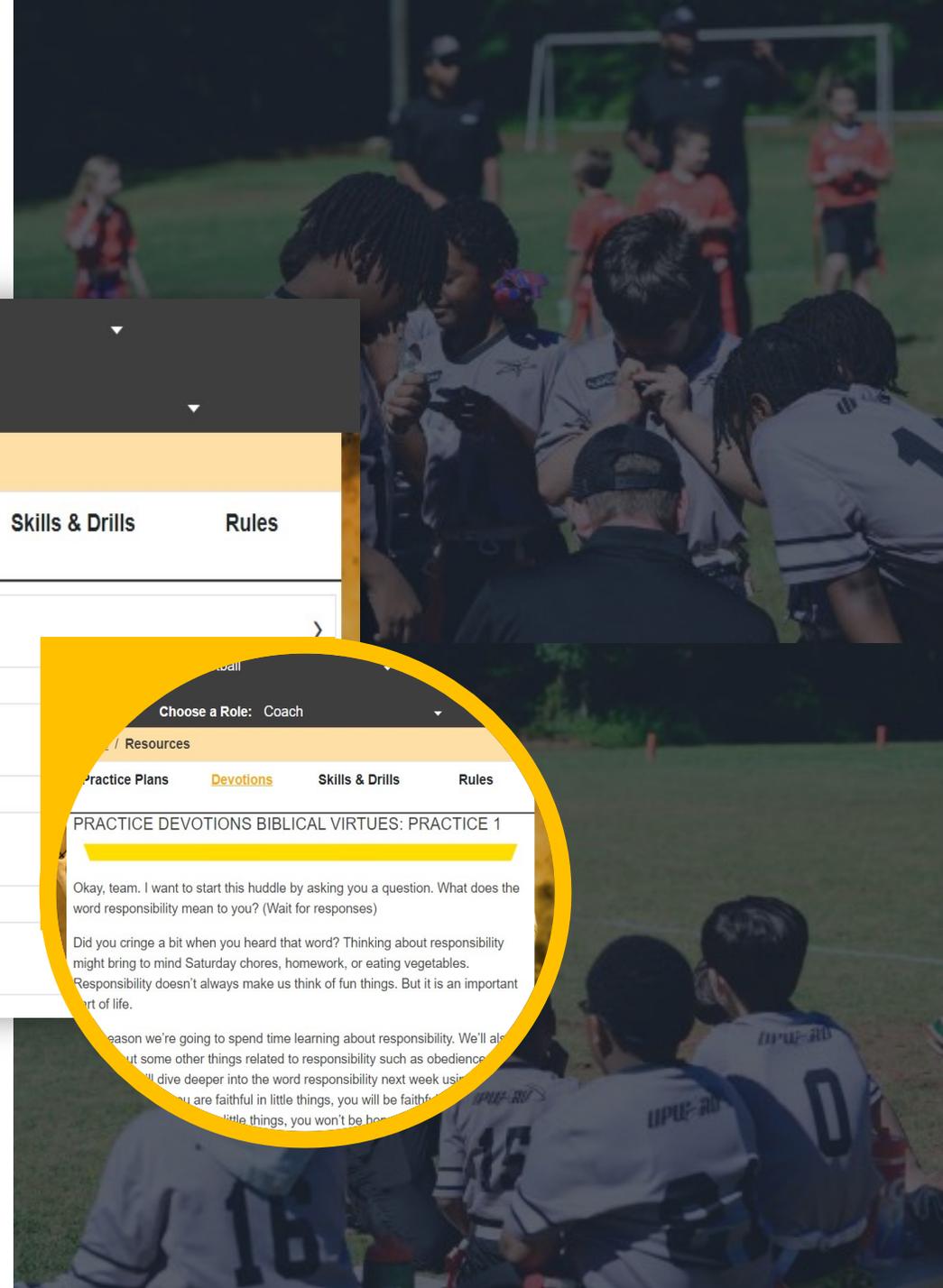
- ✓ Warm-up Activities
- ✓ Skills and Drills Suggestions
- ✓ Games
- ✓ Devotion Material

The screenshot shows the MyUpward.org website interface for Flag Football resources. At the top, there is a dropdown menu for "Flag Football" and a "Choose a Role: Coach" dropdown. Below this is a navigation bar with "Home / Resources" and four menu items: "Practice Plans" (circled in red), "Devotions", "Skills & Drills", and "Rules". A list of weeks (Week 1 to Week 4) is displayed, with a red arrow pointing to "Week 1". A yellow circular callout highlights the "Week 1" entry, showing a preview of the "FLAG FOOTBALL PRACTICE PLANS" page. The preview includes a header for "WEEK 1" for "1ST-2ND GRADE" focusing on "VIRTUES", a "VIEW IN PDF - CLICK HERE" link, and a section for "Practice Huddle (3-5 minutes)" with "Players" listed below. The background of the entire image is a photograph of children in flag football uniforms on a field.

Weekly Devotions on MyUpward.org

- ✓ Teach the Character of Christ

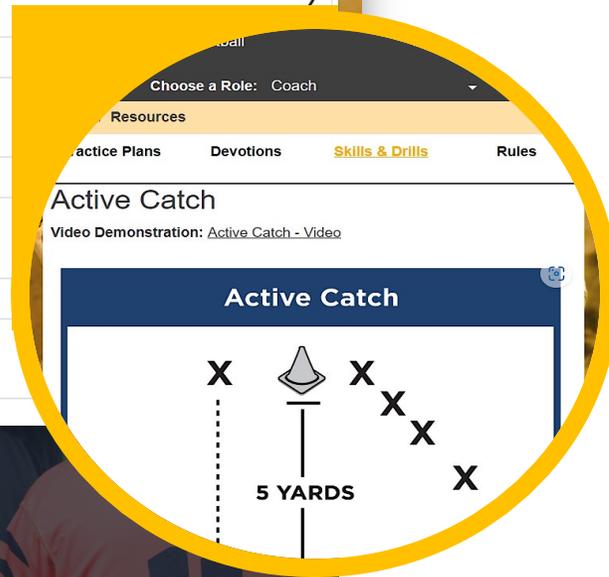
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Skills & Drills on MyUpward.org

- ✓ Fundamental skills with age-appropriate drills + video demonstration.

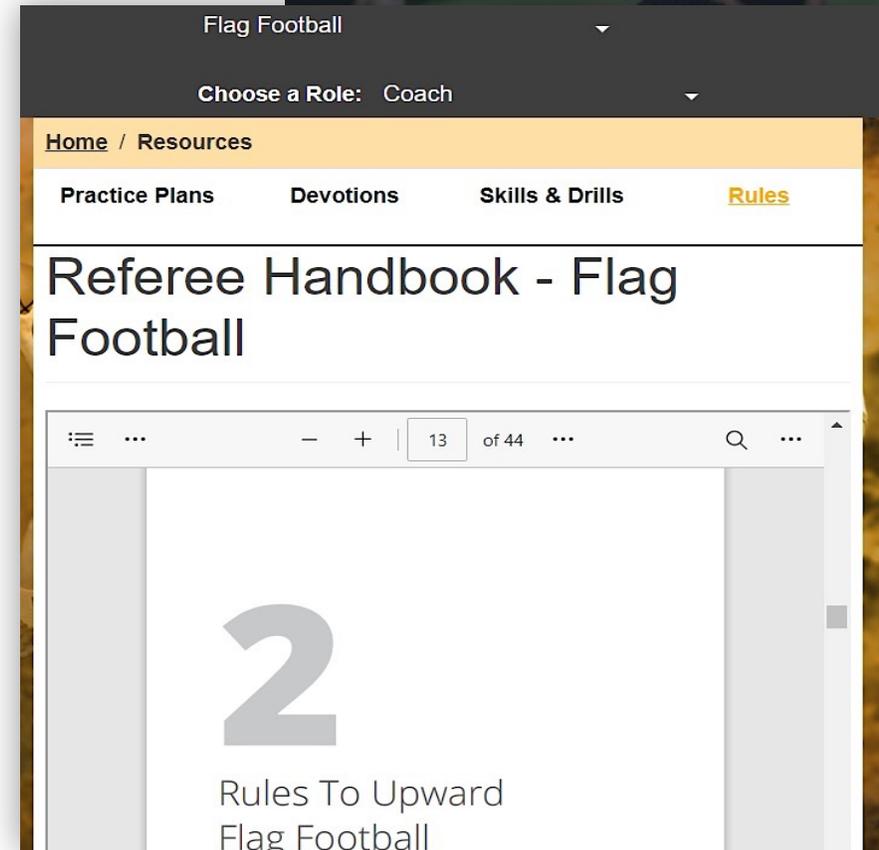
The screenshot shows the MyUpward.org website interface for Flag Football. At the top, it says "Flag Football" and "Choose a Role: Coach". Below this is a navigation bar with "Home / Resources" and a menu with "Practice Plans", "Devotions", "Skills & Drills" (circled in red), and "Rules". A list of resources is shown below, with "Receiving" highlighted by a red arrow. A yellow circle highlights a zoomed-in view of the "Active Catch" drill diagram.



Rules

on MyUpward.org

- ✓ Access the referee handbook to explain the rules.



The screenshot displays the MyUpward.org website interface. At the top, there is a navigation bar with "Flag Football" and a dropdown arrow. Below this, a secondary bar shows "Choose a Role: Coach" with another dropdown arrow. A yellow navigation menu contains links for "Home / Resources", "Practice Plans", "Devotions", "Skills & Drills", and "Rules" (which is highlighted). The main content area features the title "Referee Handbook - Flag Football". Below the title is a document viewer showing page 13 of 44. The page content includes a large number "2" and the text "Rules To Upward Flag Football". The background of the slide is a blurred image of a flag football game.

Email & Text on MyUpward.org

Easily communicate with families,
coaches, and volunteers!

Choose a Role: Coach

Home / Communication

Email

FROM *

REPLY TO *

SUBJECT *

ATTACHMENT

MESSAGE *

B T U

Choose a Role: Coach

Home / Communication

Email SMS

MESSAGE *

0 of 3 SMS pages, 160 characters left

SELECT RECIPIENTS *

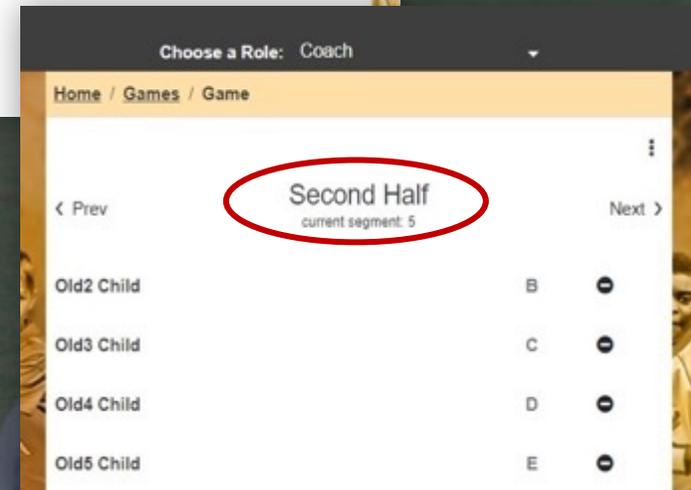
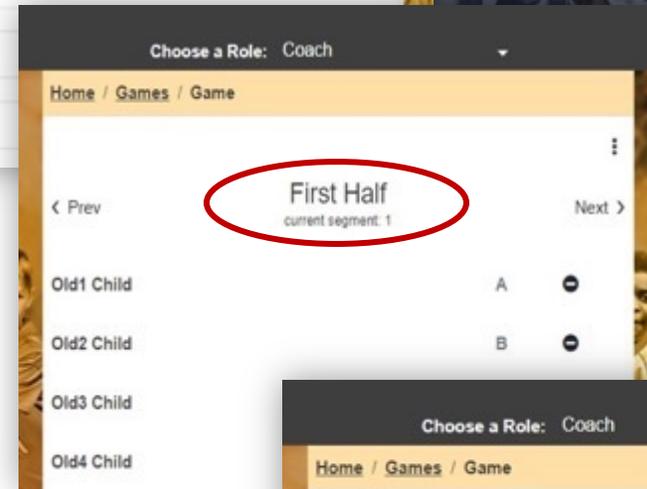
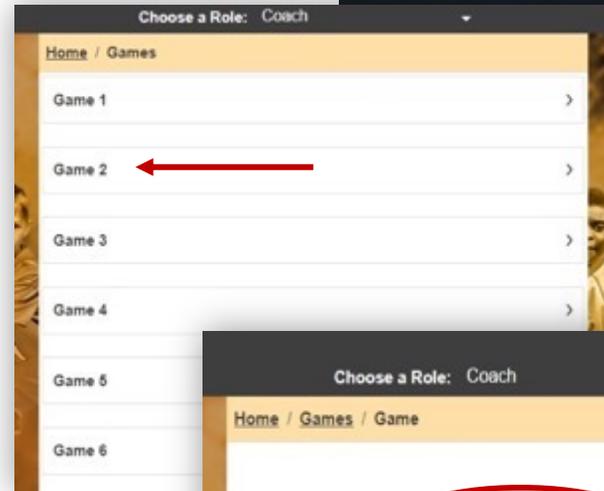
PARENTS

Select All Remove All

Substitution System

on MyUpward.org

The Upward substitution system ensures equal opportunities for player improvement. Each player will participate in at least half of the game and won't sit out for more than six minutes consecutively.



SUBSTITUTION TOUCHPOINTS CONT

- ✓ No player sits out more than one possession at a time.
- ✓ Every player plays offense and defense in every game.
- ✓ Every player will start on either offense or defense in each game.
- ✓ In most cases, each player will play against someone of equal ability.
- ✓ Coaches are not to alter the substitution system or to be accused of doing so.
- ✓ Coaches do not have to monitor playing time for each player.
- ✓ Playing time for all players is virtually even over the course of the season.
- ✓ Each team fields six players at a time.
- ✓ In each quarter, each team will have an offensive and defensive group, and these groups will change in each quarter according to the substitution rotation.
- ✓ The coin toss at the start of the game will determine which team elects to play offense or defense first for the game.

A photograph of four men on a grassy field. One man in the center is wearing a black and white striped referee's uniform and a black cap, pointing towards the other three men. The other three men are wearing casual athletic wear. The background shows a grassy field with some trees and a fence.

UPWARD SPORTS FLAG FOOTBALL LEAGUE

PREPARING FOR PRACTICE

As a coach, it's crucial to dedicate time to prepare for weekly practices by reviewing your practice plans and devotions before each session. You play a key role in ensuring families return to your league in the future. Organized practices and making a positive first impression are vital for building connections with your team and parents.



PRACTICE DEVOTION

At every practice, you will lead a 5–7-minute **Practice Devotion**; these teach biblical lessons that can be applied to life.

Ministry Touchpoints



SCOUTING REPORT

Within each devotion, coaches will read the **Scouting Report**, which gives an inside look at each week's devotion.

The weekly devotion has eternal impact beyond the sports experience and can change a community.



STARS

Each week players will receive a **green practice star** for their participation in the Practice Huddle and a **game day star** for their game efforts.



PRACTICE CARDS

Practice cards include Scripture that aligns with the devotion that day and are handed out by the coach at the end of each practice.

Ministry Touchpoints



GOSPEL VIDEO

The **Gospel Video** is a simplified version of the gospel message to be shared with families via an e-mail link.



Teaching the Fundamentals

With playing flag football, there are some fundamentals that are essential for all levels to develop their skills.

- ✓ Passing
- ✓ Receiving/Carrying
- ✓ Footwork
- ✓ Defense/Flag Pulling

It's important for your participants learn the basics of flag football before playing the sport. Learning the fundamentals helps players to play the game and have FUN!!

UPWARD FLAG FOOTBALL RULES

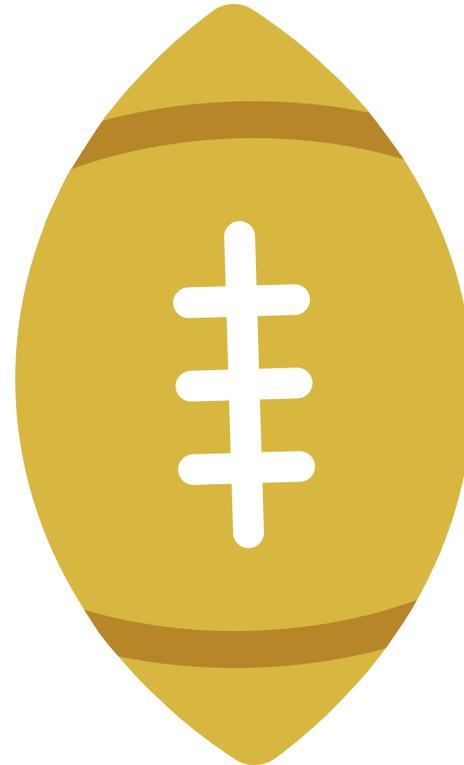
POINTS OF EMPHASIS FOR THIS SEASON

**Please review your Referee Handbook for more information and breakdown of rules.*

No Illegal Pass – A pass thrown from beyond the line of scrimmage, more than one forward pass, more than one backward pass, or a pass not completed beyond the line of scrimmage to advance out of the no-run zone. *5-yard penalty from the line of scrimmage and a loss of down.*

In most cases, each player will play against someone of equal ability.

Coaches are not to alter the substitution system or to be accused of doing so.



Offensive Charging - When an offensive player makes no attempt to avoid a defender and instead initiates contact and attempts to run through or knock down a defender. *10 yard penalty from the spot of the foul and a loss of down.*

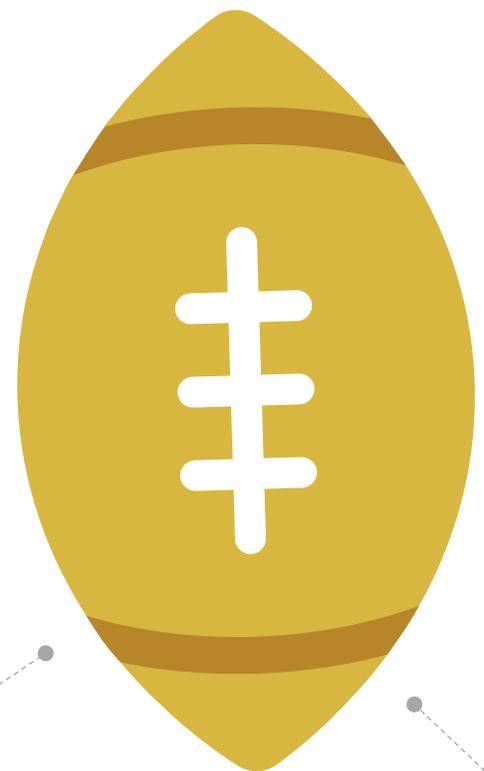
Every player will start on either offense or defense in each game.

The rush line has been increased from 7 yards to 10 yards.

UPWARD FLAG FOOTBALL RULES

POINTS OF EMPHASIS FOR THIS SEASON

**Please review your Referee Handbook for more information and breakdown of rules.*



Shielding - A non-contact block that impedes a defender from making a tackle. This could be other offensive players running immediately side by side, in front of, or behind a ball carrier to impede defenders from making a tackle. ***5-yard penalty from the spot of the foul and a loss of down.***

In each quarter, each team will have an offensive and defensive group, and these groups will change in each quarter according to the substitution rotation.

Fumbles are dead balls and may not be recovered by the defense as this discourages players from diving for the ball

Each team fields six players at a time.

Unsportsmanlike Conduct - Unsportsmanlike conduct includes any form of rough play or unsportsmanlike behavior such as taunting. If the severity of the conduct warrants it, remove players for the remainder of the game. A flag is thrown, and play continues. ***The penalty is 10 yards from the line of scrimmage and if against the offense a loss of down or against the defense an automatic first down.***

Interceptions may be returned and are awarded six points. Interceptions not returned for a score are spotted where the play ends

01

➤ **One**

Click on the link in the email you will receive to setup your coach account in MyUpward. After you receive this invitation, you will have up to 48 hours to accept invitation and create a username and password.

02

➤ **Two**

Communicate with parents on your team today and provide relevant information about the season. Ask if there is anything you should know about their player (first time player, how they learn best, etc.) and take notes.

03

➤ **Three**

Review the Coach Playbook and become familiar with it so you are comfortable presenting the information to your players.

**Your NEXT
STEPS**

THANK YOU

