

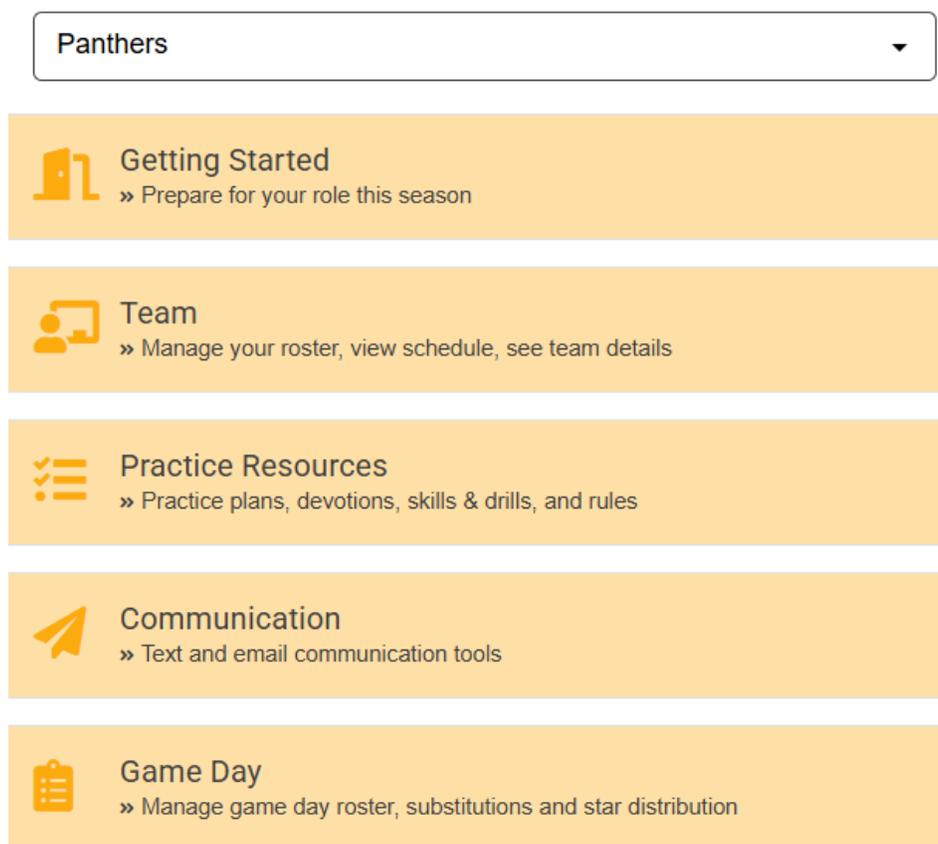
HOW TO USE THE COACH APP



ACCESSING THE COACH APP

The Coach App is your primary tool as a coach. The league director will send you an invitation to access resources on MyUpward.org. After you accept the invitation and create a username and password, you should create an icon on the home screen of your mobile device for quick and easy access.

Five tabs on the Coach App contain different resources to help your coaching journey.



Getting Started

You will find resource videos to help you as a coach and Coach Development PDFs here.

- A digital version of the **Coach Playbook** can be accessed.
- Zip folders containing weekly **Practice Plans** and **Devotions** are available to download and print if you prefer paper copies or have limited internet access during practices.
- **Substitution** and **Star Tracking** forms are also available to download in this area.

Team

In this section, you can access your roster and schedules.

- You can change **player rankings** on the roster by selecting the three lines next to the player's name and dragging and dropping that player to the desired position. When you move the player, the letter in the far right side of the box will change to show their new ranking. **Remember to press the save button when you're finished.**

Home / Team

[Roster](#) Games Practices

Panthers
5th Grade Flag Football
[Team Page](#)

An initial ranking has been provided below. Press save to accept it or make changes below and then save. **Save**

Ranking
Drag and drop your players to change their ranking

≡	Drew D	<input type="text" value=""/>	A	>
	Jersey #			
≡	Josh S	<input type="text" value=""/>	B	>
	Jersey #			
≡	Blake T	<input type="text" value=""/>	C	>
	Jersey #			

Home / Team

[Roster](#) Games Practices

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Ranking
Drag and drop your players to change their ranking

≡	Josh S	<input type="text" value=""/>	A	>
	Jersey #			
≡	Blake T	<input type="text" value=""/>	B	>
	Jersey #			
≡	Drew D	<input type="text" value=""/>	C	>
	Jersey #			

- In the above-left image, Drew D. has the letter “A,” which shows he is first in the player rankings. The image on the right shows that he has been moved to the third position, and the letter “C” is now displayed.
- You can input the players' jersey numbers into the box. **Remember to press the save button after you've input the numbers.** The jersey number will be displayed beside their name on the gameday lineup (we will go over the gameday lineup later).
- To view a participant's contact information, click the arrow on the far right side of the box. The emergency contact's name, phone number, and email address will appear.

Home / Team

[Roster](#) Games Practices

Panthers
5th Grade Flag Football
[Team Page](#)

An initial ranking has been provided below. Press save to accept it or make changes below and then save. **Save**

Ranking
Drag and drop your players to change their ranking

≡	Josh S	<input type="text" value="12"/>	A	>
	Jersey #			

- On the **Games** tab, you can view the game schedule for your team. Beside the date, you will see the name of your team's opponent for that week, the game time, and the location where the game will take place. The jersey icon indicates which color jersey your team will wear for that week.

Home / Team		
Roster	Games	Practices
Panthers 5th Grade Flag Football Team Page		
Upcoming Past		
Mar 14	Panthers at Cougars 6:00PM - 7:00PM Field	
Mar 21	Cougars at Panthers 6:00PM - 7:00PM Field	
Mar 28	Panthers at Cougars 6:00PM - 7:00PM Field	
Apr 04	Cougars at Panthers 6:00PM - 7:00PM Field	

- On the **Practices** tab, you can view the practice schedule for your team. Beside the date, you will see the practice time and location.

Home / Team		
Roster	Games	Practices
Panthers 5th Grade Flag Football Team Page		
Upcoming Past		
Mar 18	Field 6:00PM - 7:00PM	
Mar 25	Field 6:00PM - 7:00PM	
Apr 01	Field 6:00PM - 7:00PM	

- When you click on the **Team Page**, a new tab will open. The Team Page is accessible to your team and shows the dates and times of upcoming games and practices along with the team roster. The jerseys beside each game indicate which color jersey your team will wear that week. You can also see the contact information for the team coach and league director.

Panthers

5th Grade Flag Football

Games

Upcoming		Past
Mar 14	Panthers at Cougars 6:00PM - 7:00PM Field	🔴
Mar 21	Cougars at Panthers 6:00PM - 7:00PM Field	🟢
Mar 28	Panthers at Cougars 6:00PM - 7:00PM Field	🔴
Apr 04	Cougars at Panthers 6:00PM - 7:00PM Field	🟢
Apr 11	Panthers at Cougars 6:00PM - 7:00PM Field	🔴
Apr 18	Cougars at Panthers 6:00PM - 7:00PM Field	🟢
Apr 25	Panthers at Cougars 6:00PM - 7:00PM Field	🔴
May 02	Cougars at Panthers 6:00PM - 7:00PM Field	🟢

Practices

Upcoming		Past
Mar 18	Field 6:00PM - 7:00PM	
Mar 25	Field 6:00PM - 7:00PM	
Apr 01	Field 6:00PM - 7:00PM	
Apr 08	Field 6:00PM - 7:00PM	
Apr 15	Field 6:00PM - 7:00PM	
Apr 22	Field 6:00PM - 7:00PM	
Apr 29	Field 6:00PM - 7:00PM	

Contact Information

Josh Ramirez
HEAD COACH

LEAGUE INFORMATION
Corrina Ramirez
198 White Star Point test 2
Spartanburg, SC 29301

SHOW YOUR SPIRIT THIS SEASON!

Shop the Upward Fan Gear store for apparel, headwear, outerwear, accessories, and more!

SHOP NOW

Team Roster

	Drew D.
	Josh S.
	Blake T.

Practice Resources

You will find four different digital resources to help you prepare for your weekly practice.

- The **Practice Plans** for each week include an outline of the practice focus, rules to learn, warm-up exercises, skills and drills, the weekly devotion, and more. Click on the week to open the Practice Plan.

Home / Resources	
Practice Plans	Devotions
Week 1	>
Week 2	>
Week 3	>
Week 4	>
Week 5	>
Week 6	>
Week 7	>
Week 8	>
Week 9	>
Week 10	>
Week 11	>

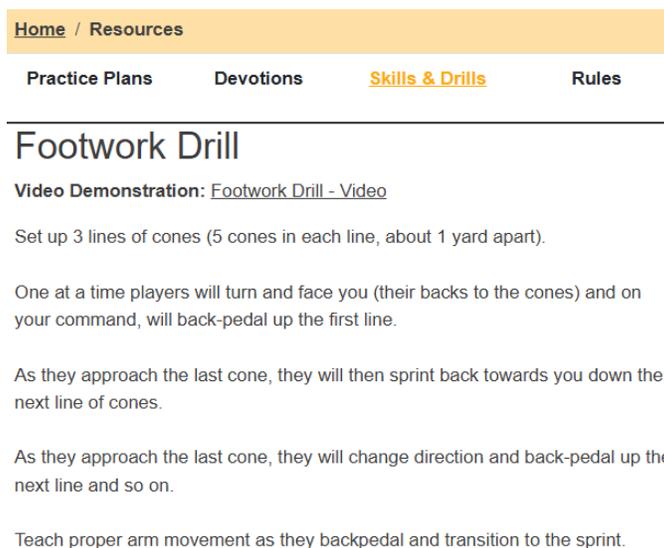
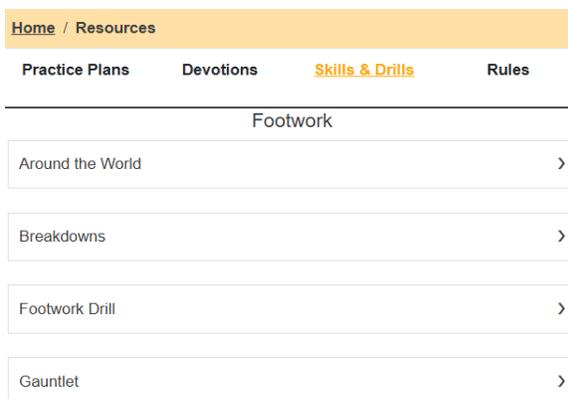
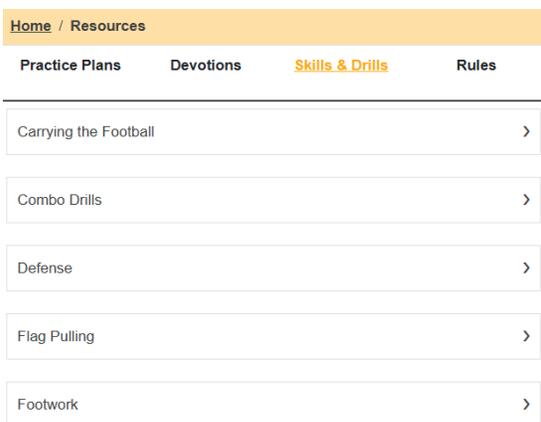
Home / Resources			
Practice Plans	Devotions	Skills & Drills	Rules
			
<p>Practice Focus: Get to know your team, evaluate your team's basic skills, set ground rules for practices, discuss the layout and dimensions of the field, and learn basic offensive skills and formations while focusing on catching, receiving, and snapping.</p>			
<p>Rules to Learn: Field Layout and Dimensions</p>			
			
<p>The offensive team is awarded a first down when it crosses midfield line. The offensive team has four downs to gain a first down by crossing midfield. Once a team crosses midfield, they have four downs to score a touchdown.</p>			

- If you only need to access the **practice devotion** for the week, click on the **Devotions** tab. Here, you can click on the week number, and the devotion for that week will open. As you prepare for practice, take about ten minutes each week to review the Scouting Report at the beginning of the devotion so that you can present the devotion, which ends with prayer.
- Week 8 includes a gospel presentation. Share the good news about Jesus with your team, and be prepared to answer questions your athletes may have about following Jesus.

Home / Resources	
Practice Plans	Devotions
Week 1	>
Week 2	>
Week 3	>
Week 4	>
Week 5	>
Week 6	>
Week 7	>
Week 8	>
Week 9	>
Week 10	>
Week 11	>

Home / Resources			
Practice Plans	Devotions	Skills & Drills	Rules
			
<p><i>This week's devotion includes a gospel presentation.</i></p>			
<p>Scouting Report Coaches, here's an inside look at this week's devotion</p>			
<p>Background: This important devotion builds on the concept of Jesus' determination from the last practice to more fully flesh out the good news that He came to save us from sin and death. God didn't send Jesus to earth on a whim. Jesus didn't accidentally find Himself condemned to die. His life and mission were intentional, with the grand goal of our salvation and restoring our relationship with God. Think about the lengths God went to in order to bring us back to Him. This is what you want to communicate to the athletes on your team. God loves them so much that He orchestrated all this for them. They don't have to try to earn their salvation—and they can't. But they can face anything life throws at them when their hope is in Jesus.</p>			
<p>Big Picture: For more insight, read Romans 10:9-10; John 3:16-17; John 19-20.</p>			

- Under the **Skills and Drills** tab, videos of specific skills relevant to the sport, drills, and game scenarios that reinforce skill development are available. Select the skill type that you want to develop for specific drill videos. In this example, “Footwork” is the selected skill type. There, all the drills that focus on this are shown. Clicking on a specific drill will take you to a video of the drill.



- Under **Rules**, a digital copy of the Referee Handbook is available. Coaches and referees work together as a unified team to ensure everyone has a great experience. Reading through the Referee Handbook before the beginning of the season is an excellent step for coaches to take.
- Be sure to check with your league director about any changes to the rules your league may make.



Please note that league rules may vary by location.

Communication

Communication is where you will find email and text capabilities.

- The “from” and “reply to” boxes will automatically populate with the name and email you provided when registering as a volunteer. A subject is required before sending the message. Along with a message, you have the ability to include an attachment.
- You can include a link to the team page in this area, too. Below the textbox on the right-hand side is text that reads, “Add team page to message body.” The link to the team page appears below that text along with a “+” sign. Click that sign and the link to the team page will automatically appear in the text box. This will allow parents to easily access the team page.
- You can choose “select all” to include all parents who provided their email address. You can also check boxes individually if you only need to communicate with a specific parent or parents.

- The SMS tab allows you to send a text message. You can choose “select all” to include all parents who provided their mobile phone number. You can also check boxes individually if you only need to communicate with a specific parent or parents.
- You can include a link to the team page in this area, too. Below the textbox on the right-hand side is text that reads, “Add team page to message body.” The link to the team page appears below that text along with a “+” sign. Click that sign and the link to the team page will automatically appear in the text box. This will allow parents to easily access the team page.
- When you select “Send SMS,” your phone messaging app will open with the message you typed out and the phone numbers you selected. In some instances, not all phone numbers will populate in your messaging app. Return to the Coach App and click the “missing numbers after clicking Send SMS” link if this occurs. Clicking this will copy all phone numbers to your clipboard and allow you to return to the messaging system on your phone, tap and paste, and insert all phone numbers.

Missing numbers after clicking Send SMS?

[Click here to copy them to the clipboard and then paste them into your SMS app](#)



- You can set up a **Team Alert** that will display on the **Team Page**. This is a helpful tool for reminding parents of canceled practices, schedule changes, or other events like picture day.
- Click the arrow beside “Add New Team Alert” to create your alert.
- If you are coaching more than one team, you can choose which team or teams will have the alert displayed on their Team Page.
- Choose the day you want the alert to first appear and the day you want it to end. After composing your message, **be sure to click save**.

Email SMS **Team Alert**

▼ **Add New Team Alert**

SHOW ALERT FOR

5th Grade Flag Football

Panthers

START DISPLAYING ON *

03/12/2025

END DISPLAYING ON *

03/15/2025

MESSAGE *

B I U [List] [Link] H1 H2 H3 [Image]

Don't forget - no practice this week. See you at practice next week!

✔ Save

Home / Communication

Email SMS **Team Alert**

▶ **Add New Team Alert**

▼ **Don't forget - no practice this week. See you at pr...**
Intended for Team: Panthers
Currently showing. Expires on Mar 15

🔔 This message is currently displaying.

SHOW ALERT FOR

5th Grade Flag Football

Panthers

START DISPLAYING ON *

03/12/2025

END DISPLAYING ON *

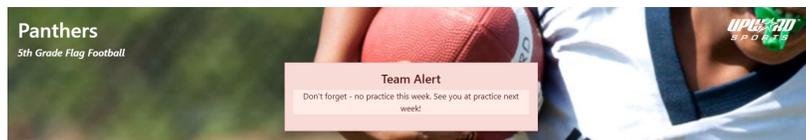
03/15/2025

MESSAGE *

B I U [List] [Link] H1 H2 H3 [Image]

✕ Delete ✔ Save

- The page will refresh, and the alert will appear, as shown in the example to the left.
- If you need to edit the display dates of your alert, click the arrow beside it.
- Make any necessary changes, and click save.
- You can also delete the alert by clicking “delete.”
- You can view the alert on the Team Page.



Game Day

Game Day helps you to manage substitutions with the Upward Sports gameday rotation and also assign game day stars.

- When you choose the game week, your team roster will show, and the lineup will be based on the player rankings (which can be edited on the **Roster** page).

- Enter the player's position in the blank box. To remove a player from the lineup, click the minus sign next to their name. To reactivate a player who was removed from the lineup, click the three dots in the top right corner.
- The lineup will automatically update each segment, ensuring that every player plays at least half of the game.

- Every game, the starting lineup shifts down one player, allowing every player to be in the starting lineup. This gives all players time to be on the field first. The picture below shows Game 2. Notice that Blake T., who started the first segment in Game 1, has shifted out of the lineup for the first quarter in Game 2. However, he rotates back into the lineup in the second segment.

Home / Games

- Game 1 >
- Game 2 >
- Game 3 >
- Game 4 >
- Game 5 >
- Game 6 >
- Game 7 >
- Game 8 >

Home / Games / Game

< Prev First Half Next >
First Quarter
 Starting Offense Starting Defense

Offense Defense

Drew D	<input type="text"/> Position	A	⊖
Josh S	<input type="text"/> Position	B	⊖
Blake T	<input type="text"/> Position	C	⊖
	<input type="text"/> Position	-	-

Home / Games / Game

< Prev First Half Next >
First Quarter
 Starting Offense Starting Defense

Offense Defense

Josh S	<input type="text"/> Position	B	⊖
Blake T	<input type="text"/> Position	C	⊖
Nick S	<input type="text"/> Position	D	⊖
<input type="text"/>	<input type="text"/> Position		

Home / Games / Game

< Prev First Half Next >
Second Quarter

Offense Defense

Drew D	<input type="text"/> Position	A	⊖
Josh S	<input type="text"/> Position	B	⊖
Blake T	<input type="text"/> Position	C	⊖
Nick S	<input type="text"/> Position	D	⊖

Home / Games / Game / Game Recognition

 remove star Save

 **Christlikeness**
The white star represents CHRISTLIKENESS which means doing your best to imitate Jesus in every way through your words, attitudes, and actions.

 **Effort**
The blue star represents EFFORT which means giving your best at all times regardless of the circumstances.

 **Sportsmanship**
The gold star represents SPORTSMANSHIP which means treating your teammates and opponents the way you want to be treated. You show respect to yourself, teammates, opponents, referees, coaches, and the game by demonstrating sportsmanship.

 **Offense**
The gray star represents OFFENSE which means working with your team for a positive play or a score. Offense requires being aware of your teammates and their opportunities as well as using your skills to advance the goals of your team which leads to a score.

 **Defense**
The red star represents DEFENSE which means coordinating with your team to slow down or stop the opponent from making a play or scoring. Defense requires an awareness of being in the right position, hustle and hard work.

COMMENT

Save

On this page, you can also assign stars and take notes by clicking the star next to each participant's name.

- By doing so, you will be taken to the **Game Recognition** tab. The meaning of each star is explained on this page. Click on the star that you wish to assign to the participant.

Home / Games / Game / Game Recognition

 remove star Save

 **Christlikeness**
The white star represents CHRISTLIKENESS which means doing your best to imitate Jesus in every way through your words, attitudes, and actions.

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 **Defense**
The red star represents DEFENSE which means coordinating with your team to slow down or stop the opponent from making a play or scoring. Defense requires an awareness of being in the right position, hustle and hard work.

COMMENT

Warren gave his best effort during the game. He excelled on both offense and defense.

Save

- Once the star is selected, you can add notes to the comment area. **Be sure to click "Save" once you have selected the star and entered a comment.** Upon clicking save, you will be redirected back to the roster page.

Home / Games / Game

Second Half
Fourth Quarter

Offense Defense

 Josh S	<input type="checkbox"/>	B	●
 Blake T	<input type="checkbox"/>	C	●
 Nick S	<input type="checkbox"/>	D	●
 Wesley C	<input type="checkbox"/>	E	●
 David G	<input type="checkbox"/>	F	●
 Warren M	<input type="checkbox"/>	G	●

- When you hand out stars at the end of the game, you can refer to your notes and let the participant know why they are receiving that particular star. Point out specific things that player did during the game that earned them that star.