



Middle School Athletics

Sixth Grade Football

Program Goals and Plan

The flag football teams play in the West Bay Athletic League. Games are played with nine players on each side on the field. Games are after school and on Saturdays. Practices are during physical education class. The sport is a version of regular football where players do not wear pads or tackle.

Goals of the Program

- Teach sportsmanship and respect of the game, team, opponents, and officials
- Learn leadership skills and follow direction skills
- Learn skills of the sport and how to transfer those skills to other activities
- Improve physical fitness
- Learn how to play and compete as a team
- Learn to accept responsibility as an individual and a team

Equipment

- Mouthpiece
- Cleats (soccer is fine)
- Shorts without pockets

Sample Practice Format

- Meet team at assigned meeting space. Walk team out to field.
- Take team through a dynamic warm up. (Include stretching, calisthenics, strength training, and cardiovascular fitness.)
- Skill training (includes all facets of the game)
- Team practice - work on strategy, plays
- Scrimmage

Game Format

All games are 60 plays. Games generally take about 1hr to complete. Menlo generally gets to the field 1/2 hour before each game. Parents should plan on picking up their child at the field after all home games. Menlo will provide transportation to and from games for all games that start before 5:00pm.