



Menlo School Athletics

VB 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 of 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, opponents, 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

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 (include all facets of the game).
- Team practice – work on strategy, plays
- Scrimmage

Games

All games are 60 plays. Games generally take about 1 hour to complete. Menlo generally gets to the field ½ 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.

Necessary equipment to play the sport: mouthpiece, cleats, shorts without pockets.

Fitness and Warm-up Exercises

Students participating in intramural or interscholastic physical education will spend about 10-15 minutes each day working on physical fitness.

Exercises and Fitness Routines

Calisthenics – pushups, jumping jacks, straddles, burpees

Cardiovascular running – laps, timed runs, swims, stairs, jump rope

Muscular strength – body squats, plyo jumps, tricep presses, step-ups

Dynamic and static stretching – specific sport stretching

Resources for Flag Football

www.flagfootballstrategies.com