

FREMONT YOUTH LEAGUE FOOTBALL (FYL)
4/5/6TH GRADE TACKLE GUIDELINES
- HOW TO PREPARE THE ATHLETES FOR YOUTH TACKLE FOOTBALL -
“MAKING THEM ALL BETTER & KEEPING IT SIMPLE”

WEEK #1:

- **HELMET & FOOTBALL PANTS ONLY WEEK:**
- YOU SHOULD BE PRACTICING 2-4 DAYS A WEEK AT 1.5 HRS PER PRACTICE.
- YOU SHOULD ONLY BE STRETCHING & WARMING UP IS VERY IMPORTANT
- CONDITIONING & FOOTWORK DRILLS.
- **FUNDAMENTALS ARE WHAT IS NEEDED.**
- WATER BREAKS EVERY 10-15 MINS

WEEK #2:

- **SLOWLY START INTRODUCING FULL GEAR:**
- YOU SHOULD BE PRACTICING 2-4 DAYS A WEEK AT 1.5HRS PER PRACTICE FULL GEAR.
- STRETCHING & WARMING UP IS VERY IMPORTANT.
- NO HITTING EACH OTHER.
- STRETCHING & CONDITIONING DRILLS, FOOTWORK DRILLS, USE THE DUMBY PADS OR CONES AND POSITIONING DRILLS SHOULD BE WORKED ON.
- **FUNDAMENTALS ARE WHAT IS NEEDED.**
- WATER BREAKS EVERY 10-15 MINS

WEEK #3:

- **FULL GEAR:**
- YOU SHOULD BE PRACTICING 3-4 DAYS A WEEK AT 1.5HRS PER PRACTICE. STRETCHING & WARMING UP IS VERY IMPORTANT.
- START INTRODUCING PROPER HITTING & FORM TACKLING WITH THEM BUT ONLY 2 DAYS OF YOUR 4 DAY WEEK OF PRACTICE. (**MATCH THEM UP BY THEIR SIZE. NEVER PUT A LITTLE KID AGAINST THE BIGGER KID**)
- TACKLING & HITTING DRILLS SHOULD ONLY GO ON FOR ABOUT 20-30MINS OF YOUR PRACTICE THAT DAY. USE THE DUMBY PADS AND CONES.. NEVER LET THEM HIT HELMET TO HELMET OR HEAD ON.
- THE REST OF YOUR PRACTICE SHOULD BE **FUNDAMENTALS**.
- WATER BREAKS EVERY 10-15 MINS

WEEK #4 & #5:

- **FULL GO:**
- YOU SHOULD BE PRACTICING 3-4 DAYS A WEEK AT 1.5HRS PER PRACTICE. STRETCHING & WARMING UP IS VERY IMPORTANT.
- YOU SHOULD BE STARTING TO FORM OFFENSE & DEFENSE AND LEARNING PLAYS AND FORMATIONS.
- I WOULD SAY YOU NEED AT LEAST ROUGHLY UP TO 30-40 MINS PER DAY PER PRACTICE TO GO OVER PLAYS AND THE OTHER 30MINS OR WHATS LEFT OVER TO DO YOUR **FUNDAMENTALS**.
- DURING YOUR 4TH AND 5TH WEEK YOU SHOULD STILL FIND 2 DAYS OF HITTING AND BLOCKING AND FORM TACKLING.
- REMEMBER, ONLY 2 DAYS OF HITTING PER WEEK AND ONLY 20-30 MINS OF HITTING. ALSO, GO OVER SPECIAL TEAMS WHICH CONSIST OF THE KICK OFF AND RECEIVING TEAMS. 15-20 MINS AT MOST. **KEEP IT SIMPLE**. STILL USE THE DUMBY PADS AND CONES.
- FUNDAMENTALS ARE IMPORTANT
- WATER BREAKS EVERY 10-15 MINS

WEEK #6 - #11:

- **GAMES BEGIN:**
- ONCE GAMES BEGIN YOU'LL NEED TO BACK DOWN PRACTICES TO 2-3 DAYS A WEEK AT 1.5 HRS PER PRACTICE.
- STRETCHING & WARMING UP IS VERY IMPORTANT.
- IF YOU PRACTICE 2 DAYS A WEEK THAT WEEK YOU'LL NEED TO PRACTICE 1 DAY WITH HELMET/FOOTBALL PANTS ONLY AND THE OTHER 1 DAY IS FULL GEAR(OPTIONAL).
- IF YOU PLAN TO PRACTICE 3 DAYS A WEEK THEN YOU'LL NEED TO PRACTICE 2 OF THE DAYS WITH HELMET/FOOTBALL PANTS ONLY AND THE 3RD DAY IS FULL GEAR(OPTIONAL).
- STILL ONLY 20-30 MINS OF HITTING IS ALLOWED DURING YOUR FULL GEAR DAY. USE THE DUMBY PADS AND CONES.
- **FUNDAMENTALS** SHOULD BE SHOWN EVERYDAY UNTIL SEASON IS DONE.
- IT IS OK TO PICK UP EXTRA SCRIMMAGES AGAINST OTHER TEAMS ONCE GAMES GET STARTED.
- MOST KIDS TEND TO START LOSING INTEREST IN COMING TO PRACTICES. WHICH MAKES IT HARD FOR A COACH TO KEEP THEIR SPIRIT INTO IT.
- SO IF YOU DO PICK UP A SCRIMMAGE THAT WEEK YOUR OTHER PRACTICE OR PRACTICES HAVE TO BE HELMET/FOOTBALL PANTS ONLY FOR THOSE DAYS.
- ALWAYS KEEP IN GOOD COMMUNICATIONS WITH THE PARENTS ABOUT EXTRA SCRIMMAGES. SOME MAY LIKE IT AND SOME MAY NOT.
- YOU CAN NOT FORCE A KID OR PARENT TO PLAY THAT EXTRA SCRIMMAGE/GAME THAT DAY. SATURDAY GAMES ALL COME FIRST.
- **REMEMBER, THE KIDS NEED FUNDAMENTALS.**
- WATER BREAKS EVERY 10-15MINS.

*** THESE ARE ALL SUGGESTED GUIDELINES. EVERY COACH & TEAM ARE DIFFERENT EACH SEASON BUT PLEASE FOLLOW THE MAJORITY OF THESE GUIDELINES. 4/5TH DIVISION SHOULD BE FOLLOWING THESE GUIDELINES AS WELL BUT WITH LESS DAYS OF PRACTICING. ASK YOUR FOOTBALL COMMISSIONER IF YOUR NOT SURE.**

