

2010 FCA Youth Flag Football League

Season Schedule

Mon. Sept. 13th

6:00- Coaches and kids start arriving (Registration begins)

- Ben B, Ben W. and Payton organize drills for kids? Kids play catch/warmup

6:30- Everyone at 50 yd line (Break kids into groups by color)

--Skills Session (Pass Catching, 20 yd Dash, Cone Agility)

--Coaches will divide into three groups to run the stations.

--Coaches running 20 yd dash and cone agility will need stopwatches

7:15 ish- 3 Station Drills (same groups)

--Receiving Station (Routes, catching, etc.)

--Running Station (taking handoffs, cuts, etc.)

--Flag Tackling (One kid with flags on, one kid "tackling", rotate)

--Rotate to next drill after 10 minutes

7:45- Character Talk on "Developing the Heart of a Champion" by Jay Meier

Mon. Sept. 20th

6:30- Everyone at 50 yd line (Announce Teams)

--Coaches will receive team roster and bag with their shirt & team's shirts

6:40- First Team Practice

7:05-First week of games

Vikings vs. Cardinals

Packers vs. Bears

Jets vs. Broncos
Ravens vs. Colts
Steelers vs. Chiefs

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7:45- Character Talk on “Playing with Sportsmanship” by TBD

THURSDAY Sept. 30th (Remind Everyone of this change in date!)

6:30- Everyone at 50 yd line (Announce Matchups)

6:40- Team Practice

7:05- Games

Vikings vs. Packers
Cardinals vs. Bears
Jets vs. Ravens
Broncos vs. Steelers
Colts vs. Chiefs

7:45- Character Talk on “Being a Good Teammate” by Nate Stenholtz

Mon. Oct. 4th

6:30- Everyone at 50 yd line (Announce Matchups)

6:40- Team Practice

7:05- Games

Vikings vs. Bears
Cardinals vs. Packers
Jets vs. Colts
Broncos vs. Chiefs
Ravens vs. Steelers

7:45- Character Talk on “Self-Discipline” by TBD

Mon. Oct. 11th

6:30- Everyone at 50 yd line (Announce Matchups)

6:40- Team Practice

7:05- Games

Vikings vs. Cardinals

Packers vs. Bears

Jets vs. Steelers

Broncos vs. Colts

Ravens vs. Chiefs

7:45- Character Talk on “Overcoming Adversity” by TBD

Mon. Oct. 18th

6:30- Everyone at 50 yd line (Announce Matchups)

6:40- Playoff Games/Practices

Game 1 AFC #3 vs. AFC #6

Game 2 AFC #4 vs. AFC #5

AFC #1 and #2 and all NFC have byes
and will practice

7:05- Playoff Games

Game 3 AFC #1 vs. AFC Lower seed

Game 4 AFC #2 vs. AFC Higher seed

Game 5 NFC #1 vs. NFC #4

Game 6 NFC #2 vs. NFC #3

7:45- Character Talk on “Being and Uncommon Athlete” by JD Bickle

Mon. Oct. 25th

6:30- Everyone at 50 yd line (Announce Matchups)

6:40- Playoff Games/Practices

NFC 3rd Place Gm. 5 Loser vs. Gm. 6 Loser

AFC 3rd Place Gm. 3 Loser vs. Gm. 4 Loser

AFC 5th Place Gm. 1 Loser vs. Gm. 2 Loser

7:05- Super Bowl Games

NFC Super Gm. 5 Winner vs. Gm. 6
Bowl Winner

AFC Super Gm. 3 Winner vs. Gm. 4
Bowl Winner

7:45- Character Talk on “Combining Faith and Sports” by Dave Hammond

Mon. Nov. 1st

Year-End Program @ 6:30 PM- Location TBD (Probably Hope Summit)