



We at the Mint Hill Mountaineers & Chargers Organization take great pride in our program and hope that this information is both useful and helpful during your experience with our organization and beyond. Good Luck to all the players. Parents again thank you for entrusting your children to our program. Each year we strive to improve and provide the best experience for players and parents. Our Parents are very instrumental on the success of our program and we have an open door policy for any issues or concerns. We do ask that if one arises that it is handled immediately and in the most respectful way to the appropriate parties.

Best of Luck!

*Nose Tackle: Stop the run and occupy the offensive lineman to keep him from blocking the linebacker.

*Linebacker: Act as the second line of defense.

*Cornerback: Cover the wide receiver

*Safety: Help the cornerback pass coverage.

SPECIAL TEAMS:

*Gunner: Race down field in order to tackle the kick or punt returner.

*Holder: Catch the football and put it into a kicking position.

*Kick Returner: Catch the football after kickoff and attempt to return to the other direction.

*Long Snapper: Makes long snaps for punts

*Placekicker: Kicks the football on kickoffs

*Punter: Catch the long snap from the center and kicks the football.

*Punt Returner: Catch the ball after it's punted and run toward the punting team's end zone.

HOW TO SCORE:

*Touchdown (6 points) – The player must carry the ball across the other team's goal line, or he must catch a pass in the end zone.

*Extra Point Conversion (1 point) – One extra point to the team who scored to the touchdown. The point is granted if the team can kick the ball through the goal posts from the two yard line.

*Two-Point Conversion (2 points) – After scoring a touchdown, if the team decides to go for 2 extra points, they will line up at the two yard line and make one attempt to run or pass the football into the end zone.

*Field Goal (3 points) – In a fourth – down, the team can attempt to kick a field goal between the goal posts in the other team's end zone.

*Safety (2 points) – Tacking an opponent who has the football in their end zone.

****** Please note in the AYF rules the extra points are different. 2 point conversion when ball is kicked through goal post and 1 extra point is when attempt is made to run or pass ball.**

UNDERSTANDING FOOTBALL

*When a team has the ball they are on offense. When a team doesn't have the ball they are on defense.

GETTING THE BALL DOWN THE FIELD:

*The offense has 4 chances, or downs, to advance the ball 10 yards or more from the spot where they took possession of it. If it succeeds, it gets 4 more downs (chances) to advance the ball another 10 or more yards.

*After a play, the officials measure how far the ball traveled a first down for 10 yards or more. The ball resumes in play from the spot where it was stopped during the previous play.

RUNNING & PASSING:

*The offense generally advances the ball by handing it to a runner or by throwing it (called passing) to a receiver. Doing either is called running a play. An individual play starts when the ball is snapped and given to the quarterback. A play ends when the player holding the ball is tackled. The player is now down, and one of the chances (downs) has been used up. The official blows the whistle to halt play. Sometimes a series of forward plays is called a drive.

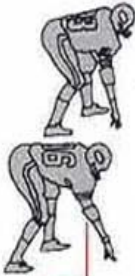
UNDERSTANDING DEFENSE:

*Defense tries to stop the offense from advancing the ball by moving it down the field 10 yards at a time. Defensive players are allowed to tackle any player that has the ball. They also try to prevent passes (throws) from reaching receivers. They can't physically interfere with a receiver, but they can tackle or hit that player hard enough to make him drop it before it is under control. They can also try to make players fumble by knocking the ball out of any offensive player's grasp.

● OFFENSE
● DEFENSE

FULLBACK

An extremely powerful runner who lines up to the righttends side and usually gets the "bread&butter" assignments. Also expected to be a good blocker and pass receiver. Full backs and halfbacks are not distinguished in some offences, they are simply designated running backs.



HALFBACK

The handy man of the team. He runs blocks, receives and sometimes throws passes

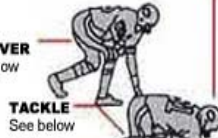
WIDE RECEIVER

Usually the teams fastest receivers (pass catchers). They are split stationed seven yards from the interior linemen.

TIGHT END

The tight end (stationed next to the tackle) must be bigger and stronger than most receivers. Because of the extra blocking power he adds to the line, the side of the offense formation, the tight endlines up on is called the strong side. The side without the tight end is called the weak side. Defenses are set up accordingly.

WIDE RECEIVER
See below



TACKLE
See below

GUARD
See below

QUARTERBACK

The man in charge. He calls signals, is the primary passer and ball handler, and occasionally runs the ball.



TACKLES AND ENDS

Called the front four in a 4 - 3 set (shown here). They are the largest men on defense because their jobs are stop the running attack and rush the passer. Defensive linemen line up on the line of scrimmage and are permitted to use their hands against blockers. In 3-4 alignment, there are two ends and a middleman called a nose tackle, the fourth line man is replaced by an additional linebacker.



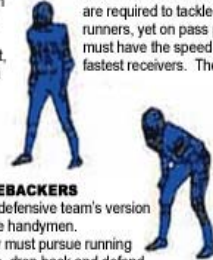
END
See below

CENTER, GUARDS AND TACKLES

It is these five men, - one centre, two guards (right and left) who line up on either side of the centre, and two tackles (right and left) who line up outside the guards - who make up the interior line.

CORNERBACKS AND SAFETIES

Also called defensive backs they operate in the area of the defense called the secondary. They are required to tackle much bigger runners, yet on pass plays, they must have the speed to catch the fastest receivers. They also blitz.



LINEBACKERS

The defensive team's version of the handymen. They must pursue running plays, drop back and defend against passes, or disrupt pass plays with all-out rushes from their positions called dogs and blitzes.



CORNERBACK
See below

Signal Chart



Touchdown,
Field Goal



Touchback



Safety



Dead Ball



Time Out



Personal Foul



Blocking Below
the Waist



Illegal Touching,
Illegal Batting



Delay of
Game



Assisting
the Runner



Sideline Violation



Reset Play Clock



Defense Offsides,
Encroachment



Facemask



Holding



Illegal Use of
Hands



Illegal Contact



Pass Interference or
Kick Catch Interference



Illegal Motion



Illegal Shift



Intentional
Grounding



Illegal Forward
Pass



Penalty Refused,
Unsuccessful
Scoring Attempt



False Start,
Illegal Defense / Blitz /
Formation / Procedure



Ineligible
Downfield



Illegal
Participation



Uncatchable
Pass



Tripping



Illegal Crackback



Unsportsmanlike
Conduct

PARENTS

Parents are as important to the success of the team as the players. Coaches and parents must work together. Please keep the coaches informed about problems that may be going on with your child. If the child has been sick, taking medication, or going through some emotional trauma please make sure the coaches are made aware of the problem as soon as possible. Parents and coaches must communicate with mutual respect. If there are issues that need our attention please contact your Team Mom, Head Coach or Leagues Representative. Communication will be key to the success and your overall experiences.

REWARDS

Rewards can come in two forms: verbal and material. Many of the rewards a player receives are positive reinforcement from coaches and parents. Often the coaches will not require individuals to run sprints at the end of practices if the player has showed some exceptional behavior. However, the best reward is always a smile and a pat on the back by a parent.

TRAITS OF A GOOD FOOTBALL PLAYER

DESIRE: Desire is the determination to overcome an opponent, whether by delivering a solid block or by shaking off the block attempt of an opponent and going on to make the tackle.. It is doing one's best, calling up whatever reserve power is available and never quitting. It is playing both for oneself and for the team's interest. It is the exercise of a determined will. It flows from your competitive spirit and drives you to achieve your goal. Desire is available to all kids. We, as coaches, firmly believe that the size of the heart is more important than the size of the body. Desire is 100% effort, 100% of the time.

CONFIDENCE: The belief that he can do what he has been asked to do. Football is a sport that builds it. The coaches will yell and bark at times, but the idea is not to humiliate or hurt the players, it's to get the kids to pay attention, to realize that they are part of a team, and their actions affect their teammates. Most kids will get yelled at and be upset by it. Parents will be worried by it and begin to feel protective. The coach is just trying to prepare him, and to get him excited enough to put forth the effort needed to play football. Sometimes the coaches will need to bark at a player who is not paying attention. We don't do it because we like to yell, and we certainly don't do it to make the player feel bad. We do it because all team sports, football especially, requires team effort. A player who is doing his own thing, talking, or not paying attention while the coaches are teaching is risking possible injury to himself or a teammate. Remember, as the great Woody Hayes once said, "Discipline is something you do *for* someone, not *to* them."

THE LOVE OF THE GAME: This is an important part of any football player. They need the willingness to play any position. They have the motivation to be responsible and to respect their teammates.

Player Expectations

1. Keep up with your schoolwork. Poor grades in school and or inappropriate behavior will result in disciplinary actions by the coaches.
2. Any unexcused absences may result in lack of playing time. All excused absences must be coordinated with the coaches. **We have a minimum play rule.** However, if you don't make an effort to attend practices, we as coaches are not required to play you.
3. Respect your coach. Back talking, profanity, or any form of disrespect will result in disciplinary actions. Be coachable, willing to listen, follow directions and pay attention. Work with your team and coaches, not against them.
4. Respect other players. Remember your teammates are working with you, not against you. Any unnecessary aggression or violence towards another player or parent will result in disciplinary actions. This also goes for our opponents and Parents. Without them, there would be no football game, so treat them with respect.
5. Take care of your equipment. Let the coaches know if your equipment needs repair. This is the key to safety.
6. Wear your mouthpiece when required. After a grace period, this infraction will result in a disciplinary action.
7. Come to practice with a good attitude and be prepared to work and play.
8. Learn the rules of the game, especially the safety rules.
9. Arrive on time for practices and games. Six pm means you are *on the field and in position* at six pm.

DISCIPLINARY ACTIONS

Running is an everyday part of practice. On those few occasions when it is necessary to discipline a player, the player may be asked to run additional laps around the practice field, do pushups, or perform another exercise. Normally that will be the end of disciplinary action. A player will be asked to leave practices early for more severe incidents. If a parent is not present the player will be supervised until the child is picked up. Game suspensions will also be used as disciplinary actions. We DO have a NO TOLERANCE policy in place as well. The coach and leagues representatives will have the ability to remove a player from the roster and collect their gear for the season. Coaches will use these sparingly, and will communicate to the parents the reasons behind severe disciplinary actions. With such a high caliber of kids, severe disciplinary problems are not expected to be a problem on this team.

WINNING

Nothing in life, including football, is worthwhile unless you enjoy it and gain something from the experience. Sure, we're trying to win football games and we are going to set our goals high, but it shouldn't ruin our lives if we lose. Our football team should not believe that a football loss is a tragedy. All you can ask of our kids is to do their best. If we win, Great! If we lose, it's not the end of the world. There will be another game along in a few days. Coaches that think only of winning don't belong in football. Try this: Ask your child if he had a good time instead of whether he won or lost.

By the same token, we feel that we owe it to the players to do everything we can to make them winners. We plan to win every game, because if you don't, then you need to ask yourself which game you plan to lose, and if you're planning to lose, why show up, or practice the week before? We're going to practice hard, we're going to play hard, and our scores will reflect this.

COACHES

We can only do our best. We view coaching as an awesome responsibility. Your coaches will:

1. Teach the players the skills they need to play football safely
2. Understand each player's potential
3. Work on individual skills for each position
4. Work on team execution of plays
5. Motivate, communicate, lead
6. Perform the "behind the scenes work"

Coaches must have the freedom to develop three things in their athletes: pride, poise, and self-confidence. We use the following steps to instruct the game of football.

1. Explain what is required
2. Demonstrate the technique
3. Have the player perform the technique
4. Explain the consequences of not performing the technique properly