

# Jr. Gridiron Football Program Information

**What To Expect:** In the Jr. Gridiron program, we focus on FUN and FUNDAMENTALS. This is an instructional program that is guided by facilitators, with help from coaches and parents. We do not keep score or keep track of standings. Each session will be a combination of large group instruction from the facilitators and small group activities within teams. Most sessions will end with a scrimmage.

**Facilitators:** Facilitators will provide coaches with drills/games that will help the participants practice the skills they are learning. Facilitators will keep track of time and will let coaches know when to switch activities. Facilitators will walk around and help as needed.

**Coaches:** Coaches will implement drills as directed by the facilitators. Coaches will remind parents to stay involved and encourage them to participate with their child. Coaches will show the participants what to do and help them to take turns. Coaches should show good sportsmanship and focus on creating a fun environment for the participants to learn.

**Parents:** Parents are encouraged to help coaches implement the drills and activities they are given by the facilitators.

**Scrimmages:** On most days, teams will scrimmage at the end of the session. A coach or parent is encouraged to play the role of quarterback during these scrimmages. This allows for more success in passing attempts. Coaches should sub players frequently to create a fair balance of playing time. Facilitators will walk around and help facilitate the scrimmages.

