



**FALL 2024**

**COACH'S  
MEETING**

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**TACKLE  
FOOTBALL**

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# Diocese of Cleveland CYO





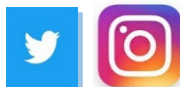
## DIOCESE OF CLEVELAND CYO

### 7<sup>TH</sup> & 8<sup>TH</sup> GRADE TACKLE FOOTBALL COACH'S MEETING

1. Program Planner
2. Sponsoring Organizations/Sections
3. Coach's Eligibility
4. Points of Emphasis
5. Official Game Day Roster
6. Becoming a Great Coach
7. Resources
8. Playoffs



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# DIOCESE OF CLEVELAND CYO TACKLE FOOTBALL (Grades 7 & 8) PROGRAM PLANNER - 2024



July	18	In-person mandatory fall sports season coaches meetings, 6-9 p.m. Location: University of Akron
	19-21	Dick’s Sporting Goods Shop Days
	22	Fall sports season opens, acclimation days may begin Weigh-in 2 – Cleveland CYO Office. 10am-3pm Fall sports season early registration closes; regular registration begins, 9:00am
	23	Weigh-in 3 – Akron CYO Office. 10am-3pm by reservation.
	24	In-person mandatory fall sports season coaches meetings, 6-9 p.m. Location: Notre Dame Cathedral Latin High School - 13000 Auburn Rd., Chardon OH 44024
	29	Fall sports season regular registration ends, 9:00am
	<b>20</b>	<b>Football Coaches Mandatory Recertification - First Energy Stadium Mandatory for Head &amp; Assistant Coaches</b>
	30	In-person mandatory fall sports season coaches meetings, 6-9 p.m. Location: Magnificat High School – 20770 Hillard Blvd. Rocky River, OH 44116
August	1	Coaches Development Program – Gesu (McAuley Room), 6:00 pm 2470 Miramar Blvd, University Heights, OH 44118
	5	Deadline to add athletes and coaches to rosters, 9:00am
	7	<b>Football Coaches Mandatory Recertification Make Up #1</b> Cleveland CYO Office – 6:00am-9:00pm
	16	Fall sports season schedules available on CYO website
	17	Coaches Development Program – St. Ambrose (Hilkert Hall/Gym), 6:00 pm 929 Pearl Rd. Brunswick, 44212
	20	Coaches Development Program – St. Jude, 6:00 pm 590 Poplar Rd., Elyria, 44035
	22	<b>Football Coaches Mandatory Recertification Make Up #2</b> Cleveland CYO Office – 6:00pm-9:00pm
	25	Fall sports regular season competitions begin
September	14-15	Parents and VIP Weekend
	22	Team Mass Sunday
	28-29	Officials Appreciation Weekend
October	12-27	Diocese of Cleveland CYO Fall Championship Tournaments
	27	Fall sports season ends



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# 2024 UPDATED Tackle Football Section Assignments



UPDATED JUNE 8

**ONLY PLAYERS LISTED IN THE SECTION ARE ELIGIBLE TO PLAY FOR THAT SPONSORING ORGANIZATION.**

**SPONSORING ORGANIZATION – in green**

MEMBERS ELIGIBLE TO PARTICIPATE WITH THE SPONSORING ORGANIZATION – in black

\*Only Pre-Approved Athletes, who were rostered from previous seasons, may participate with these programs.

Gesu – Communion of Saints, St. Dominic

Holy Family – Stow – Pending

Holy Family – Parma – Mary Queen of Peace, St. Charles Borromeo, St. Mary of the Falls, St. Mary-Berea

Holy Trinity – St. Mary-Avon, St. Joseph-Avon Lake

Immaculate Heart of Mary - St. Joseph – Cuyahoga Falls, St. Patrick-Kent

Lakewood Catholic Academy - This roster is closed and no additional members may register.

Notre Dame Elementary- St. Anselm, St. Helen, St. Mary-Chardon

SS. Robert and William – Mater Dei Academy, Our Lady of the Lake

St. Albert the Great – Assumption

St. Ambrose – St. Francis Xavier

St. Anthony of Padua-Parma – IWA, St. Benedict, St. Columbkille, St. Thomas More, St. Bartholomew,

St. Barnabas - This roster is closed and no additional members may register.

St. Bernadette – St. Brendan

St. Francis Assisi – Corpus Christi, St. Paschal Baylon

St. Gabriel – This roster is closed and no additional members may register. Pending

St. Hilary - This roster is closed and no additional members may register

St. Jude – St. Peter-NR, St. Joseph- Amherst, St. Mary-Elyria, St. Peter-Lorain

St. Mark – Our Lady of Angels, Our Lady of Mt. Carmel – Cleveland,

St. Mary of the Assumption – St. John Vianney

St. Raphael – This roster is closed and no additional members may register

St. Sebastian – St. Anthony-Akron, Sacred Heart-Wadsworth, St. Augustine, St. Francis de Sales-Akron, St. Vincent-Akron,

Sts. Joseph & John – This roster is closed and no additional members may register

Undetermined: St. Rita, Seton; St. Angela Merici, St. Christopher: **Pending**

If a CYO member organization is not listed, their athletes must sign-up through the following link.

<https://tinyurl.com/uusj7cdk> Athletes will be placed on a team by the CYO Administration

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## POINTS OF EMPHASIS



# UPDATE

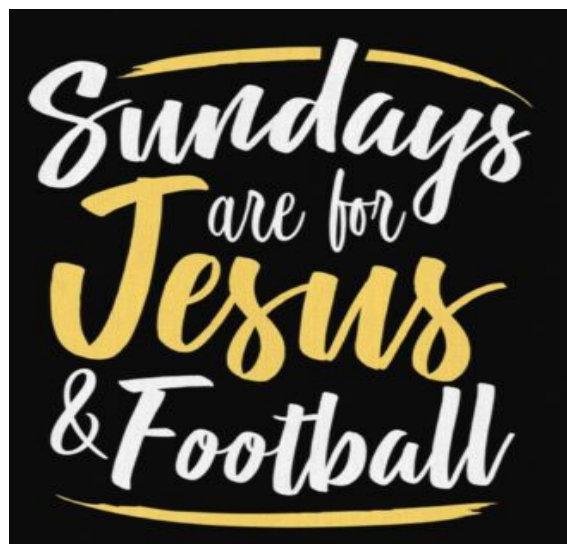
### 2024 EDITORIAL CHANGES

Football Helmet Warning Statement; 1-3-1b; 1-3-1g; 1-3-1i(5); 1-5-1a(1); 1-5-1b(2), (3); 1-5-1c(5); 1-5-1d(5)a; 1-5-2b; 1-5-3b(6); 1-5-3c(6); 1-7(7); 1-8; 2-8; 2-32-16; 5-2-4; 7-2 PENALTY; TABLE 7-5; 9-2 PENALTY; 9-5-1g; 9-8-1j; 9-8 PENALTY; 10-3-1c NOTE; 10-4; 10-5; TABLE 10-4; PENALTY SUMMARY; NFHS OFFICIAL FOOTBALL SIGNALS.

### 2024 POINTS OF EMPHASIS

1. Sportsmanship and Altercation Prevention and Protocol
2. Player Equipment and Enforcement
3. Formations

- ✚ ELIGIBILITY - MUST BE WITHIN YOUR SECTION
- ✚ NAME ON JERSEY
- ✚ DOTS - FRONT & BACK OF HELMENT
- ✚ THE NUMBER OF ZERO IS LEGAL
- ✚ RECERTIFICATION - CREDENTIALS - NO WHITE CARDS
- ✚ BENCH PERSONNEL - 6 COACHES & PLAY COUNTER - TEAM PHYSICIAN IN STANDS
- ✚ PARTICIPATION - BELOW 20 (14/7); OVER 20 (12/6)
- ✚ PLAY COUNTING - FORM
- ✚ ACCLIMATION DAYS - 5 - STARTS DAY PLAYERS STARTS HIS FIRST PRACTICE
- ✚ OVERTIME
- ✚ MERCY RULE - WHOLE GAME - 18 POINT LEAD
- ✚ PLAYOFFS



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## COACH'S ELIGIBILITY

**ONLY SIX ELIGIBLE COACHES ARE PERMITTED ON THE FIELD**

**GREEN CARDS – GOLD CARDS – BLUE CARDS**

**WHO NEEDS A GOLD, GREEN, BLUE CARD?**

- ✓ **ALL HEAD & ASSISTANT COACHES OF 7/8 GRADE CYO FOOTBALL**

**WHAT DO I NEED IF I'M A FIRST YEAR COACH IN 7/8 GRADE CYO FOOTBALL?**

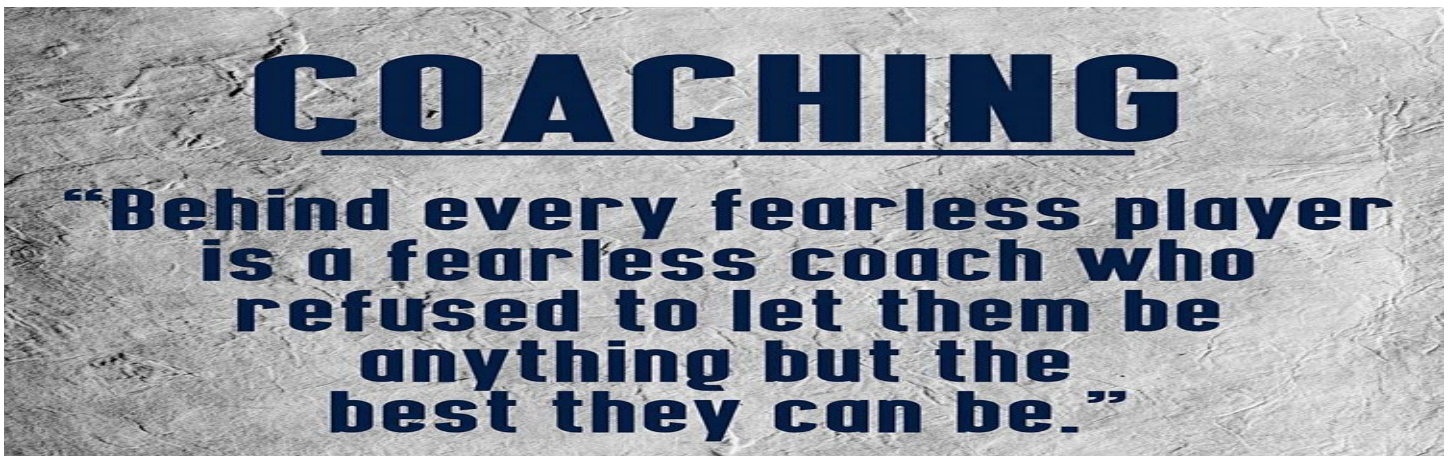
- ✓ **NEED CDP CARD**
- ✓ **NEED GOLD CARD**

**HOW DO I GET A GOLD, GREEN OR BLUE CARD?**

- ✓ **YOU NEED TO COMPLETE THE CYO RECERTIFICATION CLASS.**
- ✓ **YOU NEED TO COMPLETE THE USA FOOTBALL CERTIFICATION (ONE TIME)**

**IF I WAS UNABLE TO ATTEND THE JULY RECERTIFICATION CLASSES, DO I HAVE ACCESS TO THE SIDELINE?**

- ✓ **NO, ONLY COACHES WHO HAVE BEEN RECERTIFIED AND OBTAINED A GOLD, GREEN OR BLUE CARD.**



*A transformational coach views winning as an outcome, not a priority, and puts the focus on helping athletes grow and reach their full potential, beyond just sports. On the opposite side, a transactional coach is someone who makes winning the ultimate goal and is less concerned about the overall experience.*

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# 10 Keys to Becoming a Great Youth Football Coach

*There are thousands of good youth football coaches worldwide. However, there is a big difference between good coaches and GREAT COACHES. Coaching youth football requires preparation, commitment, enthusiasm, integrity, and communication. Great football coaches are a positive influence on every single player that they coach. A great football coach is not only known for his win-lose record, but he is known as a coach that makes a difference in all of his players lives. Here are 10 keys to becoming a great youth football coach.*

**10. Football System.** It is absolutely critical that you select a youth football offense, defense, and special team system that accommodates your team's skill set. Whichever system you elect to run, make sure you understand the system. It is also important that all coaches understand the system and their assigned responsibilities in the system. In youth football you need balance. On offense, you need to be able to attack inside, off-tackle, and outside. You must be able to throw the football every so often as well. Defensively, you need a defense that has a nice mixture of aggressive blitzes and mixture of safe looks that are focused on not giving up big plays. I would recommend using a system that utilizes deception. Deception is important not just on offense, but on defense and special teams as well.

**9. Discipline.** Place high value on discipline. Doing the little things right can be the difference between winning and losing. It can also be the difference between safe and unsafe. Players and parents need to make sure they focus on eating a nutritional diet and proper hydration before every practice and game. Getting enough sleep the night before a practice and game is also vital for overall performance. Coaches need to address any disciplinary problems from the start. Install a team first environment, bullying and negative comments should not be tolerated. Set the tone from day one! Out of the 10 keys to becoming a great youth football coach, discipline is one of the most important keys.

**8. Reward hard work.** Like many other youth football coaches my staff and I put in a ton of time. My staff and I do scouting, spend hours watching film, and planning practices. So when a player is committed and works hard, we will reward them with additional playing time. We reward our hardworking players with playing time, hard worker of the week awards, and weakly captain honors. Preach to your players that in football and in life, when you work hard, good things will happen.

**7. Resilience and Sudden Change.** When something goes wrong, do you tend to bounce back or fall apart? True character will revile itself when things are at their worst. Pride yourself on coaching your best when things are at their worst. Always keep a positive attitude and never panic. When the game or practice is not going well, winning youth football coaches will keep their cool and keep their players focused. If you cannot handle the pressure, it will rub off on the kids. Winning youth football teams are able to handle adversity and always stay together as a team. Resilience is needed to flourish in football and in life. Resilience is a trait needed to succeed in our social society, work places, sports, and all levels of education. Anytime something goes wrong we use the word "reload", which means we physically and mentally move onto the next play.

## **6. Compete**

The goal should be to win every single game and get better after every single practice. Football is a very competitive game. Players and coaches should never quit and always coach hard throughout the entire game, regardless of the situation. Implement competition among players in practice and always compete with yourself as a coach to get better. In order for kids to compete on game day, they need to practice competing in practice. Always strive to be the best. Always give a 100% effort. However, never win at the expense of the kids.

**5. Communication.** Coaching requires excellent communication skills. When communicating with kids, be sure you have a loud tone and you keep things moving fluently. When coaches are not prepared or do not fully understand what they are teaching, that is when communication becomes a problem. When you fully

understand something, it is a heck of a lot easier to teach it. Communication with parents is vital! You must be able to interact with the parents fluently. Be organized and make sure you and the parents are all on the same page. It will make life a lot easier when you are friendly and get along with the parents. Here is a suggestion, make a letter to the parents, outlining goals, contact information, and write a little about what they can expect from the coaches. This will make you look professional and it will make a strong first impression on the parents.

**4. Enthusiasm.** Keeping things upbeat and fun is recipe for success in youth football. If you lose the attention of the players, it is difficult to get it back. To avoid having the kids lose focus, coach with a positive- upbeat tempo, and have some fun. Kids react to emotion and energy more so than anything else. Having a well-planned practice will allow the kids to keep busy and stay focused. Be sure to script practices so that they are organized and move fluently. Have fun, be upbeat! Coach with **positive** emotion.

**3. Be Organized.** Practices must be organized and upbeat. All assistant coaches must understand their job/plans and must be able to execute. In youth football, practice time is limited, being organized is crucial for getting the most out of each practice. Have a plan for every practice and game. Never just 'wing it'. When you are disorganized it will make you and your coaching staff look really bad in front of the players, other coaches, and parents.

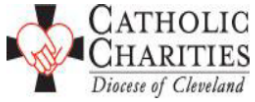
**2. Have Integrity.** Be honest with all parents, coaches, and players. When coaching youth football, coaches need to handle themselves with professionalism at all times, win, lose, or draw. The coaches and player must always compete within the rules of the game, cheating is just pathetic. I have a saying, real recognizes real. When you are not honest, people will recognize it. Also, running up the score has no place in youth football. Coaches must ALWAYS lead by positive example. I have another saying, and this goes for all players, coaches, and parents, if you don't have anything positive to say, then keep your mouth closed.

**1. Fundamentals & Safety.** Out of the 10 keys to becoming a great youth football coach, fundamentals and safety is by far the most important. You must be fundamentally sound in every aspect football. It is vital that kids play with proper fundamentals when blocking and tackling. This is not just needed for successful football play, but for player safety as well. It is extremely important to rep the basic fundamentals at every practice. Successful youth football teams play with great fundamentals on a consistent basis. Spend less time scheming and more time on fundamentals. Coaches need to educate themselves on player safety. Everything from minor bumps and bruises to concussions. In order to coach youth football, most leagues require their coaches to go through rigorous coaching certifications and classes. I recommend you take those certification classes and seriously. Keep in mind that most injuries occur at practice. It is critical that coaches implement safe drills. Have a plan of action for injuries.

**Final Thoughts.** Coaching football is all about the kids. All coaches need to coach with the best interest of the kids in their hearts. Coaching youth football requires preparation, integrity, discipline, enthusiasm, and communication. Coaches should attend coaching clinics that teach safety, technique, systems, drills, and overall practice optimization. The well-being of the kids physically and the well-being of the kids mentally (encouragement), should be the # 1 focus of every single youth football coach. Coaching youth football is one of the most gratifying things you can do. I would like to note that with the exception of safety, all of these 10 keys to becoming a great youth football coach are arguably equally important.

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# FOOTBALL GAME ROSTER PLAY COUNTING FORM

*Use for All Divisions*

List First and Last Names. No Initials or nicknames please.



**TEAM** \_\_\_\_\_ **DATE** \_\_\_\_\_  
**LEVEL/DIVISION**                            6th Grade      7th Grade      8th Grade                            **LOCATION** \_\_\_\_\_  
**HEAD COACH** \_\_\_\_\_ **GAME TIME** \_\_\_\_\_

List players in numerical order. Indicate the starters with a check in the first play column. Check the players unable to play in the U/P column. All Guest Players will be listed with "GP" before their name.

Number of Plays in first half depends on  
 team size and grade. See key below  
 First Half

Uniform No.	Name	Dot	Position	U/P	First Half																
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
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**Participation Requirements**  
 8th, 7th & 6th Grade Divisions:  
 20 or fewer players – 14 Non Penalty Plays, at least 7 in the first half  
 21 or more players – 12 Non Penalty Plays, at least 6 in the first half

Players Available: \_\_\_\_\_  
 Coach's Signature: \_\_\_\_\_  
 Play Counter Signature: \_\_\_\_\_  
 Final Score: \_\_\_\_\_

# RESOURCES

[HTTPS://FDM.USAFOOTBALL.COM/COACHES/COACH-RESOURCES](https://fdm.usafootball.com/coaches/coach-resources)

[HTTPS://USAFOOTBALL.COM/DEVELOPMENT-TRAINING/CERTIFICATION/](https://usafootball.com/development-training/certification/)

[HTTPS://USAFOOTBALL.COM/DEVELOPMENT-TRAINING/CERTIFICATION/YOUTH/](https://usafootball.com/development-training/certification/youth/)

[HTTPS://WWW.TEAMSNAP.COM/COMMUNITY/SPORTS-SCIENCE/COACHING-SCIENCE/TEACHING-YOUTH-FOOTBALL-COACHES-ABOUT-PLAYER-SAFETY-REDUCES-INJURIES](https://www.teamsnap.com/community/sports-science/coaching-science/teaching-youth-football-coaches-about-player-safety-reduces-injuries)

[HTTPS://YOUTHFOOTBALLONLINE.COM/DEFENSE/THE-5-FUNDAMENTALS-TO-YOUTH-DEFENSE/](https://youthfootballonline.com/defense/the-5-fundamentals-to-youth-defense/)

[HTTPS://YOUTH1.COM/FOOTBALL/1263855-WHAT-ARE-THE-MOST-COMMON-MISTAKES-YOUTH-FOOTBALL-COACHES-MAKE-](https://youth1.com/football/1263855-what-are-the-most-common-mistakes-youth-football-coaches-make-)

[HTTPS://WWW.THEIMPERIALPOINT.COM/10-TIPS-FOR-MOTIVATING-YOUR-YOUTH-FOOTBALL-TEAM-ALL-SEASON/](https://www.theimperialpoint.com/10-tips-for-motivating-your-youth-football-team-all-season/)

## ***I AM A COACH BECAUSE...***

***I am a coach because of the kids and the passion I have for the sport itself. There is no other feeling quite like helping young athletes further develop their natural persistence, determination, discipline, dedication, resiliency, work ethic, heart, leadership skills, connection with, and respect for others, not only in competition, but in life!***

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