

MYFFL COACH PLAYER DEVELOPMENT OBJECTIVES BY LEAGUE

1st Grade League

General Fundamental Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	Playing Field	Introductory	
	Sideline Boundaries	Introductory	
	Line of Scrimmage	Introductory	
	Goal Line	Introductory	
	First Down Marker	Introductory	
	Extra Points	Introductory	
	Difference between Offense and Defense	Introductory	
	Basic Rules: No Tackling, No Diving, No Blocking, and Good Sportsmanship at all times	Introductory	
	Huddle	Introductory	
	Cadence	Introductory	
	Running	Developing	
	Listening (pat attention)	Developing	
	Being on time – team player	Developing	

Offensive Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	2 Point Stance – Receiver	Introductory	http://usafootball.com/film-room/2-point-stance
	2 Point Stance – QB	Introductory	http://usafootball.com/film-room/2-point-stance-receive-direct-snap-0
	Ball Security	Introductory	http://usafootball.com/film-room/ball-security-0
	Catching Football	Introductory	http://usafootball.com/film-room/catching-football-0
	Gripping to Pass Football	Introductory	http://usafootball.com/film-room/gripping-football-1
	Making a Draw Handoff	Introductory	http://usafootball.com/film-room/making-draw-handoff-0
	Making a Angle Handoff	Introductory	http://usafootball.com/film-room/making-angle-handoff-1
	Passing Mechanics	Introductory	http://usafootball.com/film-room/passing-mechanics-1
	Receiving an Angle Handoff	Introductory	http://usafootball.com/film-room/receiving-angle-handoff-0
Receiving a Dive Handoff	Introductory	http://usafootball.com/film-room/receiving-dive-handoff-0	

Defensive Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	Pulling Flags	Introductory	http://usafootball.com/film-room/pulling-flags-0
	Covering Defense	Introductory	http://usafootball.com/film-room/covering-0

2nd & 3rd Grade Leagues

General Fundamental Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	Playing Field	Developing	
	Sideline Boundaries	Developing	
	Line of Scrimmage	Developing	
	Goal Line	Developing	
	First Down Marker	Developing	
	Extra Points	Developing	
	Difference between Offense and Defense	Developing	
	Basic Rules: No Tackling, No Diving, No Blocking, and Good Sportsmanship at all times	Developing	
	Huddle	Developing	
	Cadence	Developing	
	Running	Developing	
	Listening (pay attention)	Developing	
	Being on time – team player	Developing	

Offensive Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	2 Point Stance – Receiver	Developing	http://usafootball.com/film-room/2-point-stance
	2 Point Stance – QB	Developing	http://usafootball.com/film-room/2-point-stance-receive-direct-snap-0
	Ball Security	Introductory	http://usafootball.com/film-room/ball-security-0
	Catching Football	Introductory	http://usafootball.com/film-room/catching-football-0
	Center Dead Snap	Introductory	http://usafootball.com/film-room/dead-snap-1
	Center Direct Snap	Introductory	http://usafootball.com/film-room/direct-snap-0
	Gripping to Pass Football	Developing	http://usafootball.com/film-room/gripping-football-1
	Making a Draw Handoff	Developing	http://usafootball.com/film-room/making-draw-handoff-0
	Making a Sweep Handoff	Introductory	http://usafootball.com/film-room/making-sweep-handoff-1
	Making a Angle Handoff	Developing	http://usafootball.com/film-room/making-angle-handoff-1
	Passing Mechanics	Introductory	http://usafootball.com/film-room/passing-mechanics-1
	Receiving an Angle Handoff	Developing	http://usafootball.com/film-room/receiving-angle-handoff-0
	Receiving a Dive Handoff	Developing	http://usafootball.com/film-room/receiving-dive-handoff-0
Receiving a Sweep Handoff	Introductory	http://usafootball.com/film-room/receiving-sweep-handoff	

Defensive Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	Pulling Flags	Developing	http://usafootball.com/film-room/pulling-flags-0
	Covering Defense	Developing	http://usafootball.com/film-room/covering-0

4th - 6th Grade Leagues

General Fundamental Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	Playing Field	Developing	
	Sideline Boundaries	Developing	
	Line of Scrimmage	Developing	
	Goal Line	Developing	
	First Down Marker	Developing	
	Extra Points	Developing	
	Difference between Offense and Defense	Developing	
	Basic Rules: No Tackling, No Diving, No Blocking, and Good Sportsmanship at all times	Developing	
	Huddle	Developing	
	Cadence	Developing	
	Running	Developing	
	Listening (pat attention)	Developing	
	Being on time – team player	Developing	

Offensive Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	2 Point Stance – Receiver	Developing	http://usafootball.com/film-room/2-point-stance
	2 Point Stance – QB	Developing	http://usafootball.com/film-room/2-point-stance-receive-direct-snap-0
	Ball Security	Developing	http://usafootball.com/film-room/ball-security-0
	Catching Football	Developing	http://usafootball.com/film-room/catching-football-0
	Center Dead Snap	Introductory	http://usafootball.com/film-room/dead-snap-1
	Center Direct Snap	Developing	http://usafootball.com/film-room/direct-snap-0
	Gripping to Pass Football	Developing	http://usafootball.com/film-room/gripping-football-1
	Making a Draw Handoff	Developing	http://usafootball.com/film-room/making-draw-handoff-0
	Making a Sweep Handoff	Developing	http://usafootball.com/film-room/making-sweep-handoff-1
	Making a Angle Handoff	Developing	http://usafootball.com/film-room/making-angle-handoff-1
	Passing Mechanics	Developing	http://usafootball.com/film-room/passing-mechanics-1
	Receiving an Angle Handoff	Developing	http://usafootball.com/film-room/receiving-angle-handoff-0
	Receiving a Dive Handoff	Developing	http://usafootball.com/film-room/receiving-dive-handoff-0
Receiving a Sweep Handoff	Developing	http://usafootball.com/film-room/receiving-sweep-handoff	

Defensive Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	Pulling Flags	Developing	http://usafootball.com/film-room/pulling-flags-0
	Covering Defense	Developing	http://usafootball.com/film-room/covering-0

7th grade to High School Leagues

General Fundamental Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	Playing Field	Mastery	
	Sideline Boundaries	Mastery	
	Line of Scrimmage	Mastery	
	Goal Line	Mastery	
	First Down Marker	Mastery	
	Extra Points	Mastery	
	Difference between Offense and Defense	Mastery	
	Basic Rules: No Tackling, No Diving, No Blocking, and Good Sportsmanship at all times	Mastery	
	Huddle	Mastery	
	Cadence	Mastery	
	Running	Mastery	
	Listening (pat attention)	Mastery	
	Being on time – team player	Mastery	

Offensive Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	2 Point Stance – Receiver	Mastery	http://usafootball.com/film-room/2-point-stance
	2 Point Stance – QB	Mastery	http://usafootball.com/film-room/2-point-stance-receive-direct-snap-0
	Ball Security	Mastery	http://usafootball.com/film-room/ball-security-0
	Catching Football	Developing	http://usafootball.com/film-room/catching-football-0
	Center Dead Snap	Introductory	http://usafootball.com/film-room/dead-snap-1
	Center Direct Snap	Developing	http://usafootball.com/film-room/direct-snap-0
	Gripping to Pass Football	Developing	http://usafootball.com/film-room/gripping-football-1
	Making a Draw Handoff	Mastery	http://usafootball.com/film-room/making-draw-handoff-0
	Making a Sweep Handoff	Developing	http://usafootball.com/film-room/making-sweep-handoff-1
	Making a Angle Handoff	Mastery	http://usafootball.com/film-room/making-angle-handoff-1
	Passing Mechanics	Developing	http://usafootball.com/film-room/passing-mechanics-1
	Receiving an Angle Handoff	Mastery	http://usafootball.com/film-room/receiving-angle-handoff-0
	Receiving a Dive Handoff	Mastery	http://usafootball.com/film-room/receiving-dive-handoff-0
Receiving a Sweep Handoff	Developing	http://usafootball.com/film-room/receiving-sweep-handoff	

Defensive Objectives	Skill	Introductory Developing Mastery	Reference / Expectation
	Pulling Flags	Mastery	http://usafootball.com/film-room/pulling-flags-0
	Covering Defense	Mastery	http://usafootball.com/film-room/covering-0