



**DEXTER
DREADNAUGHTS**

**YOUTH FOOTBALL
HANDBOOK**

“Building Quality Young People To Be Champions For Life Through Football”

DYFL Mission

The mission of our youth football program is to create a positive environment for young athletes to learn the game of football, develop into competitive/tough athletes, and become quality individuals. Winning is not our most important objective, it is getting kids to continue to play football year in and year out. Our goal is to grow their love for the game and a passion for Dexter Football.

DFYL Vision

Our players will understand fundamentals, the game of football, and play with passion and pride. Our youth programs players, parents, and coaches will be a direct reflection of the high school program which is dedicated to maintaining a first-class championship program and culture.

DYFL Player and Parent Expectation

- Bring a positive attitude to all aspects of the program. Camps, Practice, Games etc...
- Have an encouraging and respectful team presence. Disrespect by either parents or players to coaches, officials, or teammates will not be tolerated.
- Questions about playing time should be addressed with the coach at appropriate times; not directly following a game. These questions need to be addressed in person, not over phone/email.
- Hard work, toughness, and attitude will always outweigh talent. NO ONE is talented enough to be bigger than the TEAM!

DYFL Desired Player Outcomes

Players Will.....

- Have fun and compete
- Enter the high school program knowing proper techniques such as blocking, tackling, etc.
- Have a positive and team based attitude
- Be respectful and coachable
- Learn proper sportsmanship
- Develop a love for the game of football due to the positive way our program is run
- Learn our base offense and defense that are ran at the high school level
- Become good teammates and respect their opponents
- Learn what it means to be a role model both on and off the field and what it means to be a STUDENT-ATHLETE.

DYFL Coaching Expectations

Coaches Will.....

- Create a fun environment for young athletes to learn the game of football
- Teach and model acceptable behaviors on and off the field for our athletes
- Be enthusiastic about the game of football and our program
- Keep kids safe by not putting them in unfair situations and coaching proper technique
- Give players an opportunity to learn and play multiple positions, both offensively and defensively, throughout the season to give them a better understanding of the game of football
- Will give ALL players substantial/fair playing time in every game; again, this takes precedence over winning

- Attend clinics and/or practices to continue to learn the game of football and how we coach it in Dexter
- Come to practices and games prepared
- Install and run the appropriate offense, defense, and special teams designated by the High School Program.
- Encourage our players to play other sports and not to specialize in football alone.
- Build a championship culture, not just a winning one.
- Reward hard work, not just talent.
- Support the High School Program.

What to Expect from the High School Program

- A unified program from top to bottom that supports our youth program and provides them with what they need
- Extended opportunities to learn about how we want football to be played and coached at Dexter as well as learning about our Iron Dread Strength Program.
- Support with communication to parents about our program expectations, playing time, desired outcomes, etc.
- Participation from high school staff and players at DYFL events
- Incorporating creative ways to include DYFL athletes into our high school program activities

Reasons Youth Programs Become Unsuccessful

- It becomes a chore and is no longer fun for the kids
- Winning becomes the most important outcome; emphasis is on talent and not skill development
- Practices turn into conditioning based formats rather than utilizing proper drills for improvement
- Sport Specialization
- It becomes about the coaches, not the players
- Unsafe Conditions/Fear of Injury
- Lack of Support from Upper Levels
- Lack of Communication with Parents/Disorganization
- Poor equipment, facilities, etc.

Acknowledgement

Parent Signature

Date

Player Signature

Date