

The Navigator



Week 5
"4th Season"

March 13, 2010
Coolidge Gym/John Deere MS
8:00AM – 12:00PM

WELCOME!

We would like to welcome everyone to Week 2 of the regular season for the Quad City Mini-Wheelers Indoor Flag Football League! I hope everyone has been enjoying the league so far. The kids have been doing a great job of learning the game and are improving every week.

I've put copies of the league rules out at the Information Table. There were a couple of small changes that we made last week to help improve the league. If you have any questions or concerns, feel free to give me a call.

As always, thank you for all of your help & support! ☺

Refs

I have been able to re-stock my supply of refs to work with the older kids on Saturday mornings with the guys from Augustana College. I am also working with some younger refs to help me with the little guys. Last weekend I had an official back out on me at the last minute...making things a little crazy. This forced me to be at John Deere and not Coolidge. This problem has been fixed & we should be back to normal for the rest of the season. ☺

League T-Shirts



T-shirts for all of the teams are in!! I have all shirts separated & sorted by teams/sizes. If for some reason your child's shirt does not fit, please let me know. I have a few extras and I can also place another order if we don't have the right size. Thanks again for your patience.

Points of Emphasis

Receiving:

Catching a football is not that difficult; however, catching a football correctly takes hours and hours of practice. You'll see many youth football receivers position themselves in front of the ball and catch with their body ending up in a heap on the field with the football tucked away. There isn't much chance of them running with the ball after the catch when they are lying on the field/court. I've attached some tips for catching the ball correctly on the back of today's Navigator.



(OVER)

Catching Strategies for ALL Players

1. Catch with your hands and not with your body for a couple of reasons. If you catch with your body it may bounce off of your equipment for an incomplete pass. Watch replays of your favorite NFL receiver and you'll notice they always catch with their hands.
2. Keep your eye on the football. Focus on the tip of the football as it's coming towards you and "watch" it into your hands. Never take your eyes off the football.
3. Create a pocket with your hands by positioning your thumbs and index fingers close together. Similar to making a diamond shape with your hands.
4. Try to catch the ball on its front tip. If you target the middle of the ball then it's likely to sail through your hands.
5. Practice your routes and then practice them some more. That way your quarterback knows where you're going to be and can throw the ball there.
6. Be sure to catch and control the ball before running with it. Once you have control tuck the ball under your arm away from any defenders.
7. Develop good fakes like "head bobs" and "shoulder fakes" when you run your routes. Leaving your defender in the dust will allow you more time to concentrate on the catch.
8. **THINK POSITIVELY.** If you think about dropping the football, you likely will. Believe that you can catch each ball that is thrown to you. If you drop it, forget about it and concentrate on the next one.
9. Don't get down on yourself when you fail to catch a ball. Quickly think about what you did right and what you did wrong...then get ready for the next play!



Take Time To Play ... ARENA FOOTBALL!