

2015 NWGFOA Training Schedule

July 9th - Small Group Leader conference call to review schedule and small group concept (7:30pm)

July 13th - Organizational Stuff / New Rules / Season Preparation/Plan / Small Group Introduction
(Dalton State @ 6:30pm / new guys @ 5:30pm)

July 20th - Rule 9 Player Conduct (small groups)

1. Holding, Illegal Use of Hands, Illegal Blocking
2. Illegal Personal Contact, Personal Foul
3. Conduct Unsportsmanlike, Illegal Participation
4. Illegal Kicking/Batting

July 27th - On Field Training (Calhoun HS @ 6:30pm)

1. Physical Training Session
2. Pre-Game Duties / Mechanics
3. Kicking Game Mechanics
4. Formations

Aug 3rd - Rule 10 - Penalty Enforcement (Dalton State @ 6:30pm / test review @ 5:30pm)

1. Procedure after Foul, Double/Multiple Fouls
2. Types of Plays, Basic Spot
3. Special Enforcements
4. Enforcement Spots, All But 1 Principle

Aug 10th - Rules 3, 4 & 5 - Timing, substitutions, ball in play / Severe Weather Situations (small Groups)

1. Rule 3.1-3.4
2. Rule 3.5 -3.7
3. Rule 4
4. Rule 5

Aug 17th - Rule 7 - Passing Game (Calhoun @ 6:30pm)

1. Legal/Illegal Passes, Handing
2. Fumble/Backward Pass
3. Pass Interference
4. Eligibility, Touching

Aug 24th - (Dalton State @ 6:30pm)

1. Rule 6
2. Rule 8
3. Sideline Management
4. ECO
5. State of NWGFOA

Aug 31st - Game Day procedures (small Groups)

1. Uniforms
2. Crew Consistency
3. Crew Debriefing/Evaluations
4. Review week 1

Sept 7th - No meetings (Labor Day)

Sept 14th - Evaluation test / Film review (Dalton State @ 6:30pm)

NWGAFOA PT Session

Stretch as a group

Each small group will run/jog ½ mile (No time)

Box Drill (10yds x 10yds) run straight, side step left, back pedal, and side step right

Referees

- 1) Side to side 15yds (Set of six)
- 2) Side to side and then run to side lines

Umpires

- 1) Side to side 15yds (Set of six)
- 2) Side to side and then run to side lines

HL/LJ

- 1) Side to side 20yds (set of six)
- 2) Side to side turn and run 25 yds, stop, square to spot and signal TO/First Down

FJ/SJ

- 1) Back pedal 15yds, run to cent of field, stop, signal TO
- 2) Back pedal 15 yds, turn and run 25 yds, stop, signal TO

Stretch

Closing remarks on fitness and appearance