



TRAINING & MATERIALS

Prepare to coach. Build skills. Find the right rules and resources.

ALL SPORTS | ALL LOCATIONS

1. Complete your role requirements

Confirm your coach or volunteer assignment. Complete all background screening, required training and acknowledgments assigned by your program before serving. Requirements may vary by role, sport and location.

2. Learn your rules and safety procedures

Read the organizational Code of Conduct, applicable injury and weather policies, your current division rulebook and facility instructions. The NFL FLAG training portal below is specific to that program; it is not a universal certification for every sport.

[Code of Conduct](#)

[NFL FLAG Concussion Training Portal](#)

3. Plan an active, positive practice

Choose one or two skill goals, include a warmup and keep explanations short. Use demonstrations, small groups and opportunities to play. Encourage effort and rotate opportunities under your program's playing time requirements. Plan water and rest breaks; never use humiliation or denial of water as discipline.

4. Prepare for game day

Check the surface, required equipment, emergency access and facility address. Know who monitors weather, where safe shelter is located and how to report a concern. Follow the injury policy for suspected concussion and other injuries. Call 911 for an immediate emergency.

5. Keep families informed

Use the organization approved communication channel. Share schedules, equipment reminders and sideline expectations. Protect athlete contact and health information. Use the Coaches Corner resources and Parent & Guardian Pledge provided by Just Compete.

OPEN SPORT RULES & PRACTICE MATERIALS >

Football, basketball, street hockey and soccer resources are on page 2.

Find materials for your sport.

Use the current Just Compete division rulebook for game requirements



NFL FLAG / INTRO TO FLAG

Fundamentals, practice ideas and equipment education.

[Drills](#)

[Rules](#)

[5v5 Playbook](#)



GIRLS PLAY FLAG FOOTBALL 7v7

Start with the Just Compete rulebook, then the quick guide.

[Simplified 7v7 Rulebook](#)

[Quick Game Guide](#)



YOUNG3 BASKETBALL

Rules, scoring and the Bring the Fire format.

[Rules Explained](#)

[4 Point Shot FAQ](#)

[Bring the Fire FAQ](#)



NHL STREET HOCKEY

Equipment, game structure, penalties and coaching resources.

[2024 Rulebook](#)

[Coaching Resources](#)



MLS GO SOCCER

Age specific coaching manuals and practice sessions.

[MLS GO Playbook](#)



[Mouthguard Guide](#)

[Belt Fit Guide](#)

[Injury Policy](#)

General drills and play examples support instruction and may use different rules. Confirm your assigned format and local modifications with your coordinator. For Touchdown for Tots, use age appropriate activities and program instructions.

[Heat Safety Guidelines](#)

[Environmental Safety Resources](#)

KSHSAA resources are reference materials, including for Colorado programs. Follow stricter applicable facility or governing body requirements.

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