

OPS – The Yard Plan

Beginning Sunday, August 14 on the campus of The Plex North, OPS Youth Football will begin its first session of “The Yard,” a six-week program that focuses on teaching basic principles of football coupled with a loose scrimmage to put those principles into action.

THE BASICS

Age groups: 5-6, 7-8, 9-10

Cost: \$65 for each six-week session

Location: Fall I and Fall II sessions outside at The Plex North

Times: **noon** – 5-6 year olds
 1 p.m. – 7-8 year olds
 2 p.m. – 9-10 year olds

Details:

Each week will begin with a 20-25 instruction session teaching a fundamental aspect of the game, established by OPS Football staff. This can be a particular playing trait such as throwing or catching or skills such as change of direction, acceleration, etc.

The instruction session is followed by a 30-35 minute scrimmage that works on honing the skills taught during instruction.

Over the first few sessions, coaches/OPS player volunteers will act as the QB to make sure the ball is being tossed around fairly to as many kids as possible. As kids gain instruction and more understanding, we can then hand off QB duties to them.

Goals:

The basis of “The Yard” is to give opportunities to kids who either do not have much experience in the game to learn the basics, or for kids who would like to try other positions in a relaxed setting.

We want our younger groups especially to feel as if they can take part in a program that allows them to grow into the sport and to most importantly help build their confidence.