



BAFA Playing and Practice Programme

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## **Introduction**

The BAFA Playing and Practice Programme is a component of the Whole Sport Plan project 2.1 'Participation, not competition', that, when published, amongst many things, will define all aspects of the sport under the auspices of the BAFA – the National Governing Body for the sport of American Football.

In particular, the BAFA Playing and Practice Programme will support new clubs starting out with guidelines as to how to structure their programmes, as well as offer guidance to those who are more progressive and wish to achieve Clubmark accreditation.

Simon Newnham

**BAFA playing and practice programme**

| <b>Playing programme details</b> | <b>Number of practice sessions per week</b>   | <b>Number of practice sessions per year</b> | <b>Number of games per week</b>                        | <b>Examples of progression</b> | <b>NGB Syllabus</b>  | <b>Minimum coach/ participant ratio</b> | <b>Internal competition</b> | <b>External competition</b>                  | <b>Coach Qualifications</b> | <b>Coach insurance – from where?</b>                             | <b>Risk assessment</b>   |
|----------------------------------|---|---|--|--------------------------------|--|---|-----------------------------|--|-----------------------------|--|--|
| Cadet Flag 5-on-5                | 1 x 2 hour training session per week  | Weekly – February to July                   | No more than 3 x 20 minute games in a three-day period | No                             | Content of practice sessions will vary from team to team dependant on specifics to that team | 1:10                                    | Yes                         | Monthly tournaments from: February to July   | Minimum – BAFA level 1      | Coaches will have BAFA insurance once they complete BAFA level 1 | Generic information forms – part of BAFA level 1 coach qualification |
| Youth & Junior Flag 5-on-5       | 2 or 3 x two-hour sessions per week   | Weekly February to July                     | No more than 3 x 20 minute games in a three-day period | No                             | Content of practice sessions will vary from team to team dependant on specifics to that team | 1:10                                    | Yes                         | Monthly tournaments from: February to July   | Minimum – BAFA level 1      | Coaches will have BAFA insurance once they complete BAFA level 1 | Generic information forms – part of BAFA level 1 coach qualification |
| Junior contact 5-on-5            | 2 or 3 x two-hour sessions per week.<br><br>One-on-one contact should be limited to 40 minutes per two hour session | Weekly March to September                   | No more than 3 x 20 minute games in a 4 day period     | No                             | Content of practice sessions will vary from team to team dependant on specifics to that team | 1:10                                    | Yes                         | Monthly tournaments from: March to September | Minimum – BAFA level 1      | Coaches will have BAFA insurance once they complete BAFA level 1 | Generic information forms – part of BAFA level 1 coach qualification |
| Youth contact 11-a-side          | 2 or 3 x two-hour sessions per week.<br><br>One-on-one contact should be limited to 40 minutes per two hour session | Weekly April to September                   | No more than one 60-minute game in a 3-4 day period.   | No                             | Content of practice sessions will vary from team to team dependant on specifics to that team | 1:10                                    | Yes                         | Periodical weekly games                      | Minimum – BAFA level 1      | Coaches will have BAFA insurance once they complete BAFA level 1 | Generic information forms – part of BAFA level 1 coach qualification |