



HUSKIES



CARDINAL FOOTBALL



# Cardinal Football: Rookie Tackle/Flag Program

## Purpose:

- To create love of the game and sound fundamentals for young student-athletes
- To introduce contact between players on a smaller field
- To create retention & participation for middle school program

## How:

- Engineer a great experience with coaching staff & community
- Learn best-practice techniques
- Build upon knowledge learned in Flag Football and/OR provide a safe entry point to tackle football.

Flag Football  
K-2<sup>nd</sup>, 3<sup>rd</sup> - 4<sup>th</sup> Grade



Rookie Tackle Football  
5<sup>th</sup> & 6<sup>th</sup> Grade



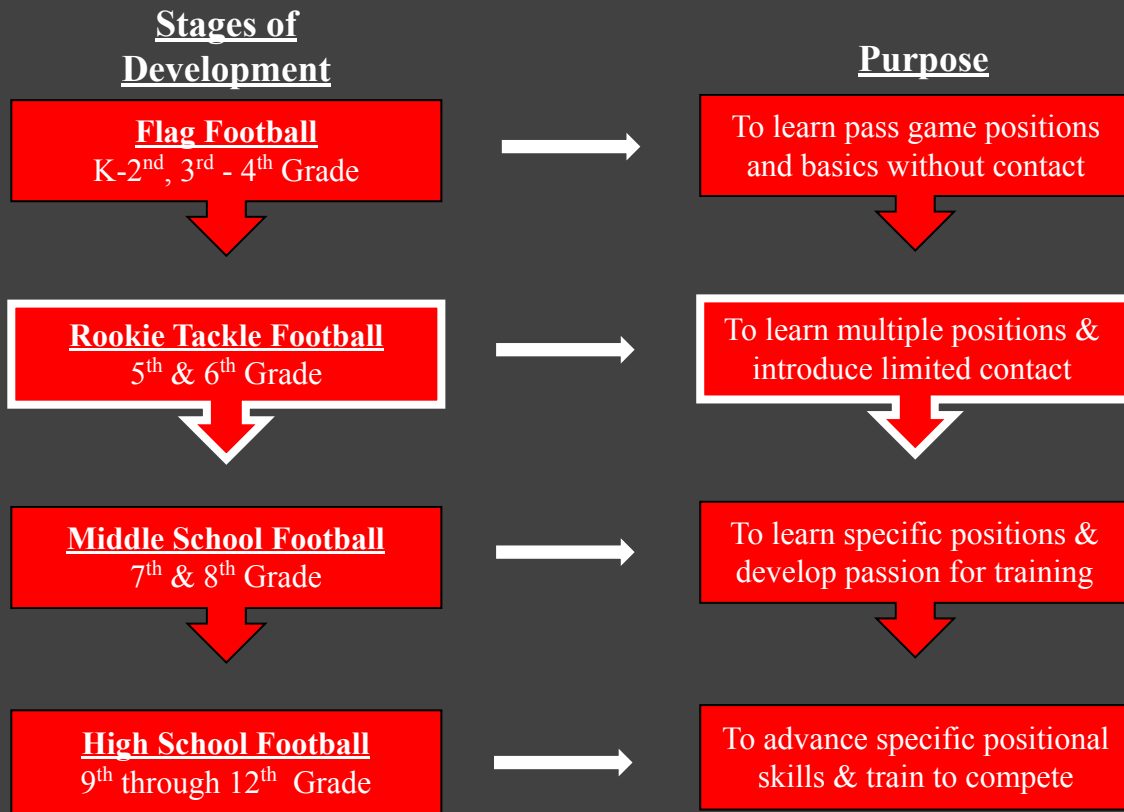
Middle School Football  
7<sup>th</sup> & 8<sup>th</sup> Grade



High School Football  
9<sup>th</sup> through 12<sup>th</sup> Grade



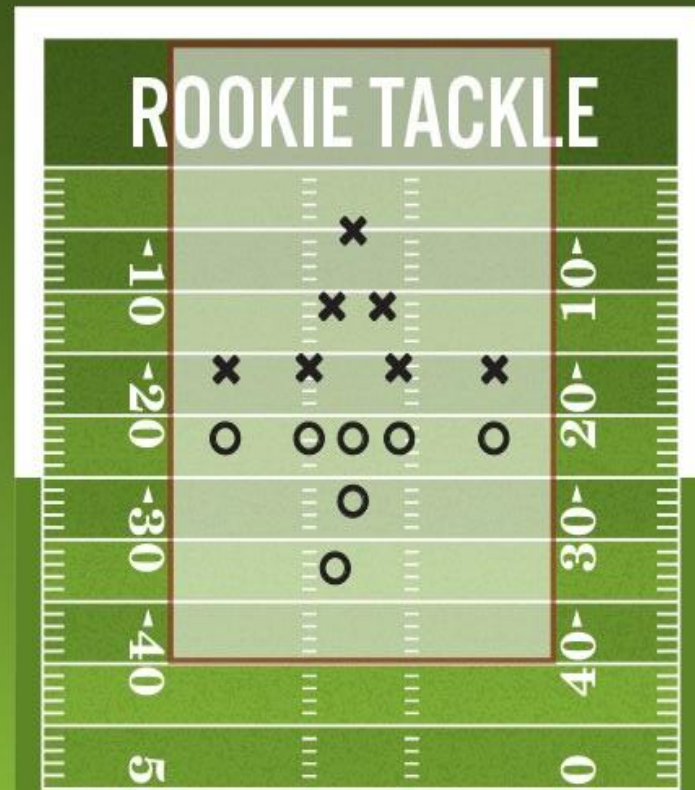
# Stages of Football Development





# Smaller Field & Modified Rules

- Field Size
  - 40 yards long & 35 1/3 yards wide
  - Ball placed in the middle of the field
    - Creates more space and less collisions
- Players on Field
  - 7 or 8 players only
    - Helps increase space and reduce amount of potential collisions.
- Special Teams
  - No special teams—reduces high speed impacts





# VISION FOR ROOKIE TACKLE

Coaches train with varsity staff in the summer. Learn terminology and best practices.



Players spend time with varsity players and coaches from different levels.





# How Will We Build This Program?

## With People First

- Coaches who are kid-centered and passionate about building young student-athletes
- Parents who are invested in the experience of their children and their friends
- Players who are committed to being a part of the Cardinal community

## Through Education

- Certified coaches who seek professional development to improve their skills to benefit the players
- Owning quality equipment (helmets, shoulder pads, mouth guards, girdles, rib protectors, shields, water buffalos)
- Using sports science to explain the “why”





## INTERNAL RECRUITING

- Attending Summer Camp
  - Youth Football Camp
- Visit Cardinal Varsity Mini-Camps
- Varsity Football Game Attendance





# Cardinal Youth Football

## HELPFUL LINKS

[POP WARNER / USA FOOTBALL](#)

[BROWNS ROOKIE TACKLE](#)

[CVC YOUTH FOOTBALL RULEBOOK AND GUIDELINES](#)

[REGISTER HERE FOR](#)  
[2021 SEASON](#)





# Summer Camp Opportunities Still Available!

For more information, please contact

Youth Football Director, Randy Perrotti  
RandyPerrotti@hotmail.com  
440.669.9570

Huskies Head Football Coach, Chris Perrotti  
Chris.Perrotti@Cardinalschoools.org

## July Varsity Mini-Camp

12th - 16th  
7am - 1pm

## Huskie Youth Camp

July 19th & 20th  
6pm - 8pm.

## Home Scrimmage

August 7th  
Start Time - 10am

## Home Scrimmage

August 13th  
Start Time - 5pm

## BEAT GARFIELD

August 20th