



Advanced Teams

B

The B Team is made up of 7th graders who are 13 years old or younger. Players on this team are generally preparing to participate at the high school level.

Instruction and coaching on the fundamentals of basic football will continue. Blocking, tackling, teamwork and intensity are a focus of every practice and the conference leaders will perform those skills the best. Offenses will continue to increase in complexity, defenses will become more intricate and special teams can be a huge part of every game.

Many players on the B Team will begin to hit puberty which means the contact may be too intense for some players. First-year players may need the entire year to hit their stride and some veterans may find they are not ready for football at this level.

Players may play multiple positions, but will focus on one or two positions during the season.

The B Team competes for the conference championship.

A

The A Team is made up of 8th graders who are 14 years old or younger.

Instruction and coaching on the fundamentals of basic football will continue. Blocking, tackling, teamwork and intensity are a focus of every practice and the conference leaders will perform those skills the best. Offenses will continue to increase in complexity, defenses will become more intricate and special teams can be a huge part of every game.

Most of the players on the A Team have hit puberty and they are noticeably more aggressive than the other teams. The hitting can be fierce and may be too intense for some players. The A Team typically has many first-year players who have finally convinced their parents to let them play football along with players who tried football at younger levels and decided to wait. These players are generally ready for football and enjoy the intensity. The majority of the players on the A Team will go on to participate in football during high school.

Players may play multiple positions, but will focus on one or two positions during the season.

The A Team competes for the conference championship.