

Intermediate Teams

D

The D Team is made up of 5th graders who are 11 years old or younger.

Players at every level will receive instruction and coaching on the fundamentals of basic football. Blocking, tackling, teamwork and intensity are staples of every successful team and are second nature to successful players. Offenses will become more complex and defenses will become more aggressive with the introduction of blitzing. Special teams also become more important as punting and extra points are introduced. The hitting is more intense, but players in their first year of football will have a reasonably easy time fitting in at this level.

Players should expect to play a few different positions on the D Team, but they may begin to focus on one or two positions. There may still be several players who want to play quarterback or running back, but players will begin to realize the mental and physical demands of those positions. They will also recognize which of their teammates has the skills needed for those positions, and will realize the importance of every position on the field.

The D Team is considered competitive in that scores are recorded and teams are playing for a conference championship.

C

The C Team is made up of 6th graders who are 12 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.

A few players on the C Team may begin to hit puberty which means the hitting 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 a few different positions on the C Team, but they will probably focus on one or two positions. Very few players will have the required abilities for the skill positions although they may learn them over the course of the season. One or two highly skilled players will still make a huge difference at this level, but not as much as at the lower levels.

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