

SEFOA Training Plan 2025

Date/ Time	Location	Topic	Homework	Equipment Req'd	YR
Mon May 5 6:00 - 8:00 PM	Virginia Wesleyan University Blocker Hall Auditorium	Class #1 Introduction to the SEFOA / Game Administration/ Definitions / SEFOA Website	Rule 1 - Game, Field Player, Equipment Rule 2 - Definitions	Notebook & Pen Computer/ Tablet/ Smart Phone	1/2/3
Mon May 19 6:00 - 8:00 PM	Virginia Wesleyan University Blocker Hall Auditorium	Class #2 Basic Movements / Phase 1: Pre-Snap (Rules, Mechanics, Judgment)	Rule 5 - Series of Downs, Number of Downs, and Team Possession Rule 7 - Snapping, Handing, and Passing the Ball	Notebook & Pen Computer/ Tablet/ Smart Phone	1/2/3
Mon Jun 2 6:00 - 8:00 PM	Virginia Wesleyan University Blocker Hall Auditorium	Class #3 Phase 2: Run Plays (Rules, Mechanics, Judgment)	Rule 3 - Periods, Time Factors, Substitutions Rule 4 - Ball in Play, Dead Ball, Out of Bounds	Notebook & Pen Computer/ Tablet/ Smart Phone	1/2/3
Mon Jun 16 6:00 - 8:00 PM	Virginia Wesleyan University Blocker Hall Auditorium	Class #4 Phase 3: Pass Plays (Rules, Mechanics, Judgment)	Rule 6 - Kicking the Ball and Fair Catch * Rule 7 - Snapping, Handing, and Passing the Ball	Notebook & Pen Computer/ Tablet/ Smart Phone	1/2/3
Mon Jun 30 6:00 - 7:00 PM	Virginia Wesleyan University Blocker Hall Auditorium	Class #5 Phase 4: Kickoffs (Rules, Mechanics, Judgements) Phase 5: Punt Plays (Rules, Mechanics, Judgment)	Rule 8 - Scoring Plays and Touchback Rule 9 - Conduct of Players and Others Rule 10 - Enforcement of Penalties Fundamentals	Notebook & Pen	1/2/3
Mon Jul 14 6:00 - 8:00 PM	Virginia Wesleyan University Blocker Hall Auditorium	Class #6 7-Man Mechanics for Varsity: Extra Rules/ Game Management (Rules, Mechanics, Judgements)	Scrimmages (Portsmouth HS Clinic)	Notebook & Pen	1/2/3
Sat Jul 12 8:00 AM - 2:00 PM	Nansemond-Suffolk Academy Room: Variety	SEFOA Summer CLINIC – Wear gym clothes Clock Operator Review & Penalty Enforcement		Notebook & Pen	Everyone
Mon Jul 28 6:00 - 8:00 PM	Virginia Wesleyan University Blocker Hall Auditorium	Class #7 Clock Operator Review & Penalty Enforcement	Administrative P&P and Rules Review Clock Operator Test/ NFHS Test	Notebook & Pen	1/2/3
Mon Aug 11 6:00 - 8:00 PM	Deep Creek High School Auditorium	Class #8 Miscellaneous/ Loose Ends	Scrimmages	Notebook & Pen	1/2/3

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