

OFFICIAL DOWNLOADABLE GUIDE

The Kenya Federation of American Football (KFAF) presents the official schedule, course modules, and practical mechanics for our upcoming Coaching and Officiating Clinics. Designed for athletes, certified coaches, and referees across Kenya.



1. PROGRAMME OVERVIEW

CLINIC	DURATION	KEY FOCUS AREAS
Coaching Clinic	Day 1 – 2	Flag football code, safeguarding, offensive & defensive systems, talent identification, leadership, and practical field training.
Officiating Clinic	Day 1 – 2	Flag football code, rules, fouls and signals, referee duties, timing, mechanics, and practical officiating.

2. COACHING CLINIC PROGRAMME

2.1 COACHING CLINIC PERSONNEL ROSTER			
1. Will Nonluecha	2. Joseph Bahati	3. Saleh Tumaka	4. Moses Waweru
5. Bridget Kamamia	6. Ivy Jepng'etich	7. Moses Ondeng	8. George Alwanga

2.2 Day 1 – Coaching Schedule & Field Activities

TIME	SESSION	FACILITATOR(S)	DAY 1 – FIELD ACTIVITIES BREAKDOWN	
9:00 AM – 9:15 AM	Executive Opening Remarks	KFAF Execs	Warm-up	Saleh + Will
9:15 AM – 9:45 AM	Flag Football Code	Moses Waweru	Route Tree	Samuel + Baha / Saleh + Will
9:45 AM – 10:30 AM	Child Safeguarding in Flag Football	Moses Ondeng	Centre–QB / RB Training / Handoff	Moses Waweru + Bridget + Will
10:30 AM – 11:00 AM	Tea Break	—	Flag Pull Evasion (Runner Drills)	Saleh + Ivy + Will
11:00 AM – 1:30 PM	Offense Playbook & Strategies	Will	Game Situation	All Presenters
1:30 PM – 2:00 PM	Lunch Break	—		
2:00 PM – 4:00 PM	Field Activities – Groups A, B & C	See Field Schedule		
From 4:00 PM	Game Situation	All Presenters		

2.3 Day 2 – Coaching Schedule & Field Activities

TIME	SESSION	FACILITATOR(S)
9:00 AM – 9:30 AM	Rulebook Basics	Moses + Bridget
9:30 AM – 10:30 AM	Defensive Playbook & Strategies	Bahati
10:30 AM – 11:00 AM	Tea Break	—
11:00 AM – 12:30 PM	Talent Identification	Bahati + Saleh
12:30 PM – 1:30 PM	Leadership	George Alwanga
1:30 PM – 2:00 PM	Lunch Break	—
2:00 PM – 4:00 PM	Field Activities	See Field Schedule
From 4:00 PM	Game Situation	All

DAY 2 – FIELD ACTIVITIES BREAKDOWN

Warm-up	Saleh + Will
Route Tree (Attacking) → Centre–QB–RB Training	Part of Warm-up
Flag Pull Evasion	Part of Warm-up
Zone Defence	Saleh + Will + Bahati
Man Defence	Moses + Bridget
Blitzer Training & Flag Pulling	Saleh + Ivy + Will
Game Situation	All (from 4:00 PM)

3. OFFICIATING CLINIC PROGRAMME

3.1 OFFICIATING CLINIC PERSONNEL ROSTER

1. Moses Waweru	2. Bridget Kamamia	3. Donald Juma
4. Ivy Jepng'etich	5. Moses Ondeng	6. Saleh Tumaka

3.2 Day 1 – Officiating Schedule & Practical Mechanics

TIME	SESSION	FACILITATOR(S)
9:00 AM – 9:45 AM	Flag Football Code & Types of Flag Football	Ivy
9:45 AM – 10:30 AM	Field Dimensions & Rule 1 / Referee-related Material	Moses Waweru
9:00/9:45 AM – 10:30 AM	Safeguarding	Moses Ondeng
10:30 AM – 11:00 AM	Tea Break	—
11:00 AM – 12:30 PM	Rule 2	Moses Waweru
12:30 PM – 1:30 PM	Rule 4 & Dead Ball Fouls and Their Signals	Donald
1:30 PM – 2:00 PM	Lunch Break	—
2:00 PM – 4:00 PM	All Officiating Mechanics – Practical Field Activities	All

DAY 1 – ADDITIONAL OFFICIATING CONTENT

Rule 4 & Dead Ball Fouls	Bridget
Field Dimensions, Rule 1 & Referee Material	Included in Day 1 content
Practical / Field Work	All officiating mechanics

3.3 Day 2 – Officiating Schedule & Referee Mechanics

TIME	SESSION	FACILITATOR(S)
8:30/9:00 AM – 10:00 AM	Pre-game Duties & Coin Toss Procedure	Donald

TIME	SESSION	FACILITATOR(S)
9:00 AM – 10:00 AM	Live Ball Fouls; Their Signals; Other Signals	Bridget
10:00 AM – 10:30 AM	Timing & End of Periods; Signals; Timing Procedures	Ivy
10:30 AM – 11:00 AM	Tea Break	—
11:00 AM – 1:30 PM	Referee Roles; Post-snap and Pre-snap; Application of Referee Roles in Relation to Officiating Mechanics	Moses Waweru
1:30 PM – 2:00 PM	Lunch Break	—
2:00 PM – 4:30 PM	Referee Mechanics & Positions; Movement Pre-snap and Post-snap	All

4. PRESENTER SUMMARY

COACHING CLINIC	OFFICIATING CLINIC
Will Nonluecha	Moses Waweru
Joseph Bahati	Bridget Kamamia
Saleh Tumaka	Donald Juma
Moses Waweru	Ivy Jepng'etich
Bridget Kamamia	Moses Ondeng
Ivy Jepng'etich	Saleh Tumaka
Moses Ondeng'	—
Will Nonluecha	—

5. PROGRAMME NOTES

Field & Operational Guidelines:

- Field activities are practical sessions and should be conducted with appropriate participant grouping and supervision.
- The Day 1 coaching field activities are divided into three groups: A, B and C.
- The programme retains the session timings and facilitator allocations contained in the source programme.
- Participants are encouraged to download and carry this official PDF document during all clinic sessions.