



COACH CERTIFICATION

PUTTING THE PLAYER'S INTEREST AND DEVELOPMENT FIRST

It's important that coaches are well equipped to teach athletes, putting priority on each player's development and safety in football and throughout their athletic journey.

Coach education is more than just a certification. It's providing coaches with the tools they will need to make a positive impact on athletes so they can have fun and succeed.

There are separate Tackle and Flag Certifications, enabling coaches to delve into the game type(s) relevant to them.

Online Coach Certification - \$15

WHAT WILL YOU BE CERTIFIED IN?

Practical Coaching & Team Management

The purpose of this course is to aide you in sharpening your skills to effectively instruct and support your players as well as manage practices, games, and logistics.

- Understand multiple tools and approaches to teaching athletes.
- Understand ways to effectively teach and facilitate both skills and activities.
- Understand tools that help you manage teams effectively for practices and games.
- Identify the roles and responsibilities of your personnel.

Abuse Prevention

Helps coaches identify signs of abuse, learn the reporting processes and ways to protect the well-being of the athlete.

Game Type Specific Courses

Principles of Safer Contact:

Designed to teach techniques of blocking and defeating blocks, shoulder tackling, equipment fitting and different levels of contact.

Foundations of Flag Safety:

Ensures coaches are given instruction on proper fundamentals for flag that help make athletes safer, including common injury prevention and correct body positioning.

Health & Safety

Ensures coaches are given instruction on concussion awareness, injury prevention, heat and hydration, sudden cardiac arrest, and Emergency Action Planning.

EDUCATION BEYOND CERTIFICATION

Coaches that are USA Football Certified have access to resources to help enhance your athlete's football journey.

Player Progression Guide

Skill progressions and drills for passing, running, receiving, kicking, punting and athletic foundations.

Contact Manual

Includes skill progressions and drills for blocking, defeating blocks, flag pulling and tackling.

Practice Plans

Pre-built practice plans to help coaches meet practice and contact guidelines.

Coach Planner App

Access football drills, share practice plans, setup schedule and collaborate with staff and parents.

Coach & Commissioner Membership \$40

The membership includes both the Youth Tackle and Flag Certification as well as: Youth Tackling & Contact System, USA Football Community, partner discounts, accident insurance coverage, and much more!

Join today at usafootball.com/membership.

Learn more at usafootball.com/certification and find out more ways USA Football is committed to athlete development at fdm.usafootball.com/how-it-works.