



## HEADS UP FOOTBALL

### HEADS UP FOOTBALL® IS ...

USA Football's Heads Up Football is a comprehensive, age-appropriate approach to teaching and playing football. Including coaching education, equipment fitting, tackling/blocking fundamentals and health and safety curriculum developed with leading medical and football experts, Heads Up Football provides a solid foundation in teaching a better and safer game for young athletes across the nation.

### 5 REASONS WHY IT'S IMPORTANT

1

#### **FUNDAMENTALS – ALL THE BASES COVERED**

Focused on age-appropriate methods to tackling and blocking, Heads Up Football underscores the importance of developing fundamentals and teaches appropriate player progression in skills and drills.

2

#### **HEALTH AND SAFETY – THAT'S COVERED, TOO**

From concussion recognition and response, heat preparedness and hydration to sudden cardiac arrest, the comprehensive health and safety curriculum is another important element in protecting your player on and off the field.

3

#### **IT'S ALL IN THE FIT**

Did you know improperly fitted equipment can increase the risk of injury to players? As a component of Heads Up Football, equipment fitting teaches coaches the proper way to size and fit helmets and shoulder pads.

4

#### **COACHING CERTIFICATION – A PARENT'S PEACE OF MIND**

USA Football works alongside the nation's leading football and medical experts to create the content for our nationally accredited coaching certification.

5

#### **IT'S EFFECTIVE, AND IT WORKS**

Let the program speak for itself. Fairfax County Public Schools was the first school district in the United States to adopt Heads Up Football on the high school level.

Since employing the Heads Up Football curriculum and training, football injuries are down 16 percent, and concussions have dropped by 28 percent across the district's 20 high school programs. School officials credit Heads Up Football as the driving force for student-athlete safety.



**“To me, coaching certification is critically important, and what USA Football is doing is really great. It’s brilliant. It’s what we should be doing. Let’s give them a place to go where they can learn the game, and parents can have the confidence that my coach has been certified.”**

**John Harbaugh**  
Head Coach  
Baltimore Ravens

## **COACHING CERTIFICATION**

### **CREATING A NEW STANDARD IN FOOTBALL**

USA Football educates more high school and youth coaches combined than any organization in the United States. Our passion is to make the game better and safer, and a huge part of that initiative is coaching education and certification.

As parents, you want to know that your child’s coach has been certified to teach football fundamentals the right way.

USA Football is dedicated to empowering leagues to educate their coaches and train their players with the best available science.

Parents can check on the certification status of their coaches by visiting [usafootball.com/coachregistry](http://usafootball.com/coachregistry).