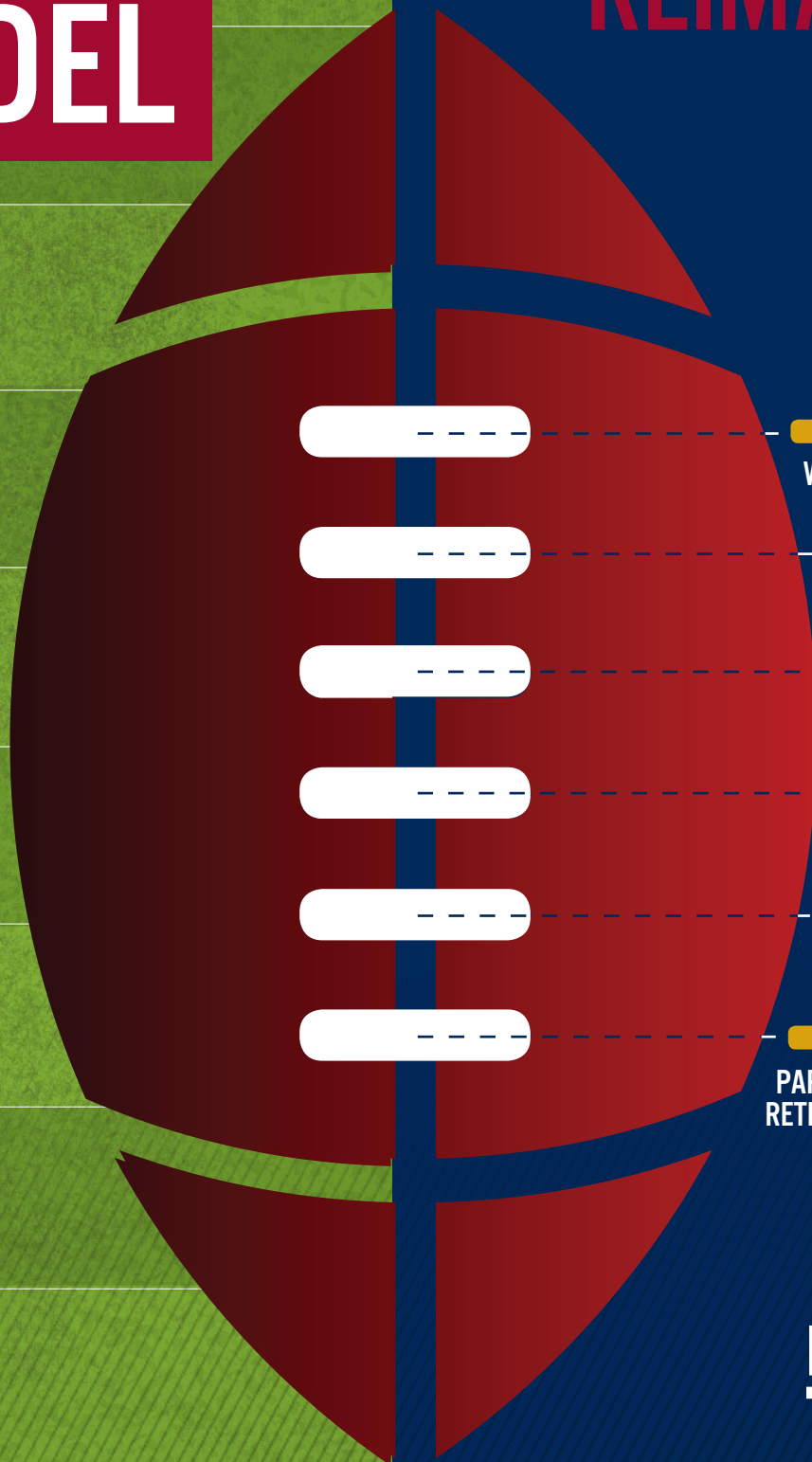




# FOOTBALL DEVELOPMENT MODEL

# FOOTBALL REIMAGINED



WHOLE PERSON &  
MULTI-SPORT DEVELOPMENT

PHYSICAL LITERACY  
& SKILL DEVELOPMENT

COACH EDUCATION  
& TRAINING

MULTIPLE PATHWAYS &  
ENTRY POINTS

FUN & FULFILLING

PARTICIPATION &  
RETENTION

## PRE-ENROLL TODAY!

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# THE FOUNDATION TO BUILDING BETTER ATHLETES

The **Football Development Model** is built on six core pillars designed to develop the full potential of every athlete who steps foot on the field. When adopted at every level, we believe athletes will perform better, play longer and gain a lifelong path to health and wellness through football.

**WHEN EVERYONE PLAYS WE ALL WIN**

## PRE-ENROLL TODAY!

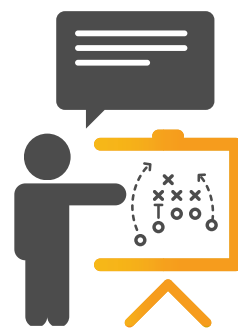
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## MAKING FOOTBALL FUN AND FULFILLING

The number one reason athletes play football is because it's fun and they are able to play with their friends. Let's make football a game before it's a sport.

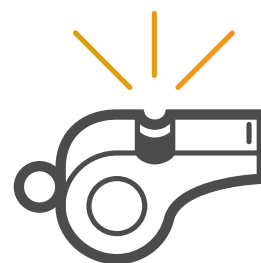
*By focusing on coaching athletes to learn new skills and achieve personal successes we are creating the cornerstones to a fulfilling experience for every athlete who plays the game.*



## PROVIDING EXCEPTIONAL COACH EDUCATION AND TRAINING

**Best-in-class coaches start with best-in-class resources and training.**

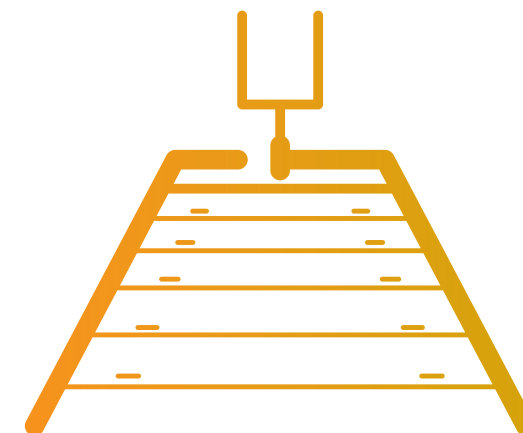
*For players to reach their potential, they should have trained coaches who can provide guidance and instruction at all stages of development. Coaches are teachers. Just as in the classroom, they should be equipped with best-in-class resources and the support they need to teach the skills required to successfully play the game.*



## INCREASING PARTICIPATION AND RETENTION

**Blending sport science with a progressive athlete-centric model develops better players who stay in the game longer.**

*By providing developmentally appropriate practices and competitions, athletes enjoy a better football experience. This fosters enthusiasm and confidence, inspiring participants to remain in the sport both as athletes and lifelong contributors.*



## CREATING MULTIPLE PATHWAYS WITHIN THE GAME

**Athletes come to football at a wide variety of ages and stages. By providing individuals multiple pathways within the game, athletes are able to find the right fit for them.**

*Coaches and leagues should be prepared to meet athletes where they are within their journey and help prepare them for success as they move through different paths within football – whether it is flag, a modified game or tackle.*



## FOCUSING ON PHYSICAL LITERACY AND SKILL DEVELOPMENT

**Fundamental skills should be the foundation of development for every player.**

*Fundamental skills should be the foundation of development for every player. Basic foundational movements that for generations were learned through free play can – and should – be taught as they create building blocks for success in every player.*



## CENTERING ON WHOLE PERSON AND MULTI-SPORT DEVELOPMENT

**Developing better football players starts with a whole-person approach.**

*This means we should coach our athletes in a way that makes sense for their emotional, social, cognitive and physical development. It also means encouraging a diversified approach to training. Multi-sport athletes see fewer injuries and are more effective in developing elite-level skills.*



# FOOTBALL DEVELOPMENT MODEL COUNCIL

## Medical / Child Development Specialists

**Dr. Brian Hainline (Chairman)**  
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**Dr. Gerard Gioia**  
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**Dr. Paul Roetert**  
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**Chris Snyder**  
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**Elijah Brooks**  
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