



YOUTH COACH CERTIFICATION REVIEW RESOURCE

...
Please use the following resource to review information, concepts and material associated with USA Football's Youth Coach Certification. It is not intended to be a replacement for the USA Football Certification Course or its individual modules.

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The sole purpose of this resource is to assist you in reviewing the primary learning objectives of USA Football's Youth Coach Certification and is aligned with the Football Development Model (FDM). You may find it beneficial to review this document prior to taking the Health and Safety test-out assessment. USA Football does not infer or guarantee that you will pass the Health and Safety test-out assessment after review of this document.



FOOTBALL DEVELOPMENT MODEL (FDM)

The Football Development Model is designed to help coaches teach athletes based on their age, the skill they are learning and game type.

The model assists with the development of young athletes and allows them to learn the game and related skills in a progression that best suits them.

- Provides a framework for how the game is practiced, coached and played
- Is based on long-term athlete development
- Provides progressive skill instruction based on developmental maturity
- The Model is based on Six Core Pillars:
 - Whole Person & Multi-Sport Development
 - Physical Literacy & Progressive Skill Development
 - Education & Training
 - Fun & Fulfilling
 - Multiple Pathways & Entry Points
 - Participation & Retention
- The Football Development Model offers Progressive Game-Type Pathways:
 - Non-Contact
 - Limited Contact
 - Full Contact

FOOTBALL DEVELOPMENT MODEL



Football Development Model Resources

These resources are available to coaches who purchase and complete their USA Football Youth Coach Certification.

Check out footballdevelopment.com/account/resources to access these tools once you've purchased your certification.

- Player Progression Guide
- Practice Plans
- Coach Planner App
- Contact Manual
- 60 Ways to Play

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CONCUSSION

Definition – A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

Signs of Concussion: Seen by coach, game official or parent

- Dazed or stunned
- Confused about assignment, position, play
- Forgets instruction
- Moves clumsily or shows poor balance
- Shows mood, behavior or personality changes
- Loses consciousness, even briefly

Symptoms of Concussion: Reported by player

- Headache or pressure in head
- Nausea or vomiting
- Balance problems or dizziness
- Sensitivity to light or noise
- Does not “feel right” or is “feeling down”

If a concussion is suspected:

- Remove the athlete from play immediately
- Ensure the athlete is evaluated by a **qualified medical professional**
- Inform athlete’s parents or guardians about a possible concussion
- Keep the athlete out of play the day of the injury and until he or she is cleared by a **qualified medical professional**
- Only begin return-to-play protocol after athlete is symptom free and has been given permission by a qualified medical professional to start this process



- Coaches should work with parents/guardians and athlete to monitor for any return of symptoms during every step
- Only one step per day
- Only move to the next step if the athlete remains symptom free for 24 hours following the previous step
- If symptoms reappear, sit the athlete out and **return to qualified medical professional**

RETURN TO PLAY

Return to Play Steps:

- 1 Back to regular activities**
Athlete is back to their regular non-athletic activities (such as school).
- 2 Light aerobic activity**
Begin with light aerobic exercise only to increase an athlete's heart rate. This means about 5 to 10 minutes on an exercise bike, walking or light jogging. No weightlifting.
- 3 Moderate activity**
Continue with activities to increase an athlete's heart rate with body or head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking or moderate-intensity weightlifting (less time and/or less weight from their typical routine).
- 4 Heavy, non-contact activity**
Add heavy non-contact physical activity, such as sprinting/running, high-intensity stationary biking or non-contact sport-specific drills.
- 5 Practice & full contact**
Young athlete may return to practice and full contact (if appropriate for the game-type) in controlled practice.
- 6 Competition**
Young athlete may return to competition.

Centers for Disease Control and Prevention. (2020, November 19). *Heads Up Safe Brain. Stronger Future.*
<https://www.cdc.gov/headsup/index.html>



IMPORTANCE OF HAVING AN EMERGENCY ACTION PLAN

WHAT IS AN EMERGENCY ACTION PLAN?

An Emergency Action Plan (EAP) is a written set of procedures that details the appropriate response to different types of emergencies you, your coaches and your administrators may encounter throughout the football season. Although no team wants to experience an emergency, it is better to be prepared in case situations do arise. These situations include, but are not limited to, events such as a medical emergency and severe weather.

WHAT IS THE PURPOSE OF AN EMERGENCY ACTION PLAN?

Your EAP is an integral part of your organization's efforts to mitigate risk. The primary purposes of an EAP are to:

- Create a standardized response to an emergency, threat or hazard
- Clearly define the roles of internal responders (i.e., the members of a coaching staff) before, during and after an emergency
- Establish the communication procedure between internal responders and from internal responders to external responders (i.e., EMTs, police, etc.)

WHY IS IT IMPORTANT?

A comprehensive and well-communicated EAP is important because it:

- Can help prevent injuries
- Prepares coaches and staff for emergency situations, which contributes to an effective emergency response
- Ensures appropriate care is provided in a timely manner
- Reduces your likelihood of facing legal action arising from inappropriate handling of an emergency

WHAT IS INCLUDED IN AN EMERGENCY ACTION PLAN?

Your EAP should be venue specific. If your organization is utilizing multiple venues, this will necessitate multiple unique EAPs. Each EAP should include, at a minimum, the following: *

Emergency Personnel

Describe the emergency team involved when the EAP is activated and the roles of each person.

Emergency Communication

What communication devices are available, where are they located, what number to call in an emergency, specific information and directions to the venue to provide to EMS response team.

Emergency Equipment

Location of equipment should be quickly accessible and clearly listed. Equipment needs to be maintained on a regular basis.

Medical Emergency Transportation

Describe options and estimated response times for emergency transportation.

Venue Directions with a Map

This should be specific to the venue and provide instructions for easy access to venue. This should also include containment procedures should containment become necessary.

Roles of First Responders

Establish scene safety and immediate care of the athlete, activation of EMS, equipment retrieval and direction of EMS to the scene.

Emergency Action Plan for Non-Medical Emergencies

These emergencies can refer to the school or organization EAP plan if one is in place.

Weather Contingencies

Make sure your coaches and administrators know how to prepare for a weather emergency, where to go in a weather emergency and when they can return to the field upon its conclusion.

I HAVE MY PLAN. NOW WHAT?

Having a plan is an important first step. Once you have your plan in place you should:

- Make sure that it is provided to all administrators and coaches.
- Practice your organization's response to various emergencies at least once a year.
- Review your EAP at least once a year to make any necessary updates.

*Emergency Action Plan components from the [Korey Stringer Institute](#).

COMMIT TO OPERATIONAL EXCELLENCE

Visit our **Emergency Action Plan** to download the USA Football EAP template today.

HEAT PREPAREDNESS AND HYDRATION

Heat illness – Represents conditions resulting from heat stress, which can be imposed by several factors but usually result from the environment or the body creating this heat load itself.

Four most common heat illnesses:

- Heat syncope
- Heat cramps
- Heat exhaustion
- Exertional heat stroke (EHS)

HEAT SYNCOPE

- A fainting episode that someone can experience in high environmental temperatures.
- Usually happens during the initial days of heat exposure.
- Occurs when an individual in a hot environment does not have adequate blood flow to the brain, causing the person to lose consciousness.

Signs and Symptoms of Heat Syncope:



Treatment for Heat Syncope:

- Move the person to shaded/cool area to decrease body temperature.
- Remove equipment.
- Have the athlete sit or lie down as soon as they begin to feel symptoms.
- Monitor signs to ensure the person does not also acquire another medical condition.
- Elevate legs to promote blood returning to the heart.
- Rehydrate with water or a sports beverage.



HEAT CRAMPS

- Heat cramps are painful, involuntary cramping often in the legs, arms or abdomen.
- Often caused by dehydration and sodium loss.
- Cramping usually occurs in the preseason conditioning phase when the body is not properly conditioned and more subject to fatigue.

Signs and Symptoms of Heat Cramps:

Dehydration, thirst, sweating, short-term muscle cramps and fatigue	Painful, involuntary muscle spasms (usually occurring in the legs) associated with exercise in the heat when athletes have been sweating profusely	A precursor to the initial onset of cramps involves muscle twitches
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Treatment for Heat Cramps:

- Remove the athlete from the exercise session and have them rest in the shade or an air-conditioned room.
- Stretch, massage and knead the muscles that are cramping in its full-length or stretched position (joints should be extended).
- Provide the athlete with fluids, such as water and an electrolyte sports drink to replace those lost during sweating.
- Provide food high in salt content to replenish the electrolytes lost from sweat.
- In cases of heat cramps that persist, use ice massage on the affected muscle.
- **Exertional Heat Stroke is a medical emergency requiring immediate intervention!**



HEAT EXHAUSTION

- The most common heat-related condition observed in active populations including athletes.
- The inability to continue exercise in the heat due to lack of blood being pumped to the heart.
- Energy depletion that may or may not be associated with physical collapse.

Signs and Symptoms of Heat Exhaustion:



Treatment for Heat Exhaustion:

- Move the individual to a cool/shaded area and remove excess clothing and equipment.
- Elevate legs to promote venous return.
- Cool the individual with fans, rotating ice towels or ice bags.
- Provide oral fluids for rehydration.

EXERTIONAL HEAT STROKE (EHS)

- Exertional heat stroke occurs when the body reaches temperatures above 104 degrees Fahrenheit and there is obvious central nervous system (CNS) dysfunction.
- CNS dysfunction can include any of the following: dizziness, collapse, confusion, irrational behavior, hysteria, aggressiveness, combativeness, disorientation, seizures and coma.

Signs and Symptoms that may indicate someone (athlete) is suffering from EHS:

- | | |
|--|--|
| <input type="checkbox"/> Rectal temperature greater than 104°F (40.5°C) | <input type="checkbox"/> Decreasing performance or weakness |
| <input type="checkbox"/> Irrational behavior, irritability, emotional instability | <input type="checkbox"/> Dehydration, dry mouth, thirst |
| <input type="checkbox"/> Altered consciousness, coma | <input type="checkbox"/> Rapid pulse, low blood pressure, quick breathing |
| <input type="checkbox"/> Disorientation or dizziness | <input type="checkbox"/> Other outside factors that may suggest EHS include: |
| <input type="checkbox"/> Headache | - The athlete is out of shape or obese |
| <input type="checkbox"/> Confusion or just look “out of it” | - It is a hot and humid day |
| <input type="checkbox"/> Nausea or vomiting | - Practice is near the start of the season, and near the end of practice |
| <input type="checkbox"/> Diarrhea | - It is the first day in full pads and equipment |
| <input type="checkbox"/> Muscle cramps, loss of muscle function/balance, inability to walk | |
| <input type="checkbox"/> Collapse, staggering or sluggish feeling | |
| <input type="checkbox"/> Profuse sweating | |

Treatment for Exertional Heat Stroke (EHS):

- Activate your Emergency Action Plan.
- Remove all equipment and excess clothing.
- Cool the athlete as quickly as possible (within 30 minutes) via whole body ice water immersion (place them in a **tub/stock tank** with ice and water approximately 35–58°F); stir water and add ice throughout cooling process.
- If immersion is not possible (no tub or no water supply), take the athlete to a shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible.
- Maintain airway, breathing and circulation.
- After cooling has been initiated, activate emergency medical system by calling 911.
- Monitor vital signs such as rectal temperature, heart rate, respiratory rate, blood pressure and monitor central nervous system status.
- Cease cooling when rectal temperature reaches 101–102°F (38.3–38.9°C).
- If rectal temperature is not available, DO **NOT** USE AN ALTERNATE METHOD (oral, tympanic, axillary, forehead sticker, etc.). These devices are not accurate and should never be used to assess an athlete exercising in the heat (rectal temperature should only be obtained by qualified personnel).

Korey Stringer Institute. (2020, November 19). Heat Illness. <https://ksi.uconn.edu/emergency-conditions/heat-illnesses/>



HYDRATION STRATEGIES

Dehydration is influenced by:

- Exercise intensity.
- Environmental conditions (temperature and humidity).
- Availability of fluids during exercise.

An appropriate hydration strategy includes:

- Athletes beginning exercise hydrated.
- Minimizing fluid losses during exercise.
- Replacing fluid losses after exercise.

Hydration recommendations:

- Hydration needs are individualistic, so athletes should be aware of their own hydration requirements.
- The rule-of-thumb is for athletes to consume about 200-300ml of fluid every 15 minutes during exercise.
- **Before** practice/competition: 16 to 24 oz. of water or sports drinks.
- **During** practice/competition: unlimited access to water with no limits on amount that athletes drink.
- Provide longer water breaks.
- Set up a shaded area for breaks.
- Consider sports drinks if exercise is greater than 60 minutes or in intense heat.
- **After** practice/competition: athletes should consume 16 oz. of water or sports drinks for each pound of weight lost during exercise session.

Korey Stringer Institute. (2020, November 19). Hydration. <https://ksi.uconn.edu/prevention/hydration/>



ACCLIMATIZATION

- A series of adaptations that helps the body prepare for exercise in the heat.
- These changes help the body maintain lower temperature and heart rate, enhance sweating and store more water.
- These adaptations allow athletes to perform better and safer in the heat.

Pre-Season Acclimatization Recommendations:

- Conduct a 10- to 14-day period during which intensity, duration and the amount of equipment worn are gradually increased to allow athletes to become accustomed to the stress of exercise in the conditions.
- Consult with state and local health authorities regarding specific policies as they may differ in your community.
- The best way to protect your athletes is to modify the risk factors that are responsible for causing heat illness.
- Changing practice times, taking off equipment and providing more breaks.

Wet Bulb Globe Temperature (WBGT)

WBGT is the preferred measurement of environmental conditions:

- ✓ If WBGT device or chart is not available, use of the heat index is acceptable as an alternative
- ✓ When establishing WBGT guidelines for physical activity, the guidelines must be region (geographic) specific
- ✓ Be familiar with and apply any league, local and State guidelines relative to practice restrictions in regard to WBGT and/or heat index readings

Heat Acclimatization Tips:

- Follow USA Football's practice guidelines for time and frequency based on the age of the athlete you are coaching.
- Game-types using equipment; follow USA Football's acclimatization chart for gradually introducing equipment and drills.
- Remind your athletes (and their parents/guardian) to have the athlete properly hydrated before, during and after practice.
- Gradually increase the intensity of practice over the course of a few days.
- Do not hesitate to modify practices as needed.
- Have cooling methods available during practice (ice towels, ice tubs).
- Take breaks frequently to avoid your athlete's bodies from overheating.
- Never practice more than once per day.
- Make sure to monitor for signs of heat illness.



Korey Stringer Institute. (2020, November 19). Heat Acclimatization.
<https://ksi.uconn.edu/prevention/heat-acclimatization/>

SUDDEN CARDIAC ARREST (SCA)

Definition – Sudden cardiac arrest or SCA is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. SCA is the number one cause of exercise related death in young athletes and is generally due to a cardiovascular disorder.

SCA is not the same as a heart attack; it is a structural or electrical disorder in the heart.

Screening:

- SCA should be accounted for in all medical history questionnaires for your student-athletes
- Comprehensive pre-participation physical evaluation
- Family heart history
 - Heart-related deaths in a relative before the age of 40
 - Prior passing out with exercise
 - EKG screening

What to do – treatment for someone experiencing cardiac arrest:

- Activate your Emergency Action Plan
- Call 911 immediately (do this first!)
- If more than one person is with the victim, someone can be designated to retrieve the AED while another begins CPR and AED usage.
- Remove tight or restrictive clothing
- Attach AED
- Provide CPR- 30 compressions: 2 breaths
- Direct EMS to the location of the victim

Signs and Symptoms of Sudden Cardiac Arrest in both males and females

Males	Females
Chest pain, angina and/or ear or neck pain	Center chest pain, comes and goes
Severe Headache	Lightheadedness
Excessive breathlessness or passing out	Shortness of breath with/without chest discomfort
Vague malaise (feeling of discomfort, illness, or uneasiness without an exact cause)	Uncomfortable pressure/Squeezing/Fullness
Dizziness/palpitations	Nausea/Vomiting
Increasing fatigue	Cold sweat
Indigestion/Heartburn/ Gastrointestinal symptoms	Pain/Discomfort in one or both arms/back/neck/jaw/stomach

Automatic External Defibrillators (AED's)

An AED is a lightweight, battery-operated, portable device that checks the heart's rhythm and sends a shock to the heart to restore a normal rhythm. It is used to revive someone who is experiencing sudden cardiac arrest.

- The location of the AED should be well marked, publicized and known among all coaches and league staff.
- It is critical that the location of the AED is close enough to the field that it takes no longer than five minutes from the time of collapse to the first administered shock.
- Ensure the AED is visible to the public and easily recognizable in an emergency.
- Review and practice your league's venue specific emergency action plan (EAP) to ensure that all personnel know the exact location of the AED(s) and are ready to appropriately act if this condition occurs.
- AEDs should be inspected frequently to ensure they are in proper working order.

* Korey Stringer Institute. (2020, November 19). Sudden Cardiac Death.

<https://ksi.uconn.edu/emergency-conditions/cardiac-conditions/sudden-cardiac-death/>

* Drezner, Jonathan A., MD. Director of the Center for Sports Cardiology (University of Washington)

PRINCIPLES OF SAFER CONTACT



EQUIPMENT FITTING

Helmet Fitting Steps:

- 1) Check head size and record measurement
- 2) Put on helmet
- 3) Adjust helmet height (one inch above the player's eyebrows)
- 4) Adjust helmet front to back and side to side
- 5) Adjust face pads
- 6) Check for proper fit
- 7) Adjust chin strap
- 8) Take off helmet

Shoulder Pad Fitting Steps:

- 1) Measure chest and record measurements
- 2) Measure shoulders and record measurements
- 3) Select pads
- 4) Put on pads
- 5) Secure straps and laces
- 6) Check for proper fit
- 7) Ensure coverage in front
- 8) Ensure coverage in back
- 9) Confirm proper fit

LEVELS OF CONTACT

LEVELS OF CONTACT	Contact	Intensity	Description
No Player-to-Player	AIR	0	<ul style="list-style-type: none"> • Players run a drill unopposed without contact.
	BAGS	1	<ul style="list-style-type: none"> • Drill is run with a bag or against another soft contact surface.
Controlled Contact	CONTROL	2	<ul style="list-style-type: none"> • Drill is run at an assigned speed until the moment of contact. • One player is pre-determined the winner by the coach. • Contact remains above the waist and players stay on their feet.
	CONTROL to GROUND	3	<ul style="list-style-type: none"> • Drill is run at an assigned non-competitive speed or with players pre-engaged. • One player is pre-determined as the winner. • Players are allowed to take their opponent to the ground in a controlled manner.
Full Contact	THUD	4	<ul style="list-style-type: none"> • Drill is run at a competitive speed through the moment of contact. • There is no predetermined “winner.” • Contact is above the waist. • Players stay on their feet and a quick whistle ends the drill.
	LIVE	5	<ul style="list-style-type: none"> • Drill is run at a competitive speed in game-like conditions.

SHOULDER TACKLING

The Shoulder Tackling System, developed by USA Football in association with the Seattle Seahawks, is the strongest foundational tackling framework available. You can also access more drills and resources for this system by signing up for free at footballdevelopment.com.

Concepts:

• Fundamentals

- **Breakdown** – Players get into a strong football position, ready to move in any direction, whether it is attacking downfield toward a ball-carrier, moving laterally down the line of scrimmage or dropping into pass coverage.
- **Near Foot Position**– By initiating movement with the front, near foot, the hip opposite the leverage remains open in order to react quickly to a cut back.
- **Swoop** – Football is a fluid game where players move in bursts to accomplish a goal. For defenders, this means flowing or even sprinting to the point of contact.
- **Shoot** – After players reestablish balance and set their feet within the Swoop technique, they uncoil the hips in order to create momentum and drive through the tackle.
- **Uppercuts** – Upper body action used with the Shoot to strike on the rise and secure the tackle. Used to keep arms tighter and stronger instead of traditional 'wrap'.
- **Leverage** – Is a fundamental skill and term used to make quick decisions and maintain proper body position relative to the ball-carrier during dynamic play.
- **Near Foot, Near Shoulder** – Leverage is the act of getting an advantageous angle on the ball-carrier in order to initiate contact with the same foot-same shoulder technique.
- **Near Hip** – The near hip is not only the area of the body that remains the steadiest while closing distance but is the ultimate target area for the contact to come.



Tackle Types:

- **The Form Tackle** – Is characterized by the dip and rise, striking up and through. A shoulder tackle through the near pec of the ball carrier.
- **Thigh and Drive** – The Thigh & Drive Tackle is a lower body tackle with the aim point being the thigh board of the ball-carrier.
- **The Thigh & Roll Tackle** – Is similar to the Thigh and Drive in every way within the Shoulder Tackling System except the finish and the way in which defenders take the carrier to the ground.
 - The clamp and grip are important in this type of tackle as they must stay strong and keep control of the offensive player during the spin.



BLOCKING AND DEFEATING BLOCKS

This skill progression is inspired by the Contact System. Coaches can access 3 free videos and sign up for more at [footballdevelopment.com](https://www.footballdevelopment.com).

C.U.F.F. Progression:

- **Coil:** the first element in the C.U.F.F. progression, teaches the pre-contact body positions used within Bridge (Blocking) and Pillar (Defeating Blocks).
- **Uncoil:** teaches how to extend or explode from the hips prior to contact to help players maximize force through their hands for the initial strike.
- **Fit:** focuses on the strike or initial contact delivered onto an opponent. It touches on everything from hand placement to the optimal arm length required upon contact.
- **Finish:** the final step of the C.U.F.F. progression, highlights techniques that develop players' abilities to secure or win-back control of their opponent after the initial strike.

B.L.A.S.T.

- **Base:** the foundation for all forms of contact. Required to generate force driven by the hips.
- **Long:** playing long takes the helmet out of contact, offers control of opponents with vision of the field.
- **Ascend:** "low pad level" isn't the key to leverage. It's the level of the hips as they "ascend" or "uncoil."
- **Square:** the ability for a player to remain balanced with a solid base in a proper position to make a play.
- **Triangulate:** to engage or attack an opponent at an angle off the centerline.

Techniques:

- **Bridge Fit:** instead of trying to stop a defender on a horizontal plane, the bridge technique deflects the opposing player's force and redirects it.
- **Pillar Fit:** This technique allows players to apply and resist forces on the field as well as defend and disrupt the block at arm's length without giving up control or compromising position. A long, straight column or structure can hold a lot of weight, and that is what defensive players are mimicking through the Pillar technique.
- **Buckle Fit:** This technique provides offensive and defensive players sustainable power and control for high-speed impacts when blocking and defeating blocks using the shoulders.

FOUNDATIONS OF FLAG SAFETY

Athletic Stance

Proper athletic stance is the start to many fundamental flag football skills.

- Knees bent with shins vertical
- Hips back
- Shoulders and chest directly over toes
- Eyes up
- Arms by your hips

Flag Pulling

Two primary stages:

1. Tracking the ball carrier effectively and with speed
 - Anticipate where the ball may go
 - Maintain focus on the ball
 - Take the proper angles
 - Approach and leverage
 - Adjust approach height and speed
 - Balance once close to the ball carrier
2. Preparing the body to be in the right position
 - Drop height and maintain proper angle
 - Come to balance
 - Ensure proper foot placement while keeping shoulders over hips
 - Maintain focus to complete flag pull

Common Injuries and Prevention

Keys to Prevention

- Awareness
- Teaching proper fundamentals
- Warm ups before practices and games
- Load management
- Give ample recovery time

Common Injuries

- Cuts/ Abrasions
- Turf/ Field burn
- Pulled muscle(s)
- Various ankle, knee, and shoulder injuries
- Dehydration
- Bumps/ Bruises
- Concussions: Even though flag players are not playing in contact or limited contact versions of the game, concussions can STILL happen.

ABUSE PREVENTION: AWARENESS TO ACTION

Abuse Prevention: Awareness to Action is one of USA Football's core education courses for certification. Developed by the Stop It Now!® team who is a leader in the prevention of child sexual abuse, this course helps lay the groundwork for youth football coaches to share in the responsibility of providing safer and healthier environments for athletes—both on the field and in the communities we live in. This training helps coaches to provide athletes with experiences that are free from all forms of abuse: physical, emotional, sexual, hazing, violence, and neglect.

PRACTICAL COACHING AND TEAM MANAGEMENT

Practical Coaching and Team Management is USA Football's newest core education course for certification in 2024! This course helps youth football coaches understand multiple methods for instructing and supporting athletes as well as managing the team effectively. By focusing on a variety of teaching techniques and facilitation in addition to basic team, practice, game, and logistics management, coaches can create a fun and safer environment for athletes to participate in football.







usafootball.com/certification