



USA Football

Certified Coaching Education Program

Standard Tackle Football Course

Our standard tackle certification provides you with the education to establish your coaching philosophy; building a team; understand the game of football; best practices of health & safety and teaching basic fundamentals of tackling and catching. This course provides a baseline of information that all coaches must incorporate into their own development.

Coaching Theory

- **Philosophy**
 - Why coach
 - Questions
 - Reasons
 - Teacher
 - Values
 - Leadership
 - Responsibility
- **Program Planning**
 - Environment & Facilities
 - Environment
 - Facilities
 - Equipment
 - Coaching Equipment
 - Player Equipment
 - Staffing
 - The Coaching Staff
 - Coach Responsibilities
- **Communication**
 - Coaching Staff
 - Practice Planning
 - Off-field Meetings
 - Determine Assignment
 - Communication
 - Players
 - Communicate
 - Positive Approach
 - Positive Coaching
 - Fear of Contact
 - Blocking & Tackling I
 - Blocking & Tackling II
 - Nonverbal Message
 - Parents
 - Communicate
 - Speaking with Parents
 - The First Meeting
 - Opposing Team (Player & Coaches)
- **Equipment Fitting**
 - Coaching Equipment
 - Player Equipment
 - Proper Helmet Fitting (VIDEO)
 - Proper Shoulder Pad Fitting (VIDEO)
- **Heat Emergency Preparation**
 - Hydration Introduction
 - Heat Emergency Preparedness (VIDEO)
- **Concussion Awareness**
 - Awareness Video (VIDEO)

- **Safety and Conditioning**

- Injury & Prevention
 - Serious Injuries
 - Injury Summary
- Conditioning

Understanding the Game

- **How to Play the Game**

- Introduction
- Offense
- Defense
- Special Teams

- **Basics of the Game**

- Introduction
- Field
- Timing
- Scoring

Positions & Responsibilities

- **Offense**

- Alignment
- Line
- Backfield
- Receivers & Wingback

- **Defense**

- Alignment
- Line
- Linebackers
- Backs

- **Special Teams**

- Kickoff & Kickoff Return
- Punt Team
- Punt Return Team
- Field Goal/PAT/Block

All Players Skills

- **Basic Stances**

- 2, 3, 4 Point Stances

- **Throwing the Football**

- Body Mechanics

- **Catching**

- Hand Position
 - Below the Numbers
 - At/Above the Numbers

- **Tackling**

- Introduction to Tackling
- Form Tackling
- Angle Tackling
- Open Field Tackling
- Tackling Circuit



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Standard Flag Football Course

For the first time, USA Football will release its standard certification program for flag football coaches. This course will provide youth flag coaches who are coaching youngsters ages 6-14 with an understanding for developing a coaching philosophy; building a team; understanding the game; teaching the proper fundamentals; and introducing some basic schemes for offense and defense.

Coaching Theory

- **Philosophy**
 - Introduction to Coaching Flag Football
 - Why Coach
 - Your Role
 - Approach
- **Program Planning**
 - Environment
 - Facilities
 - Equipment
 - Staffing
 - Organization Tips
- **Practice Planning**
 - Tips for creating efficient plans
- **Communication**
 - Players, Parents, Officials
 - Team Meeting
- **Safety & Conditioning**
 - Hydration
 - Injury Care & Prevention
 - Conditioning

Understanding the Game

- **How to Play - Offense**
 - Advantages
 - Components of Offense
- **How to Play - Defense**
 - Structure
 - Components of Defense

All Player Skills

- **Catching**
 - Below the Numbers
 - Above the Numbers
 - Over the Shoulder
- **Throwing the Football**
 - Grip
 - Body Mechanics
- **Pulling Flags**
 - Breakdown Position
 - Pulling the Flag
- **Running Skills**

Positions and Responsibilities

- **Quarterback**
 - Offensive Huddle
 - Stance
 - Cadence
 - Handoffs
 - 3 & 5 Step Drops
- **Running Back**
 - Stance
 - Receiving a Handoff
 - Basic Routes
- **Wide Receiver**
 - Stance
 - Understanding Pass Routes
 - Short Area Routes
 - Medium Area Routes
 - Deep Area Routes
- **Center**
 - Stance
 - Grip & Snap – Direct
 - Grip & Snap – Shotgun
- **Rusher**
 - Stance & Start
- **Defensive Back**
 - Stance
 - Start
 - Backpedal (Straight & Angle)
 - Zone Coverage
 - Route Recognition
 - Backpedal to Forward Run

Offense

- Introduction
- Basic Formations

Defense

- Introduction
- Principles of Zone & Man Defense

Basic Schemes

- Offense
 - Introduction to Schemes
 - Formations
- Defense
 - Introduction to Schemes
 - Multiple Zones
 - Man to Man Principles