



Coaching Football

Coaching Football developed by USA Football in partnership with the NFHS, provides a student-centered curriculum in essential football coaching techniques and methods for interscholastic teacher/coaches. This course provides demonstration and teaching tips for each offensive and defensive position and shares practical methods for increasing student participation through effective feedback and stress reduction. Coaches who complete this course receive a one-year membership to USA Football that includes \$1 million of general liability insurance.



Course Objectives

- Proper hand positioning for catching the ball
- Identify drills for teaching safe tackling techniques
- Teach fundamental Quarterback skills – proper stances, footwork, controlling the snap, securing the ball, drop back and passing
- Teach fundamental Running Back skills – proper stances, taking the handoff, pass protection blocking, route running and receiving
- Teach fundamental Wide Receiver and Tight End skills – proper stances, routes, running and blocking
- Teach Tight End and Offensive Linemen blockings skills – drive block, combination block, double team block and pass rushing blocking
- Teach fundamental Special Teams skills – kickoff technique, cover team, return specialist, extra point and punting

Units

- All Player Skills
- Offensive Team Skills
- Defensive Team Skills
- Special Teams

More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill  or  certification requirements
- Approved by NFHS for 5 course clock hours

More Information at nfhslearn.com!