



Coaching Football

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
- Instruct Defensive players by position how to beat blocks and provide coverage
- Teach fundamental Special Teams skills – kickoff technique, cover team, return specialist, extra point and punting

Unit 1: Introduction

Unit 2: All Player Skills

- Objectives
- Catching Skills
- Tackling Skills

Unit 3: Offensive Team Skills

- Objectives
- Quarterback Skills
- RB Skills
- WR and TE Skills
- TE and OL Blocking Skills

Unit 4: Defensive Team Skills

- Objectives
- Defensive Linemen Skills
- Defensive Linebacker Skills
- Defensive Team DB Skills

Unit 5: Special Teams

- Objectives
- Special Teams Kickoff Teams
- Special Teams PAT/FG Teams
- Punting Teams

Resource Summary: USA Football Coaching Membership Information, Coaches Guide, Health & Safety, Course Acknowledgements, Tackling – Sideline, Quarterback Angled Sweep Handoff, QB Reverse Pivot, QB Option Pitch, RB Pass Receiving and Route Running Flat and Angle Route, Short Pass Routes – Slant Pass Route, Quick Out to Wide Receiver, TE and OL Wedge Block, Strong Safety Stance, and Linebacker Defeating the Wedge Block.