



**HEADS UP  
FOOTBALL**

**USA FOOTBALL**

# HEADS UP FOOTBALL

## HIGH SCHOOL

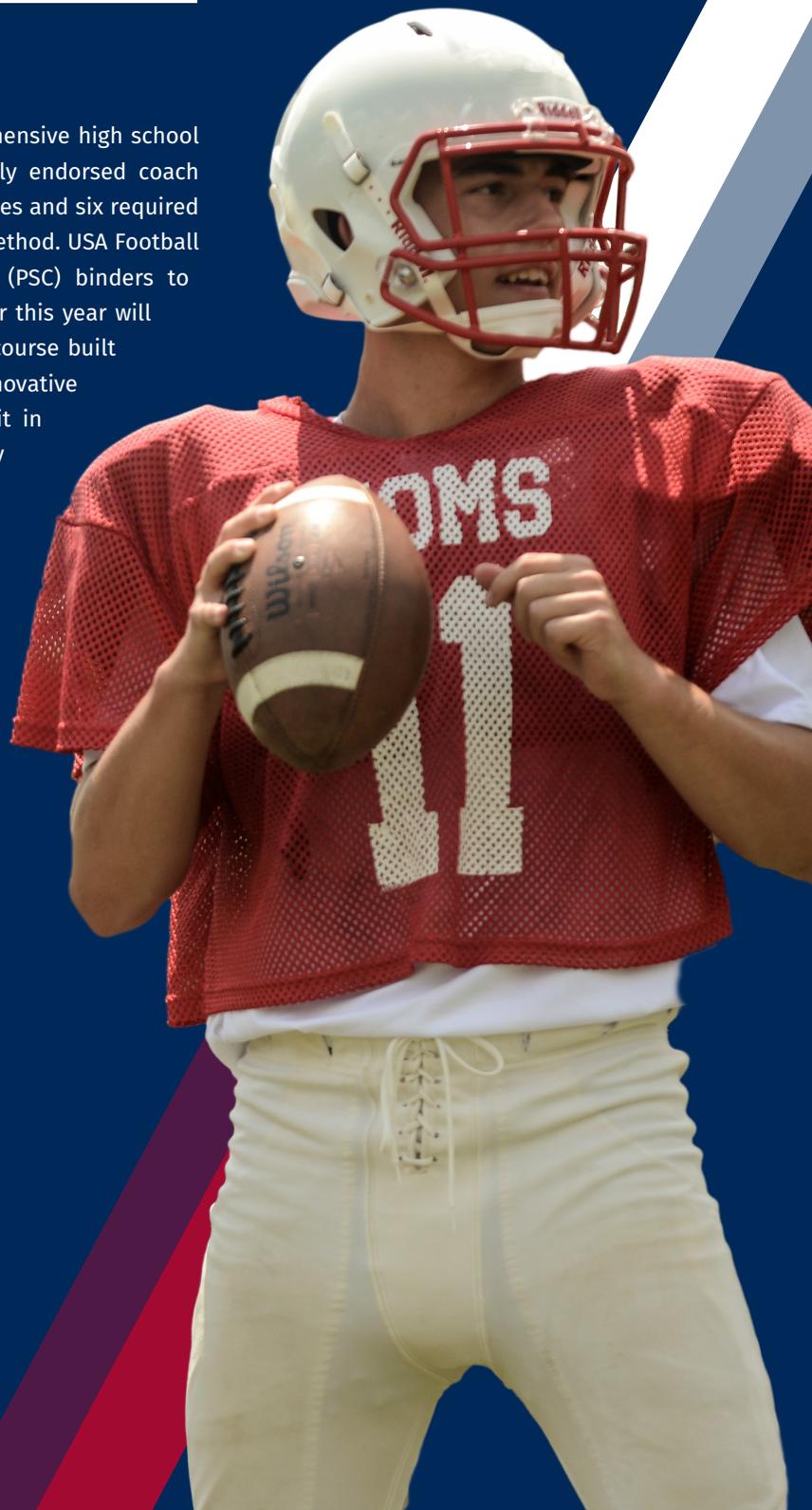
Heads Up Football High School is the sport's most comprehensive high school player safety program encompassing an array of medically endorsed coach education resources. The program consists of two key features and six required education components with a new advanced roll tackling method. USA Football has developed high school-specific Player Safety Coach (PSC) binders to complement our four-hour high school PSC clinics and later this year will release "Practice Smart," a new professional development course built for the high school coach. "Practice Smart" will introduce innovative practice techniques that employ less contact, but apply it in smarter ways to give your players an advantage. It is strongly recommended that schools participate in all aspects of Heads Up Football High School and have coaches certified annually. The level and frequency of program adoption is driven by schools, school districts as well as local and state requirements.



Heads Up Football High School implementation is a multi-step process beginning with a school enrolling in the program, nominating a player safety coach (PSC) and establishing the certification requirements of coaches. The Heads Up Football High School Certification coursework consists of four courses, available at [NFHSLearn.com](http://NFHSLearn.com). Once certified, the nominated PSC can then attend the in-person Heads Up Football High School PSC clinic.



An independent study in 2015 encompassing 396 high school football players found an 87 percent reduction in concussion among high school football players whose programs employed all aspects of Heads Up Football High School compared to those that did not.



Find out more at [usafootball.com/headsup](http://usafootball.com/headsup).



# USA FOOTBALL HEADS UP FOOTBALL HIGH SCHOOL

## KEY FEATURES



### COACH CERTIFICATION

USA Football and the NFHS provide your coaches with courses from top football experts and health professionals. Coaches with current USA Football certification are eligible for coaching insurance benefits. Courses are available on NFHSLearn.com.



### PLAYER SAFETY COACH (PSC)

Your school's PSC is responsible for ensuring your program is in compliance with Heads Up Football® health and safety protocols including coaching certification. PSCs also play a vital role in monitoring and guiding coaches throughout the season.

## EDUCATION COMPONENTS

Heads Up Football High School education components include combination of NFHS and USA Football courses that are available on NFHSLearn.com



### CONCUSSION RECOGNITION & RESPONSE – COURSE 1 – NFHS

Education is the first step to help protect players from concussion. Heads Up Football High School provides coaches and parents with resources developed by the CDC to know what to look for on the field and how to respond to concussion symptoms.



### HEAT PREPAREDNESS & HYDRATION – COURSE 2 – NFHS

Keeping athletes hydrated and prepared to play in the heat is important. Receive targeted education on prevention, recognition and treatment on all aspects of heat and hydration.



### SUDDEN CARDIAC ARREST – COURSE 3 – NFHS

Sudden cardiac arrest is the leading cause of fatalities during exercise for U.S. children and teens. Heads Up Football High School provides instruction on how to have plans and procedures in place in the case of a cardiac event.



### PROPER EQUIPMENT FITTING – COURSE 4 – USA FOOTBALL

Learn how to properly fit helmets and shoulder pads. Improperly fitted equipment can increase the chance for injury.



### HEADS UP TACKLING & BLOCKING – COURSE 4 – USA FOOTBALL

Teaching the proper fundamentals of blocking and tackling is essential to making football better and safer. USA Football's Heads Up Tackling and Blocking progressions deliver consistent terminology and a series of drills to teach high school players to play with their head and eyes up and reduce helmet contact. USA Football also introduces an advanced roll tackle progression that may be appropriate for some varsity players.

## ADDITIONAL COACH RESOURCE

### USA FOOTBALL'S PRACTICE SMART COURSE (COMING IN 2016)

Designed to assist high school coaches with an inside look at how some of our country's top coaches are adjusting the way they practice to advance safety and improve skill development. Course content will include tips for modifying drills to reduce player contact, employing practice plan templates and offering recommendations to develop and adjust them over the course of a season. USA Football supports the NFHS national practice guidelines for high school football and shares how coaches can incorporate them into their daily practices.