



COACH CERTIFICATION CURRICULUM

Put the player first by investing in your own ability to teach better ... before you step on the practice field.

WHAT'S NEW IN 2020

Improved courses and unrivaled bonus content

This year, new and revamped coach resources will help you develop the whole athlete based on your athletes' age and stage of development.

Get certified now so you can access comprehensive materials to help you enhance fundamentals, teach more efficiently and make your team better.

SAVE \$10

Receive a discount when you get certified in 2020

The 2020 online certification - valued at \$25 - is discounted to \$15 for coaches who get certified. In-person certifications are \$25. Next year, online certifications will be full price.

2019 2020

	2019	2020
CERTIFICATION	FOOTBALL DEVELOPMENT MODEL AGE-APPROPRIATE COURSES	✓
	ANTI-ABUSE COURSE	✓
	COACHING 101 COURSE	✓
	HEALTH & SAFETY COURSES	✓
	CONTACT COURSES	✓
BONUS RESOURCES	PLAYER PROGRESSION GUIDE Skill progressions and 200+ drills for passing, running and receiving, kicking and punting, and athletic foundations.	✓
	CONTACT MANUAL Includes skill progressions and 100+ drills for blocking, defeating blocks, flag pulling and tackling.	✓
	PRACTICE PLANS 48 practice plans - 12 per stage - to help you meet practice guidelines and contact guidelines.	✓
	COACHES MOBILE APP ACCESS A new app that includes a variety of resources, including abilities to create your own practice plans, animated skill diagrams and over 165 drills.	✓
	ONLINE RESOURCES* Get access to resources for play calling, play diagraming, and education videos or webinars.	✓

LEARN MORE

usafootball.com/certification

* You must be fully certified to access these resources. These resources are released throughout the year.

COACH CERTIFICATION PATHWAY

2020 COACH CERTIFICATION

This year, USA Football offers coaches a streamlined path to certification while providing even more resources and information, in support of every game-type they coach.

AGE-APPROPRIATE - **NEW**

5+ // 8+ // 10+ // 12+

- Physical Development
- Thinking, Feeling, & Behaving Abilities
- Technical Non-Contact Skills
- Tactical Strategies & Principles



ANTI-ABUSE** - **NEW**

- Identify Signs of Abuse
- How to Report

** Coaches who attend an in-person certification clinic will need to complete the anti-abuse module online to become certified

COACHING 101 - **UPDATED**

- Why Do You Coach?
- How to Build a Coaching Purpose Statement

HEALTH & SAFETY - **UPDATED**

- Head // Heart // Heat



NON-CONTACT COACHES

CONTACT COACHES

CONTACT (REQUIRED FOR TEACHING CONTACT)

- Blocking & Defeating Blocks
- Shoulder Tackling
- Equipment Fitting
- Levels of Contact



EVERY COACH NEEDS TO BE CERTIFIED

Complete your certification before you step on the practice field. Get certified at usafootball.com/certification