

THE PATH TO A SAFER GAME

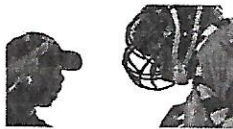
HEADS UP FOOTBALL FOCUSED ON COACH CERTIFICATION

Youth football leagues implementing the Heads Up Football program are seeing the benefits that certified coaches and a commitment to safety can bring.

Veteran coaches, rookies, weekend assistants - no matter the coaching level, everyone who coaches in your league will get trained and certified in football safety.

HEADS UP FOOTBALL PROGRAM COMPONENTS

From health and safety training to in-depth chapters on shoulder tackling and blocking - the core of the Heads Up Football program lies within its key components.



Concussion Recognition and Response
With our resources developed in partnership with the Center for Disease Control, you will learn what to look for and how to respond.



Heat Preparedness and Hydration
This targeted instruction puts the emphasis on prevention, recognition and basic treatment of athletes with a focus on best practices for heat and hydration.



Sudden Cardiac Arrest
Learn how to put together procedures for your league to quickly react in the case of cardiac events.



Proper Equipment Fitting
When equipment isn't fitted properly it can increase the risk of injury. A key element of the program, we guide every coach in how to properly fit helmets and shoulder pads.



Shoulder Tackling with Rocky Seto, Former Assistant Head Coach of the Seattle Seahawks. Featuring Rocky Seto, coaches are able to learn the core principles of proper tackling.



Blocking and Defeating Blocks with Scott Peters, a former NFL offensive lineman and sports safety advocate, shows how safety through superior technique leads to more effective ways for defeating blocks and blocking.



Fundamentals of Coaching
Explore effective ways to coach your young athletes through smart practice planning and teaching fundamental football skills.

BENEFITS TO A LEAGUE



Better coaches and safer athletes



Efficiency in tracking coach certifications



Risk minimization



Reduced certification cost

REGISTER TODAY

Join the thousands of leagues from across the nation and get access to what will be the cornerstone of your league's health and safety strategy. Learn more at usafootball.com/headsup