



**Coach Education**  
www.nfhslearn.com



## **Football: Fundamentals of Coaching Football**

This Fundamentals of Coaching Football course was developed in partnership with USA Football, the sport's national governing body on youth and amateur levels. It provides a student-centered curriculum on essential football coaching techniques and methods for interscholastic teacher/coaches. This course also shares practical methods for increasing student participation through effective feedback and stress reduction. Coaches can start and complete a course immediately after a course purchase is approved, and will have up to one year after purchase to review and access all printable resources.

As an added benefit for registering for the NFHS Fundamentals of Coaching Course, you are entitled to receive a Coach membership to USA Football. This membership includes an online practice planner, drills library with over 150 animated drills, video film room where you can receive additional instruction on the fundamentals by position and if you complete and pass the Fundamentals of Coaching Course you are eligible to receive \$1 million of general liability insurance.

### **Unit 1: All Player Skills**

- Catching Skills
- Tackling Skills

### **Unit 2: Offensive Team Skills**

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

### **Unit 3: Defensive Team Skills**

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

### **Unit 4: Special Teams**

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

**Resources:** USA Football Coaching Membership Information; Coaches Guide; Health & Safety; Course Acknowledgements