



# Fundamentals of Coaching Football

## www.nfhslearn.com

### COURSE DESCRIPTION

Fundamentals of Coaching Football course was developed in partnership with USA Football. It provides a unique 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 will have one year from the date of purchase to review this course and all resources.



Developed by:  
USA Football

### Unit Overview

- Unit Overview
- Unit 1: All Player Skills
- Unit 2: Offensive Team Skills
- Unit 3: Defensive Team Skills
- Unit 4: Special Teams



### Engaging Effectively with Parents

- Provides teacher/coaches with information and strategies to enhance their relationships with the parent.

### NFHS First Aid For Coaches

#### COURSE DESCRIPTION

- Designed to help coaches, athletic trainers and other participants identify and eliminate potentially hazardous conditions in various sports environments, as well as recognize emergencies and make appropriate decisions for first-aid care. Meets first-aid requirements mandated for coaches and athletic trainers.
- Certified by the American Red Cross.



Take Part. Get Set For Life.™