



## **KEY FEATURES OF HEADS UP FOOTBALL**

### **High School Player Safety Coach (PSC)**

A coaching staff member who will complete hands-on training at a USA Football Player Safety Coach Clinic and will teach Heads Up Football health and safety education protocols across your program. Your team's Player Safety Coach will lead efforts in coaching certification and conducting safety clinics for coaches, parents and players.

### **High School Coaching Certification**

USA Football provides every coach within a Heads Up Football-enrolled program with a nationally accredited course, developed with football experts and health care professionals. Entire coaching staff are strongly encouraged to complete the USA Football-NFHS High School Heads Up Football certification at [NFHSLearn.com](http://NFHSLearn.com). Coaches that complete the certification at [NFHSLearn.com](http://NFHSLearn.com) are eligible for coaching insurance.

## **EDUCATION COMPONENTS OF HEADS UP FOOTBALL**

### **Concussion Recognition and Response**

Education is the first step to advance student-athlete safety. As part of Heads Up Football's curriculum, football programs are provided concussion recognition and response resources developed by the Centers for Disease Control and Prevention (CDC). Participating schools empower coaches and parents to become educated on concussion signs and symptoms and how to respond.

### **Proper Equipment Fitting**

Learn how to properly fit helmets and shoulder pads based on manufacturer recommendations. Properly fitted equipment advances player safety.

## **Heat Preparedness and Hydration**

Education for coaches and parents increases the emphasis on all-sport-relevant prevention, recognition and basic treatment of athletes. Developed with experts at the Korey Stringer Institute at the University of Connecticut, Heads Up Football's heat- and hydration-related curriculum encompasses best practices.

## **Shoulder tackling and blocking techniques**

Developed in conjunction with USA Football's Medical and Football Advisory Committees, the shoulder tackle is broken into two distinct phases so that players are learning transferable skills that will help them first strike the ball-carrier with the head and eyes up using the front of the shoulder pads in phase one.

In the second phase, USA Football has added a roll tackle system similar to the rugby tackle for only advanced high school players who've mastered the phase 1 system.

Our Heads Up Football blocking training helps coaches teach players how to properly engage with a defender, drive with their legs and maintain the correct body position to reduced helmet contact and safer play.

## **Sudden Cardiac Arrest**

Coaches receive instruction on how to have plans and procedures in place to quickly react in the case of cardiac events. Sudden Cardiac Arrest is the No.1 cause of death for youth and teen athletes during sports. With proper preparation and training, coaches can greatly reduce tragic outcomes when an incident occurs.