



Coach Education Program

Fundamentals of Coaching Football

Available at www.nfhslearn.com

Course content developed by USA Football. The course provides a unique student-centered curriculum on essential football coaching techniques and methods for interscholastic teacher/coaches. The content is presented by Charles Davis of Fox Sports. This course shares practical methods for increasing student participation through effective feedback and stress reduction. Scores of skills videos and printable materials can be accessed in the resources tab.

USA Football **FUNDAMENTALS OF COACHING FOOTBALL**

Intro
Unit 1: All Player Skills
Unit 2: Offensive Team Skills
Unit 3: Defensive Team Skills
Unit 3 Objectives
Defensive Linemen Skills
Defensive Linebacker Skills
Defensive Team DB Skills
Unit 3 Test
Unit 4: Special Teams
Course Final Remarks

Unit 3 Objectives: Defensive Team Skills

While the offensive team has the job of advancing the ball down the field and putting points on the scoreboard, the defensive players' challenge is to prevent the other team from scoring, score if they can, and get the ball back for their offense.

A good defensive team will have a big influence on the outcome of the game. The defensive team is divided into three position groups:

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TRANSCRIPT RESOURCES DIAGRAMS & ANIMATIONS

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