



# THE NEW STANDARD IN FOOTBALL.

Making the game better and safer.

SUPPORTED AND ENDORSED BY:



A new, comprehensive program developed by USA Football and supported by the National Football League (NFL) to enhance player safety in youth football.



Register at [usafootball.com](http://usafootball.com)



# THE 6 PILLARS OF HEADS UP FOOTBALL<sup>SM</sup>



## EDUCATION & CERTIFICATION

The sport's only nationally accredited courses with content created from football experts and health professionals. Coaches with valid USA Football certification become eligible for coaching insurance benefits.

## CONCUSSION AWARENESS

Education is the first step to help protect players from concussion. Resources developed by the CDC help coaches and parents become educated on what to look for on the field and encourage attention to concussion symptoms.



## EQUIPMENT FITTING

Learn how to properly fit helmets and shoulder pads. Improperly fitted equipment can place an athlete at greater risk for injury.

## HEADS UP TACKLING<sup>SM</sup>

A five-step fundamental series of drills to reinforce proper tackling mechanics to teach players how to make a proper tackle with a focus on reducing helmet contact.



## PLAYER SAFETY COACH

These individuals are responsible for ensuring their organization's compliance with core Heads Up Football health and safety protocols including coaching certification and conducting safety clinics for coaches, parents and players.



## HEAT & HYDRATION

Targeted education for coaches and parents increases the emphasis on prevention, recognition and basic treatment of athletes. Best practices reinforce heat and hydration related safety at all levels.

