

VALUE OF COACHING EDUCATION



**HEADS UP
FOOTBALL**



COACHING EDUCATION AND CERTIFICATION – THE FOUNDATION OF A POSITIVE EXPERIENCE FOR YOUR ATHLETE

With many youth sports coaches being volunteers, it should come as no surprise that only 5-10 percent of these coaches receive relevant training as it relates to the sport they are coaching. But you don't have to worry about that with our coaches. As a Heads Up Football league, we realize the value in coaching education and here is why...

1

CHILDREN STAY IN SPORTS LONGER

Sports can play a tremendously positive role in young athletes' lives and playing for a trained coach can lessen the rate of dropout. In fact, athletes who play for untrained coaches drop out at a rate of 26 percent compared to those who play for a trained coach where the dropout rate is much lower at five percent.

2

INCREASES THE CHANCE OF A POSITIVE EXPERIENCE FOR YOUNG ATHLETES

As a parent, the experience your child has the moment they step into a practice or game setting is important. Studies show that coaches who have received proper coaching education have a better understanding in establishing a fun-filled and stress-free experience that keeps kids engaged. Ultimately, the coach is the key that can make or break a child's experience in the sport they play.

3

CAN HELP REDUCE INJURIES ON THE FIELD

Coaches who have received proper coaching education and development are able to teach age-appropriate fundamentals, techniques, and drills properly, effectively reducing the risk for your player. Comprehensive coach education programs like USA Football's Heads Up Football can oftentimes reduce injuries by 76 percent.