



FOOTBALL DEVELOPMENT MODEL

usafootball.com/fdm

Our Football Development Model allows us to reduce contact in youth football and advance the game through comprehensive education, game progressions and safety standards.

Specifically, our model teaches the game through a progression of skills and game types, and features a set of practice, contact, and drill guidelines that reduces contact for players.

LEARN MORE AT:

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FOOTBALL FOR ALL

USA Football is introducing a new model for youth football. It's designed to make the game safer by reducing contact and teaching the game based on an athlete's age, the skill they are learning, and game type.

AMOUNT OF CONTACT

Non-Contact

Limited Contact

Contact

FLAG

Non-contact game that allows players to experience the fun of football.

ROOKIE LIMITED CONTACT™

A bridge game to full contact using a smaller field, fewer players and specific rule modifications. Wearing traditional equipment, plus flags or a TackleBar™ harness, athletes learn how to block, track and engage an opponent with proper form and technique, all while staying on their feet. (An advanced version can be played on a larger field with two-directional play).

SENIOR LIMITED CONTACT™

A bridge game played on a full-sized field, with rule modifications and game dynamics that mirror the look and feel of the traditional contact game. Wearing helmets and pads, plus flags or a TackleBar™ harness, athletes learn proper form and technique for both blocking and tackling without having to take the ball carrier to the ground.

ROOKIE TACKLE®

A modified version of the traditional full-contact tackle game, Rookie Tackle® is played on a smaller field with fewer players. With specific rule modifications and mandatory position sampling, it allows the contact game to be introduced in a fun and developmentally appropriate way.

SENIOR TACKLE™

A traditional tackle football game played on a full-sized field where athletes learn in-depth techniques and schemes.