



# FOOTBALL DEVELOPMENT MODEL

[usafootball.com/fdm](http://usafootball.com/fdm)

## FOR PARENTS

# FOOTBALL FOR ALL™

## WHY

As football has grown to become America's favorite sport, it's been taught and experienced in different ways around the country. That's led to challenges and issues you're probably familiar with.

We're parents, too, and we've heard your concerns. USA Football has always stood for safety, development, values and participation. The Football Development Model is our most ambitious effort to combine those ideals to benefit your athlete.

Help us create a safer and smarter football. A game we can share with more people and one that's more fun for those that play it.

## WHAT

We're 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. Here are the six key areas this model is built on.



### Whole Person & Multi-Sport Development

It's not enough to make football players better at football. We will focus on the emotional, social and mental parts of a person in addition to the physical side.



### Physical Literacy & Skill Development

The basics are the basics for a reason. We will teach the fundamental movements and techniques first so more complex skills can be added later.



### Coach Education & Training

Coaches help to shape our children. We will continue to provide the best resources and training to coaches so they teach your children in the most effective way for them.



### Multiple Pathways & Entry Points

From flag in school to Rookie Tackle with a local league, there are more ways to play football than ever before. We will give families options to play the game how they're most comfortable.



### Fun & Fulfilling

No matter the level, football should be fun, so that's where we'll start. We will make fun a priority so children enjoy themselves and make friends as competition is introduced.

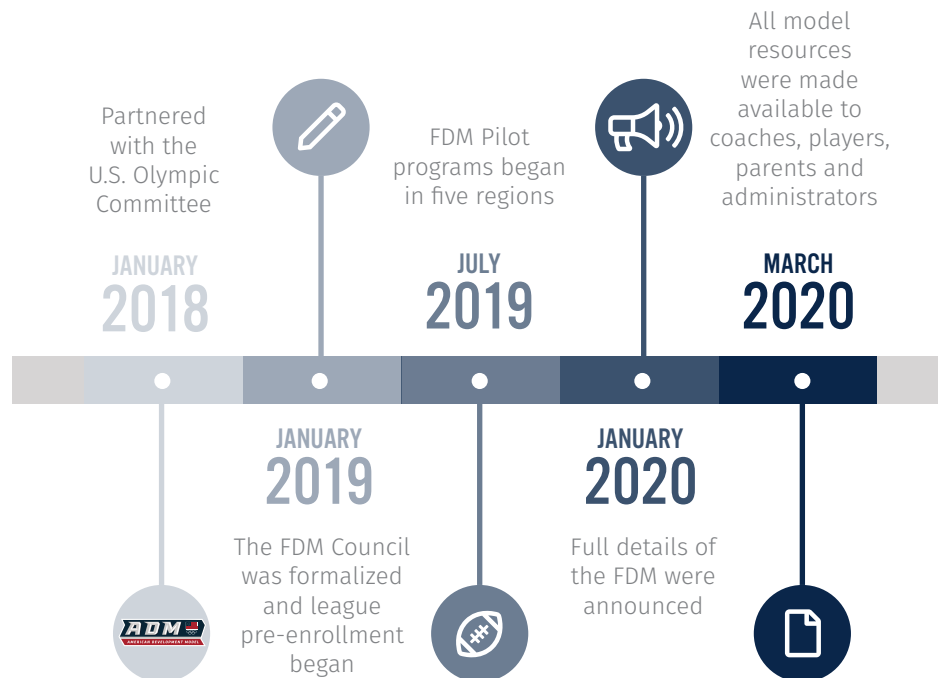


### Participation & Retention

Teaching in an developmentally-appropriate way builds confidence and enthusiasm. We will encourage people to stay in the game longer by creating a better football experience.

## WHEN

From its birth in the 1800s, football evolved in ways that have made it safer, more competitive and more popular, turning it into the game we know today. The Football Development Model is the next progression to continue making the game, its coaches and athletes better. Starting this effort today improves the experience for tomorrow.



## HOW

Through research and partnerships with experts across football, medicine, child development, education and psychology, the Football Development Model was born. A change this big requires support from everyone who touches the game, starting with parents. Mom and dad influence both their children playing the game as well as the coaches teaching it. Asking the right questions and knowing what to look for helps your child have the most positive and fulfilling football experience.

Leagues that implement the Football Development Model are training young athletes in a way that's best for them on and off the field. Tell your coach, league or commissioner to visit [usafootball.com/fdm](https://usafootball.com/fdm) to give the best football experience to your child.

Visit [USAFOOTBALL.COM/FDM](https://usafootball.com/fdm) for more on the future of football.

# WHO

Developed in conjunction with experts

## Football Development Model Council

### Medical / Child Development Specialists

**Dr. Brian Hainline (Chairman)**

Chief Medical Officer  
National Collegiate Athletic Association

**Dr. Gerard Gioia**

Division Chief of Neuropsychology  
Children's National Health System

**Dr. Michael McCrea**

Professor of Neurosurgery & Neurology  
Medical College of Wisconsin

**Dr. Johna Register-Mihalik**

Assistant Professor Exercise & Sport Science  
University of North Carolina

**Dr. Allen Sills**

Chief Medical Officer  
National Football League

### Long-Term Athlete Development and ADM Specialists

**Dr. Stephen Norris**

Adjunct Professor of Applied Physiology  
Mount Royal University and  
University of Calgary

**Dr. Paul Roetert**

Managing Director,  
United States Tennis Association University

**Chris Snyder**

Director of Coaching Education  
United States Olympic & Paralympic Committee

### Football Subject Matter Experts

**Todd Berry**

Executive Director  
American Football Coaches Association

**Anquan Boldin**

Retired NFL Player

**Callie Brownson**

Chief of Staff  
Cleveland Browns

**Jon Butler**

Executive Director  
Pop Warner Little Scholars

**Calvin Everett**

Athletic Director and Head Football Coach  
Harrisburg (Pa.) High School

**Brad Garrett**

Assistant Executive Director  
Oregon School Activities Association

**Scott Heitland**

Head Coach  
Dallas Center-Grimes (Iowa) High School

**Kirby Hocutt**

Director of Athletics  
Texas Tech University

**Janan Miller**

League President  
Hill Country Pop Warner (Austin, Texas)

**Dr. Karissa Niehoff**

Executive Director  
National Federation of State  
High School Associations

**Richard Raphael**

President  
Miami Xtreme Youth Football

**Dr. Jon Steinbrecher**

Commissioner  
Mid-American Conference, NCAA

**Buddy Teevens**

Head Football Coach  
Dartmouth College

**Troy Vincent**

Retired NFL Player  
Executive V.P. of Football Operations  
National Football League

# WHO

Supported by coaches

## What Top Coaches Are Saying



“I don’t care if you win or lose the game, I know that’s going to be the emphasis and it’s important, but I want to see you do your best and do what the coach tells you to do the way he wants you to do it. I think that’s the most important thing you can learn at a young age.”

**Nick Saban** University of Alabama



“Much like baseball, see them go from tee ball to coach pitch, if they get three strikes on them then they put it on a tee at the next level, then it goes to machine pitch and then real baseball. I think it’s a good application of football to go from flag football to the modified tackling to the six- or eight-man to the 11-man. It makes sense.”

**Jim Harbaugh** University of Michigan



“The Football Development Model has reimagined the game because it gives these young kids a chance to learn the game the right way, through fundamentals. Not just being locked into a certain position because of their weight or their height. It gives them a chance to learn it all. As they get older, through these stages now they can start to get more specific in what they want to do. They have a foundation because of what they learned right from the beginning.”

**Mike LaFleur** San Francisco 49ers, QB Collective



“It is important for them to enjoy the experience, understand some of the fundamentals in touch, or flag or tackle football, and get excited about the opportunity to play the next season.”

**Sean Payton** New Orleans Saints



“All of my kids, I have four boys, they have all played flag football, they all loved it. It was fun – No. 1 – because in some of the rules, everyone has to touch the football, or they have to be thrown the football so there is more play involved in that side of it. But they also have really enjoyed the tackle element as well, and I think for these kids, whatever decision they decide to go with is the right one.”

**Matt Nagy** Chicago Bears



## THANK YOU, ESPN

USA Football sincerely appreciates ESPN for its support of the Football Development Model