

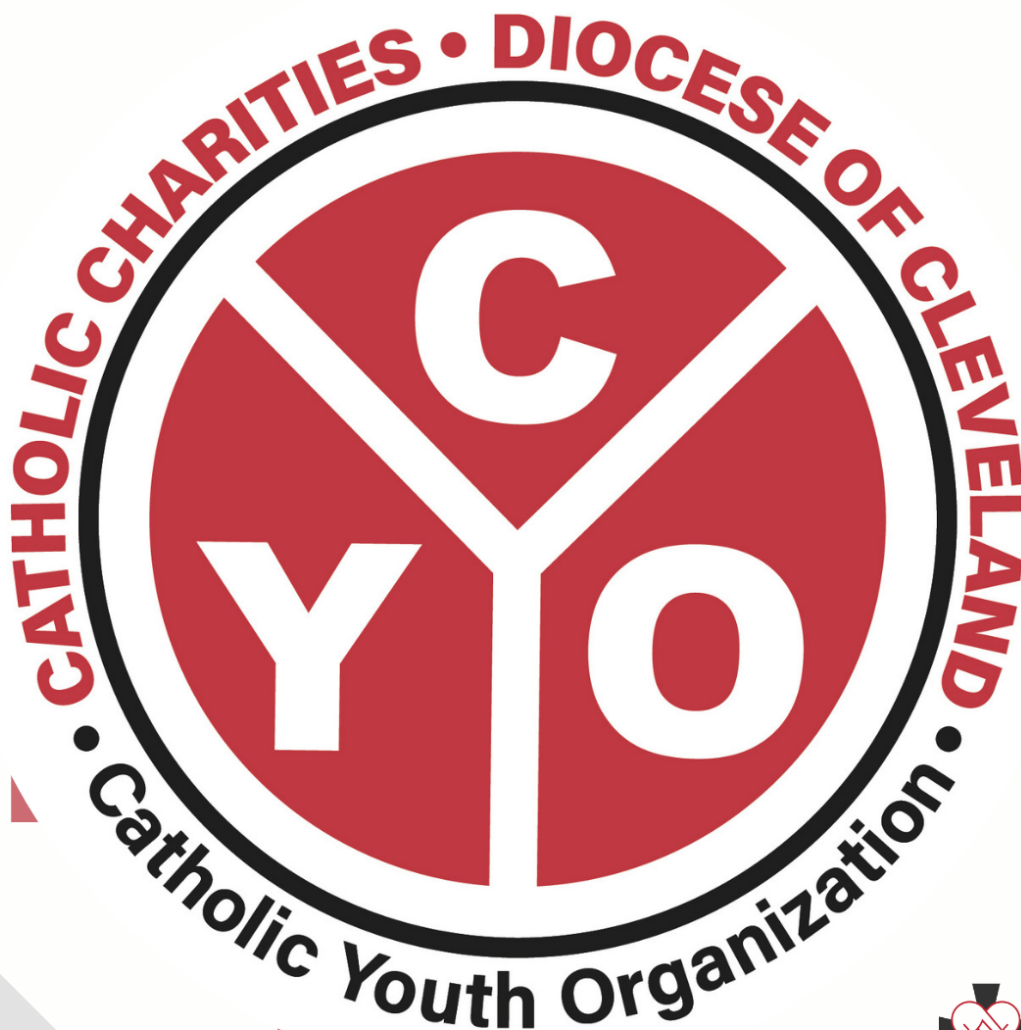
CONTINUING EDUCATION

PADDED FLAG -
TACKLE FOOTBALL

FALL 2026

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...

The Way We do Things Here



ccdacle.org/cyo

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...
...
...



**Padded Flag - Tackle Football
Coach's Continuing Education
July 25, 2026
Huntington Bank Field**



- 8:15-9:00 Registration**
- 9:00-9:15 Welcome, Introductions, Prayer, Mission & Purpose - Paul Kelly - CYO Director**
- **Representative from the Browns – Bryce Traylor – Cleveland Browns**
- 9:10-9:15 CYO Mission Based Football Program - Paul Kelly - CYO Director**
- *"Inspiring young people to know God, to love God, and to serve God through athletics."*
 - We are building a CYO Culture rooted in:
 1. **Gospel Mission and Values**
 2. **Giving the Very Best of Yourself**
 3. **Child Safety First**
 4. **Quality Coaching is High Priority**
 5. **Long Term Athlete Development (LTAD)**
- 9:15-9:20 Continuing Education Updates – Ann Danuloff**
- 9:20-9:30 Emergency Action Plan – Chuck Kyle**
- 9:30-11:30 Introduce Breakouts: - Mark Cuccia**
- Breakout 1: Padded Flag and Rookie Tackle**
- Chuck Kyle - CYO, USA Football, Cleveland Browns**
- Rules, Fundamentals, Safety, Planning, Practicing and Implementation
- Breakout 2: Tackle Football**
- Mark Cuccia**
- Rules
- Tom Lombardo - St. Edward High School - Head Football Coach**
- Fundamentals, Safety, Practicing, Techniques for Defense
- Scott Phillips - John Carroll University - Offensive Football Coordinator**
- Fundamentals, Safety, Practicing, Techniques for Offense
- 11:35-11:55 Facilitated Panel Conversation**
- 11:55-Noon Closing Prayer - Paul Kelly**



CYO inspires young people to know God, to love God, and to serve God through athletics.

Opening Prayer

Let us begin in the name of the Father and of the Son and of the Holy Spirit...Amen!

A reading from John 20:19-23

On the evening of that first day of the week,
when the doors were locked, where the disciples were, for fear of the Jews,
Jesus came and stood in their midst and said to them, "Peace be with you."
When He had said this, He showed them His hands and His side.
The disciples rejoiced when they saw the Lord.
Jesus said to them again, "Peace be with you. **As the Father has sent me, so I send you.**"
And when He had said this, He breathed on them and said to them, "Receive the Holy Spirit.
Whose sins you forgive are forgiven them, and whose sins you retain are retained."

Reader: The Word of the Lord

All: Thanks Be To God

Side 1: Thank you God for this opportunity to serve you in CYO.

Side 2: As the Father has sent me, so I send you.

Side 1: Gives us the skills and abilities we need to help **ALL** children grow and develop in CYO.

Side 2: As the Father has sent me, so I send you.

Side 1: Help us to teach and demand from our parents that we are about the growth and development of young people over winning!

Side 2: As the Father has sent me, so I send you.

Side 1: Help us to lead with Faith, Character and Integrity as servant leaders in CYO.

Side 2: As the Father has sent me, so I send you.

Leader: We pray in the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

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ATHLETIC STAFF

Paul Kelly, Director

Jamie Mewhinney, Athletic Administrator
Jamie.Mewhinney@ccdoble.org

Ann Danuloff, Assistant Athletic Administrator
Ann.Danuloff@ccdoble.org

Matt Aloisi, Athletic Director
Matthew.Aloisi@ccdoble.org

Beth Flynn, Athletic Director
Beth.Flynn@ccdoble.org

Mark Cuccia, Athletic Program Coordinator
Mark.Cuccia@ccdoble.org

Dave Stefanski, Athletic Program Coordinator
David.Stefanski@ccdoble.org

Noelia Speringo, Membership and Communications Coordinator
Noelia.Speringo@ccdoble.org

Cheer, Volleyball: Grades 1-4
 (216) 470-4230

Soccer
 (216) 978-5321

Volleyball: Grades 5-8
 (216) 217-3640

Football

Volleyball, Grades 5-6
 (216) 538-8315

(216) 217-6304

COMMISSIONERS

Dale Armbruster

Mark Chastain

Chris Callender

Linda DeCarlo

Joe Hooven

Katie Kinsinger

Joe Muscatello



Weekend Forfeit Line: (216) 217-9482.

Contact your AD first. Please call or text: Your game location, your team's gender, grade & division, the game time, and opponent. Do not contact the opposing coach; CYO will officially forfeit the game and communicate as needed.

CYO inspires young people to know God, to love God, and to serve God through athletics.



Catholic Charities Values

Dignity of Person

“...in the Divine image God created humanity...” (Genesis 1:27).

CYO Athletics shall contribute to the dignity of each athlete by accepting one another with compassion, respect, patience, kindness, humility and understanding.

Concern for the Poor

“For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me...In so far as you did this to one of the least of these sisters and brothers of mine, you did it for me.” (Matthew 25)

Stewardship

“As each one has received a gift, use it to serve one another as good stewards of God’s varied grace.” (Peter 4:10).

CYO Athletics shall nurture a spirit of selfless service by providing opportunities and challenges to young people and adults as they learn about themselves and others as they grow in service in their parish community and beyond.

Justice

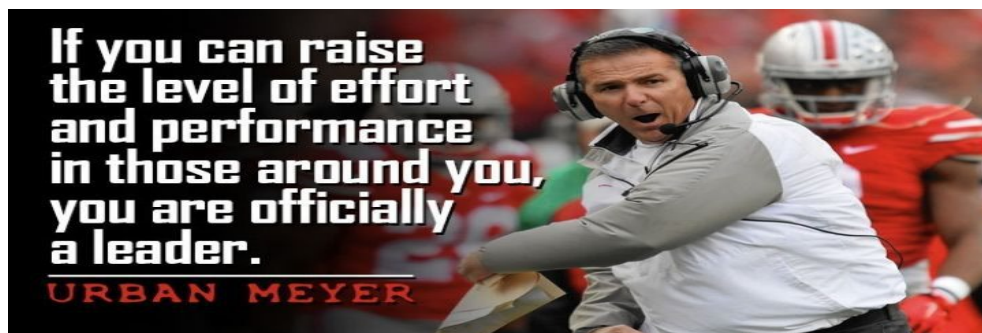
“This is what God asks of you: only this, to act justly, to love tenderly and to walk humbly with your God.” (Micah 6:8). CYO Athletics shall create an atmosphere where Sportsmanship and Fair Play are the cornerstones.

CYO will develop the character of the participants and emphasize the importance of integrity, respect and accountability in our daily lives.

Hope

“I came that they may have life and have it more abundantly.” (John 10:10).

CYO Athletics shall nurture a positive spirit in each athlete by believing that everyone has been created by God and can make significant contributions to the community.





Active Start

Males and
Females 0-6



FUNDamentals

Males 6-9
Females 6-8



Learning to Train

Males 9-12
Females 8-11



Training to Train

Males 12-16
Females 11-15



Training to Compete

Males 16-23 +/-
Females 15-21 +/-



Training to Win

Males 19 +/-
Females 18 +/-



Active for Life

Enter At
Any Age



An Outline of LTAD

A physiological framework that proposes what youth athletes need to be doing at specific ages and stages in their development.

The 10 key factors influencing LTAD

1. The 10-Year Rule
2. The FUNDamentals
3. Specialization
4. Developmental Age
5. Trainability
6. Physical, Mental, Cognitive, and Emotional Development
7. Periodization
8. Calendar Planning for Competition
9. System Alignment and Integration
10. Continuous Improvement

FUNDamentals Stage

Males 6-9 (3rd & 4th Grade)
Females 6-8 (3rd grade)

Overall movement skills
FUN and participation
General, overall development
Integrated mental, cognitive, and emotional development
ABC's of Athleticism: agility, balance, coordination and speed
Introduce simple rules of ethics in sport
Daily Physical Activity

Learn to Train Stage

Males 9-12 (4th -7th Grade)
Females 8-11 (3rd - 6th Grade)

Overall sports skills development

Major skill learning stage: all basic sports skills should be learned before entering next stage

Integrated mental, cognitive, and emotional development

Introduction to mental preparation

Talent identification

Sport specific training 3 time a week; participation is other sports 3 times a week

Train to Train Stage

Males 12-16 (7th & 8th Grade)
Females 11-15 (6th - 8th Grade)

"Building the engine"

Establish an aerobic base

Establish pre-competition, competition, and post-competition routines

Develop speed and strength toward the end of the stage

Further consolidate their basic sport-specific skills and tactics

Learn to cope with the physical and mental challenges of competition

WHERE

LEADERS

TRAINING

COMPETITION

Active Start

Males and
Females 0-6



FUNDamentals

Males 6-9
Females 6-8



Learning to Train

Males 9-12
Females 8-11



Training to Train

Males 12-16
Females 11-15



Training to Compete

Males 16-23 +/-
Females 15-21 +/-



Training to Win

Males 19 +/-
Females 18 +/-



Active for Life

Enter At
Any Age



Home;
Day care;
Sport programs;
Pre-schools;
Community recreation;

Parents;
Pre-school &
Kindergarten teachers;
Day care providers;

None; focus on learning proper basic movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching;

None

Schools;
Community recreation;
Sport programs;
Sport clubs;
Home;

Parents;
Teachers;
Recreation leaders;
Volunteer coaches (mainly);

Unstructured & structured play; short seasons; multiple activities; overall movement skills & development of athleticism;

Minimal; local area; modified formats; informal; all activity is FUN based;

Schools;
Community recreation;
Sport programs;
Sport clubs;
Home;

Parents;
Teachers;
Recreation leaders;
Volunteer coaches (mainly);

Regular practice; seasonal activities; multiple sports; overall sport skills development;

Occasional; local area; modified format; informal and formal; 70% training to 30% competition;

Schools;
Community recreation;
Sport programs;
Sport clubs;

Teachers;
Recreation leaders;
Volunteer & professional coaches;

Regular structured practice; seasonal activities; more than one sport; sport-specific skill development;

Regular; local to provincial/regional; 60% training to 40% competition;

Schools;
Post-secondary institutions;
Sport programs;
Sport clubs;

Teachers;
Volunteer & professional coaches;
sport science, medicine, & nutrition consultants;

Regular structured practice; planned & periodized schedule; focused on one sport; sport & position specific physical, technical & tactical training;

Regular; provincial to national/international; 40% training to 60% actual competition and competition specific training;

Post-secondary institutions;
Sport clubs;
Training centres;
Professional sport;

Professional coaches;
Integrated support teams;

Regular structured practice; planned and periodized schedule; focused on one sport;

Selective; planned; national/international; 25% training to 75% actual competition and competition specific training;

Community recreation;
Sport programs;
Sport clubs;

N/A

N/A

N/A

Top 10 Benefits of Multi-sport Participation

1. Greater overall athleticism
2. Improved foundational motor skills and transferable skills
3. Lower chance of drop-out
4. Increased fun and enjoyment
5. Wider circle of social relationships
6. Reduced chance of overuse injuries
7. Longer sport career and involvement
8. Promotion of life-long physical activity skills
9. Greater intrinsic motivation
10. Opportunity to learn new sports



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Giving the Best of Yourself: A Document on the Christian perspective on sport and the human person

Pope Francis, Vatican, June 2018

“Sport is an activity that can and should promote the equality of human beings. The Church considers sports as an instrument of education when they foster high human and spiritual ideals and when they form young people in an integral way to develop in such values as loyalty, perseverance, friendship, solidarity and peace. Sport is an area of our society that promotes the meeting of all humanity, and it can overcome socio-economic, racial, cultural and religious barriers.” (Ch. 3.8 Equality and Respect)

Sport is empathic and brings together people from all walks of life, generating a culture of encounter. It has to reject a throwaway culture and has to be open, welcoming and inclusive. Sport should also allow the integration of diversity of abilities. “Everyone gets to play, not just the best, with the advantages and the limitations that each has, indeed, focusing on the disadvantaged, as Jesus did.”^[84] In this way, “sport becomes an authentic service to the growth of the community.” (Ch. 5.5, Sports for All)

“Any form of discrimination because of social or national origin, sex, ethnicity, race, physical constitution or religion must never be accepted in sport. But even beyond the immediate sporting event, sport is responsible for what is happening in its environment. Many people are affected by the preparation and execution of great sporting events, and their legitimate interests and living conditions must be respected.” (Ch. 4.1 A Humane and Just Sport)

“More than many other platforms, sport brings together the downtrodden, the marginalized, the immigrant, the native, the rich, the powerful and the poor around a shared interest and at times in a common space. For the Church, any such reality presents itself as an invitation to encounter people from many different backgrounds and in very different life circumstances. While the Church welcomes everyone to itself, she also goes out into the world. As Pope Francis says, “the way of the Church, is precisely to leave her four walls behind and to go out in search of those who are distant, those on the ‘outskirts’ of life. [...] Not only to welcome and reintegrate with evangelical courage all those who knock at our door, but to go out and to seek, fearlessly and without prejudice, those who are distant, freely sharing what we ourselves freely received.” (Ch. 5.1 An Outgoing Church)

Sport as a work of mercy

Sport can also become a powerful medium by making itself present to persons who are marginalized and underprivileged. There are many international sport governing bodies, private institutions and nonprofit organizations that promote and use sports as a positive tool of engagement among youth and teens who live in environments susceptible to gang violence, drug abuse and trafficking. Christian communities around the world are already involved in initiatives that use sport practices, training and events as relevant tools to draw youth away from drugs and violence. (Ch. 5.2 Sports in the Church)

“Sport must always go hand in hand with solidarity, because sporting activity is called upon to radiate the most sublime values throughout society, especially the promotion of the unity of peoples, races, religions and cultures, thus helping to overcome many divisions that our world still experiences today.” (Ch.3.9 Solidarity)

The concept of courage can also be understood as something that is always personally chosen. We cannot make someone courageous, although coaches, educators and others can develop the capacity for this in those with whom they work. Indeed, we could argue that courage is seen more often before, during and after defeats and losses. To keep going when the odds are stacked against you or your team, to try to do the right thing, morally and physically when you are losing badly, to hold the group together as a team when being seen as

underdogs - these occasions can all offer convincing evidence that sport is replete with moments of great courage. (Ch. 3.7 Courage)

If sport runs the risk of being the occasion to divide a family and to diminish the sanctity of Sunday as a holy day to uphold, it also can help integrate a family with other families in the celebration of Sunday, not only in the liturgy but in the life of the community. This does not mean that sport matches should not take place on Sundays, but rather, such events must not excuse families from attending Mass and should also promote the life of the family within the community. (Ch.5.3 Sport pastoral ministry)

Sport is one context in which many young people and others from all cultures and religious traditions learn how to give the very best of themselves. These kinds of experiences can serve as a “signal of transcendence.”^[87] This document has shown how the experiences people have while participating in sport –of joy, encounter with others different from themselves and the building up of community, growth in the virtues and in self-transcendence –can also teach us something about the human person and his or her destiny. (Paragraph 87)

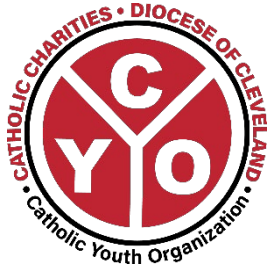
“As sportsmen, I invite you not only to play, like you already do, but there is something more: challenge yourself in the game of life like you are in the game of sports. Challenge yourself in the quest for good, in both Church and society, without fear, with courage and enthusiasm. Get involved with others and with God; Don’t settle for a mediocre “tie”, give it your best, spend your life on what really matters and lasts forever.” (Concluding Paragraph 88)



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Meet the Speakers

Chuck Kyle, CYO, USA Football, Cleveland Browns



Named head coach of the St. Ignatius High School Football Team prior to the start of the 1983 season, Coach Kyle directed the Wildcats to a 345-87-1 (.798) record, 28 playoff appearances, 15 regional championships, and 11 state titles and 3 national titles in that time. In May 2016, the Cleveland Browns hired Kyle as a youth football advisor to help with the team's youth football programs. In 2008, Kyle was named the head coach of the United States' first junior national football team, Team USA. The team competed in the International Federation of American Football Junior World Championship from June 27-July 5, 2009, at Fawcett Stadium in Canton. Kyle led the 2009 Team USA to an undefeated season. Kyle has earned Ohio Associated Press Coach of the Year honors four times, including in 1988 and 1989 after the school's first two football state titles. Before becoming head coach, Kyle spent 11 years as an assistant coach at Saint Ignatius. Kyle coached backs and spent four years as the defensive coordinator. Kyle also played football at Saint Ignatius, playing halfback for the Wildcats in 1967 and 1968.

Tom Lombardo, Head Coach, St. Edward High School



Coach Tom Lombardo just finished his 11th year as the head varsity football coach at St. Edward High School, where he has amassed the most all time wins as the football coach in the school's history with a record of 120-22. St. Edward won their 7th OHSA Division I State Championship, and third in a row, with five of those championships coming under the leadership of Coach Lombardo. He has also previously won a state championship at Lake Catholic in 2001. Tom has a B.S. from John Carroll University and an M.A. from Marygrove College and teaches math at St. Edward High School. When he isn't teaching or coaching, he continues his work with student athletes with after-school training.

Scott Phillips, Offensive Coordinator/Quarterback Coach, John Carroll University



Coach Phillips enters his first season as Offensive Coordinator / Quarterbacks Coach for the Blue Streaks in 2026. He most recently served as the Executive Director of the American Bowl, a postseason college football all-star game. Previously, he served as the Director of Player Personnel & Recruiting at Kent State in 2024. During the 2023 season, Phillips worked as the co-offensive coordinator and quarterback coach at Westminster College. In 2022, Phillips worked as Assistant Quarterback Coach at the University of Toledo. He spent much of his professional life in real estate, as CEO & Operating Principal of Keller Williams Greater Metropolitan while owning Guarino's Restaurant in Cleveland's Little Italy. He is a 2005 graduate of The Ohio State University. Scott is a parishioner at St. Michael's. Both of his children, Madison, now a ninth grader, and Brayden, an eighth grader, participated in CYO!

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COMPETING AGAINST "HERCULES" (THE SUPER-SIZED ATHLETE)

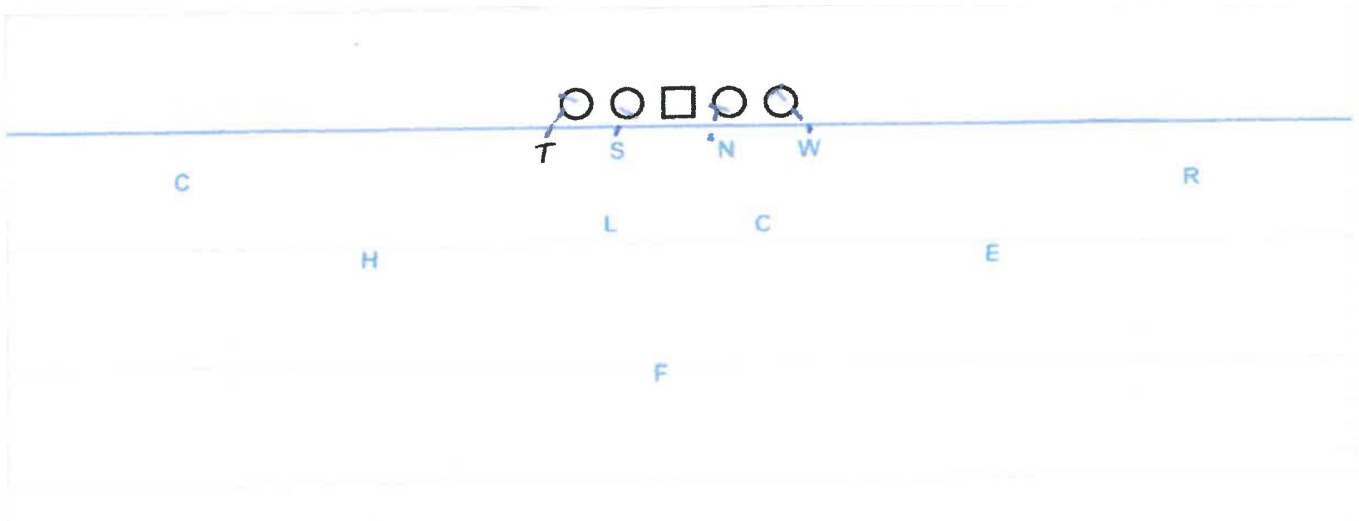
1. HERCULES AS AN OFFENSIVE LINEMAN: USE PILLAR TECHNIQUE

- Do not line the defensive player directly in front- Use outside shade can tilt the angle in a three-point stance.
- B.L.A.S.T. PRINCIPLE"
 - B. Base - Feet slightly wider than coiled hips with feet pointed slightly out so weight is on the ball of the feet
 - L. Long - Hands and arms punch out with extension, thumbs up and out, keeping the head back away from contact
 - A. Ascend - As hands punch hips uncoil that involves the whole body into the contact
 - S. Square - The whole body is square to the target
 - T. Triangulate - Attack "Hercules" at an angle off his centerline - The defensive Player's whole body is attacking half of "Hercules" body

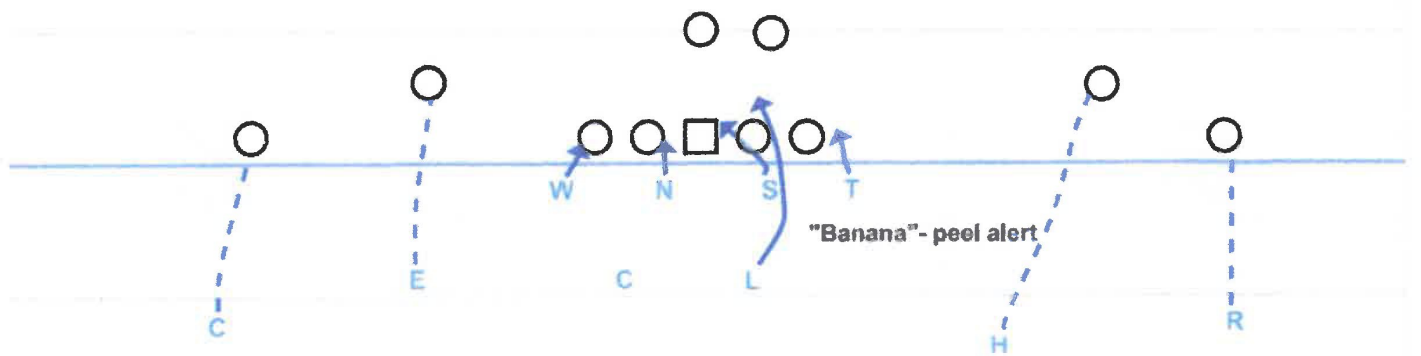
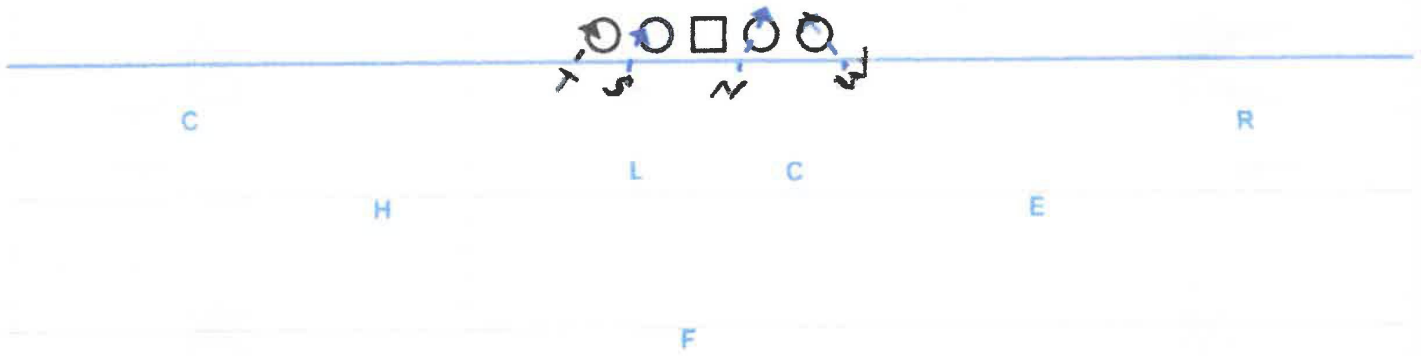
Defender extended arms keeps Hercules away and allows the defender to read and react to the play and get away.

2. HERCULES AS A DEFENSIVE PLAYER: USE BRIDGE TECHNIQUE (DO NOT USE HORIZONTAL FORCE)

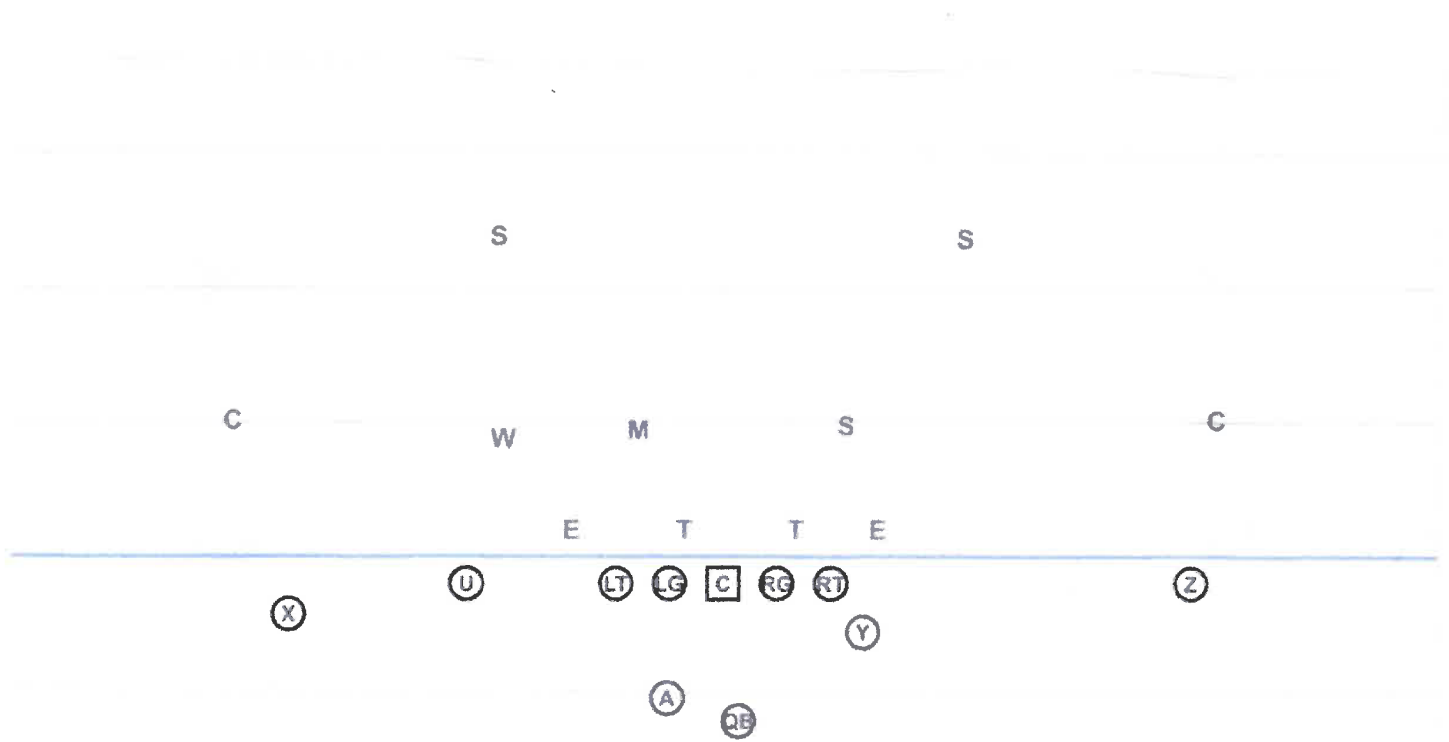
- Blocking scheme should triangulate, not go one-on-one heads up
- A blocking scheme should provide the ability to double team Hercules as many times as possible.
- Base is the same as mentioned in pillar technique.
- Before the strike, arms bend at the elbows with hand close together forming a triangle with the arms and the body.
- Hips uncoil at the same time as the hands punch up at the opponent's breast plates -thumbs pointed up and out. Deflect Hercules' force and redirect it where the offense wants him to go. Success may be just to neutralize him.



"Tilted"



MULTIPLE CAPABILITIES TO DOUBLE TEAM



Preparing for the Heat as High School Sports, Other Activities Begin

By Dr. Karissa Niehoff on July 13, 2022
[nfhs news](#)

By the end of this month, high school students will be returning from the summer break and beginning preparations for another year of participation in high school sports and other activity programs.

In the outdoor fall sports and activities of football, cross country, soccer, field hockey and marching band, more than 3.5 million students will be gearing up for another season of competition and performances.

As is usually the case this time of year, heat and its effects dominate the headlines in many parts of the country. So, as practices begin in the coming weeks, preparations must include a return to one of the basic tenets of high school sports and other activity programs – minimizing risk of injury for everyone involved in these programs.

Coaches, athletic administrators and athletic trainers must have effective prevention plans in place so that student participants are fully protected from heat-related illnesses and injuries. Regarding heat-related deaths in football, the emphasis must continue on an annual basis.

According to the National Center for Catastrophic Sports Injury Research (NCCSIR), during the most recent five-year period (2017-2021), football averaged 2.4 Exertional Heat Stroke (EHS) deaths per year, up from 1.4 per year during the previous five-year period (2012-2016). This increase supports urgent efforts to educate coaches, school administrators, medical providers, players and parents concerning the proper procedures and precautions when practicing or playing in the heat.

Regarding the heatstroke deaths in the past five years, the NCCSIR report urges appropriate oversight and monitoring of conditioning sessions and precautions for lineman positions in football. Five of the 11 deaths occurred during conditioning sessions, and nine of the 11 deaths were linemen.

Although there are about one million participants in high school football annually, one heatstroke death is too many because EHS is preventable. It is, in fact, the leading cause of preventable death in high school athletics.

In addition to football and other outdoor fall sports, participants in marching bands are just as susceptible to the effects of heat illness. Like their counterparts on the athletic fields, band directors should provide for a slow and progressive period of acclimatization prior to marching season.

The NFHS, through its Sports Medicine Advisory Committee (SMAC) and the NFHS Learning Center, offers many educational tools to assist schools in developing a proper heat acclimatization and heat illness prevention program. In addition, many state associations have developed state-specific guidelines for dealing with heat issues and safety challenges.

The SMAC has developed a [“Heat Acclimatization and Heat Illness Prevention Position Statement”](#) which is available on the NFHS website. This document contains seven fundamentals of a Heat Acclimatization Program. In addition, the SMAC’s [“Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness”](#) is also available on the sports medicine page of the NFHS website.

In addition, the NFHS offers a free online course entitled [Heat Illness Prevention](#). This course, which is available at www.nfhslearn.com, also reviews the seven fundamentals of a Heat Acclimatization Program. In addition, to address the necessary precautions for participants in marching band, the NFHS has a free course entitled [Band Safety](#).

Among the fundamentals of a Heat Acclimatization Program are 1) a slow progression in activity level – duration and intensity; 2) adjusting workouts as heat and humidity increase, including close monitoring and a prompt response to developing problems; and 3) proper hydration.

Three other Learning Center courses should be a part of the preseason tutorials for all key members of the school's team: [The Collapsed Athlete](#), [Sudden Cardiac Arrest](#) and [Concussion in Sports](#).

Earlier this year the NFHS Foundation announced a grant program to distribute 5,000 wet bulb globe thermometers (WBGT) to high schools across the country. The WBGT measures the heat stress in direct sunlight, accounting for temperature, humidity, wind speed, sun angle and cloud cover. High schools can use the thermometer's reading to help determine if the weather is appropriate to hold outdoor activities.

While coaches only have a prescribed number of practices before that first contest in fall sports, the rush to have the team in prime shape for the first game cannot come at the expense of the players' health. The varying physical conditions of players must be considered, and special attention should be directed to higher-risk students.

Deaths from EHS will not be eliminated unless school leaders make this a top priority. We encourage every athletic coach and band director to take the free online courses – Heat Illness Prevention and Band Safety – at www.nfhslearn.com. It could be the best investment of time this year.

God grant me the insight to
see the potential in every
player, Patience to
encourage improvement and
character to always set a
winning example. May those I
coach always see You in my
life and be brought closer to
You through me. In your
precious name, I pray.
AMEN

FOOTBALL PRACTICE DAILY SCHEDULE

DATE: _____

PRE-PRACTICE: 10 MINUTES

POSITION	ACTIVITY	EQUIPMENT	CONTACT LEVEL
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DYNAMIC WARM-UP: 8 MINUTES - TACKLE CIRCUIT – 10 MINUTES

SPECIAL TEAM OR SPECIAL SITUATION: 5 MINUTES

WATER BREAK 5 MINUTES

INDIVIDUAL DEFENSIVE SESSION: 10 MINUTES

POSITION	ACTIVITY	EQUIPMENT	CONTACT LEVEL
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WATER BREAK 5 MINUTES

INDIVIDUAL OFFENSIVE SESSION: 10 MINUTES

POSITION	ACTIVITY	EQUIPMENT	CONTACT LEVEL
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WATER BREAK 5 MINUTES

GROUP SESSION: 15 MINUTES

CONTACT LEVEL

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WATER BREAK 5 MINUTES

TEAM SESSION: SITUATIONS: 20 -25 MINUTES

-

-

WARMDOWN STATIC STRETCH – NECK EXERCISES “ –10 SECONDS”



Hi Coach,

Below is information on USA Football's Youth Coach Course. The Cleveland Browns and University Hospitals have once again partnered with USA Football to cover the cost for the first 1,282 coaches in the Browns NFL market that use the promo code below when registering for the course.

Youth Coach Course

The [USA Football Youth Coach Course](#) is an online training for tackle and flag coaches covering essential health and safety topics - such as concussion awareness, abuse prevention, heat preparedness, emergency action planning, and sudden cardiac arrest - along with foundational coaching techniques, athlete development, and age-appropriate drills. Coaches taking the Course for the first time will complete Level 1 Flag or Tackle modules, while returning coaches will be automatically assigned to take Level 2 Flag or Tackle modules. Coaches must complete all modules to be considered trained and will then gain access to age-specific practice plans, playbooks, progression guides, and other resources. Coaches can access the course by following the steps below.

- **Step 1:** [Create](#) or [Login](#) to USA Football account
- **Step 2:** Associate with Organization
 - Located at the top of your dashboard, select [Organizations](#)
 - Review and update 'Your Organizations'
 - Unless already associated, under 'Find New Organizations', locate your organization
 - Next to the organization, select 'Associate'
- **Step 3:** Purchase Youth Coach Course
 - Go to [USA Football Courses](#)
 - Under "Youth Coach Course" click on "Learn More"
 - Click on "Buy Course"
 - Type in Promo Code
 - Promo Code: **BROWNS2026**
 - Click "Update Price"
 - Click "Confirm & Purchase"
 - You will be taken back to the Courses homepage, where you will select "Claim Course" under Youth Coach Course-Tackle or Youth Coach Course-Flag (whichever you plan to complete)
 - Start Coursework

If coaches have any questions, they can contact support@usafootball.com.

Thanks, and best of luck this season!

CLOSING PRAYER

THE PRAYER FOR GENEROSITY



Lord Jesus, teach me to be generous.
Teach me to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to seek reward,
except that of knowing that I do your will.

Amen

St. Ignatius