



Hello Coaches!

I commend you as leaders on your decision to embark on a venture of education, discipline, and motivation of today's youth towards a successful future. In my many years as an NFL athlete and coach, I have gained the knowledge and necessary insight into effective teaching strategies essential to coaching youth football and I look forward to sharing my experiences with you.

Your primary mission as a youth football coach is to assist young athletes in their journey towards development of their physical and competitive capabilities. Your commitment to their future includes guiding them to a greater sense of mental preparedness, social and character development, and builds upon a keen understanding of what is expected of them as aspiring athletes. Ultimately, the goal of any coach and mentor should be to help these same athletes establish a strong foundation for success both on and off the field.

Please review the following football positional training modules and select the appropriate categories for developing your coaching program.

Stephen Braggs