



FOR YOU. FOR THE GAME. WHAT WE DO

You coach, you organize, you play – you give your time to football. As the sport's National Governing Body, we're here to help you make the most of it. Check out what we've been working on to lead, strengthen and grow the game.



FOR PARENTS

Finding the football offerings and youth league for your child isn't easy.

Our National Team program and community Blitz events help athletes grow and develop.

We can also help you find the right league - not just the closest one. Visit usafootball.com to find all of these programs.



FOR LEAGUE LEADERS

Running a youth league is hard and often thankless work. You have a lot on your plate because you do it all for the game.

We're here to help with grants, recognition, resources and education. Support starts with enrollment, visit usafootball.com/enroll to learn more.



FOR COACHES

Coaching young athletes can feel like a full-time job, and expectations couldn't be higher.

We're here with training and tools to help you get the most out of your team and yourself, so step up to the standard and get certified. Visit usafootball.com/certification to learn more.



FOR YOUNG ATHLETES

In 2020, we introduced the Football Development Model.

It's designed to make the game safer by reducing contact and teaching in a way that meets an athlete where they are in their development.

The model helps youth coaches teach athletes based on their age, the skill they are learning and the way they play. Visit usafootball.com/fdm to learn more.



FOR HIGH PERFORMING ATHLETES

You want to become your best. We're here to help you level up on-and-off the field.

The High Performance Pathway and National Team Program helps adult and youth flag and tackle players develop and compete.

Those that prove they've earned a place among the best represent our country versus the world. Visit usafootball.com/highperformance to learn about the pathways and their events.