



**2016 KYF® HEADS UP FOOTBALL® COACHES CLINIC
July 16, 2016 – Seven Lakes High School - LGI**

<u>Time</u>	<u>Agenda Item</u>	<u>Owner</u>
8:30 AM	Check In (Main Entrance)	ALL
9:00 AM	Welcome (LGI)	Anthony Biello KYF® President
9:05 AM	Video (Main Commons) Introduction\Need for Program Your Role as a Head Coach	KYF® PSCs
9:15: – 9:45 AM	Concussion Awareness, Recognition & Response Question\Answer Session A. Definition B. Causes C. Signs and Symptoms D. Removal from play E. Return to play	Dr. Ken Podell Co-Director Methodist Concussion Center
10:00 –10:30 AM	Heat Preparedness & Hydration Acclimatizing Athletes Signs & treatment of heat illness Emergency Action & Onsite Cooling	KYF® PSCs
10:30 –10:50 AM	Sudden Cardiac Arrest Question\Answer Session	KYF® PSCs
11:00 –11:20 AM	Proper Equipment Fitting Question\Answer Session	KYF® PSCs
11:20 –12:00 PM	Heads Up Tackling/Blocking (Curriculum) A. Terminology B. Psychology Of Building Confidence C. Levels of Contact - Video D. Tackle Progression E. Tackle Drills F. Tackle Circuit G. Heads Up Blocking	KYF® PSCs
12:00 PM –1:00 PM	Heads Up Tackling/Blocking Drills (Interactive Drills) MRHS Competition Football Field	KYF® PSCs
1:00 PM	Conclude	