

This guide was written to help the coaches of youth football that have a hard time stopping their opponents power running game. In order to succeed, a strong football defense will be required. You need a strong, yet simple defense that you kids can understand. This is youth football so we need to make sure we teach a proper level youth football defense and not some high-school level system. Everyone who has coached youth football knows that most teams try to run some kind of a power running game and this guide will show you how to slow it down. Slowing down the running will become a primary objective if you wish to have success. It doesn't matter if you are coaching 5 year olds, 14 year olds, house league or Pop Warner since every one of these levels needs to keep the other team from scoring. Most teams run the ball, especially the really young age groups so you need to be prepared. Coaching youth football is a daunting task and we want to help you succeed. Having a strong youth football defense is a great start. Our guide will give you the simple basics you need to teach your players. We will tell you where to line up against your opponent and what techniques they should use.

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