

PPP SAFE CONTACT CLINIC PLANS - OVERVIEW

Dear Coach,

GET YOUR TIME BACK!

Welcome to the **Safe Contact Clinic**—a professionally structured, three-day program designed to help coaches deliver consistent, safe, and effective contact training for youth football athletes.

Whether you're running flag or tackle programs, our goal is to support you in teaching critical contact fundamentals in a controlled, age-appropriate, and safety-first environment.

⚠ Risk Management & Legal Notice

Let's be clear: **we are not inventing new contact methods**. This clinic is built upon the certified coaching principles developed and promoted by recognized governing bodies—**specifically Football Canada's Safe Contact framework** (as of 2025).

What you'll find here is not a replacement for certification or formal training. Rather, it is an **organizational tool**—a system to help coaches confidently deliver approved instruction to players in a structured and efficient manner.

DISCLAIMER

This clinic guide is not a substitute for any official contact certification program. All coaches implementing this clinic are strongly advised to complete the relevant **Safe Contact certification (or equivalent)** offered by their provincial or national sport organization.

SJS Method and PracticePlanPro make **no warranties, express or implied**, regarding safety outcomes or compliance with local or national sport regulations. The materials provided are for **instructional support and organizational use only**. Coaches remain solely responsible for verifying and maintaining their own compliance with regulatory standards.

Use of the guide constitutes acceptance of these terms.

About the Clinic

The Safe Contact Clinic is designed to run over **three sessions** of approximately **2 hours each**, for a total of **6 hours** of on-field instruction. Each day builds progressively, covering foundational movement, contact positioning, tackling technique, blocking mechanics, and ball security.

This program works with for youth football players ages 5-17, and offers minute-by-minute practice plans for two streams: **flag** and **tackle**.

It is a **proven method to save coaches time**, reduce inconsistencies in how contact is taught across teams, and provide a **head start on Football Canada's expectations** for properly teaching safe contact.

Equipment Recommendations

To run this clinic as designed, we recommend the following equipment:

- **Hand Shields** (10+ preferred)
- **Step-over / Agility Bags**
- **Cones or Pylons**
- **Youth-sized Footballs**
- **Tackle Dummies or Rings**

That said, **we understand the realities of field coaching**. Each drill includes **adaptations and workarounds** in case of limited gear—whether that means substituting cones for bags or running partner drills instead of using shields.

This clinic was developed with real-world practicality in mind.

Note that no player equipment is necessary, as these are **foundational** safe contact drills intended to build a baseline for in-pad contact later throughout the season.

Why Use This Clinic?

- Save **hours of planning**
- Ensure **consistent coaching language** across your team or club
- Help **new coaches teach confidently**
- Focus on **safe, progressive instruction**

- Build a foundation before full gear or live contact begins
- Get **aligned with Football Canada's safe contact expectations** early

This clinic isn't just about drills—it's about giving coaches a **turnkey solution** to deliver safe contact training that aligns with the sport's best practices. For clubs with multiple teams or limited coaching resources, it's a game-changer.

The Safe Contact Clinic Plan Will Save You Time!

This welcome document is offered **free of charge** to help you evaluate whether our clinic model is right for your program. If it is, the full downloadable clinic plan includes:

- Detailed schedule overview
- Full drill descriptions with coaching tips for each practice session
- Station leader scripts
- Integrated flag and tackle variations
- Clean, printable **PDF format**


Stop cobbling together plans on your own. Stop guessing at how much time you should spend on each section. **Get your time back**—and ensure every athlete learns safe contact the right way so that we can grow the game of football!

Thank you for your commitment to player development and safety.

Let's build better football, together.

— **The SJS Method Team**

 Download the Full Plan at PracticePlanPro.com ***beginning August 1, 2025***

 Questions? Contact us at coachsteven@sjsmethod.com
