

SHOULDER TACKLING DRILLS

FUNDAMENTAL DRILLS

1. Breakdown
2. Swoop
3. Near Foot
4. Uppercuts
5. Shoot

LEVERAGE DRILLS

1. Near Foot, Near Shoulder
2. Near Hip
3. Run and Gather
4. Two Man Leverage
5. Two Man Rabbit

FORM TACKLE

1. Pop Up Tackle
2. Tight Angle Tackle
3. Angle Tackle
4. Sprint Form

THIGH AND DRIVE TACKLE

1. Kneeling Drive
2. Standing Drive
3. Two Step Drive
4. Running Drive

THIGH AND ROLL TACKLE

1. Kneeling Roll
2. Standing Roll
3. Two Step Roll
4. Running Roll

TACKLE CIRCUIT



Integrate this period into your Practice Plan

- ➔ Proper tackling is the most important all-player skill you will teach your players
- ➔ Dedicating a separate period to developing this skill conveys its importance
- ➔ Tackle circuits can be conducted using contact and non-contact drills

BASICS

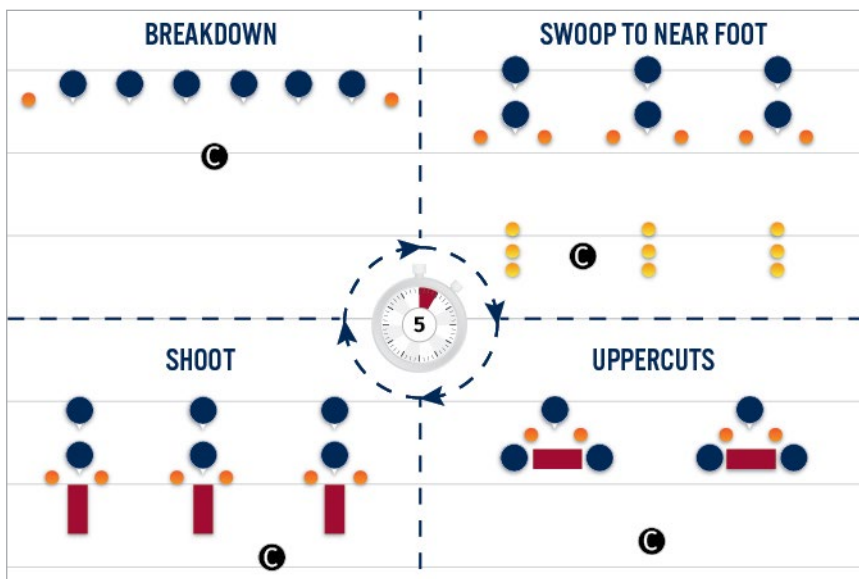
10-20 minutes every practice

Multiple stations

- Maximize number of reps
- Small groups = individual attention
- At least one coach per station

Change levels of contact

- Air, Bags, Control, Thud
- Keep athletes on their feet



TACKLE CIRCUIT

PROGRAMMING

EARLY TO PRESEASON

- Install circuit to create good habits
- Acclimate using different levels of contact
- Follow a linear skill progression
- Create energy and make it fun

IN-SEASON

- Different drills at each station
- Focus on multiple skills per session
- In-week contact guidelines
- Seasonal control of contact

TROUBLESHOOTING

- Why players/teams miss tackles?
- Circuit drills as the “fix”
 - Use drill that teaches that fundamental
 - Part-to-whole

