



# HAWKS TACKLING

As a compliment to our “Heads Up Tackling” approach, we will once again be teaching a Rugby style tackle advocated by Seattle Seahawks head coach, Pete Carroll which he calls “Hawks Tackling.” The Rugby tackle has NEVER included the head, and they play without helmets and facemasks...the key is to **1) Use the shoulder** and **2) Keep the head outside the tackle.**

## **What is it?**

SHOULDER tackling based on the Rugby tackle, with emphasis to take the head out of the tackle. We are a LEVERAGE BASED, SHOULDER TACKLING football program.

See it Online at: <https://www.youtube.com/watch?v=7HihjPApzCg> or Google “Pete Carroll Hawks Tackling”

# TRACKING



## TRACKING:

- Closing the distance with the ball carrier, while maintaining leverage.
- **Tackler's Key:** Eyes on the near hip of the ball carrier; players maintain good tackling posture with shoulders square to the ball carrier, with eyes locked on the ball carrier's near hip.
- **Drill:** "Run & Gather".



# BASIC HAWKS TACKLE



**SHOULDER Tackle** with contact point on the **THIGHS**, with the **Head OUTSIDE** or **BEHIND (NOT ACROSS)** the body.

## Coaching Points:

- EYES THRU THE THIGHS
- **NEAR FOOT to ball carrier**
- WRAP & SQUEEZE (squeeze the thighs through your chest)
- DRIVE FOR 5 (think “take 5 power steps after I wrap him up”)

**Recap:** 1) TRACK the NEAR HIP 2) close with NEAR FOOT to ball carrier 3) WRAP & SQUEEZE the THIGHS 4) DRIVE FOR 5



## DRILLS:

- From KNEES or 2 POINT Stance
- “Diamond” Drill (*Left*)

# HAWKS **ROLL** TACKLE

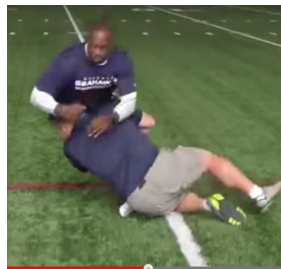


**Basic HAWKS SHOULDER Tackle** on the **THIGHS**, with the **head OUTSIDE (NOT ACROSS)** the body, which **FINISHES** with the ball carrier being **WRAPPED UP** and **ROLLED TO THE GROUND**.

## Coaching Points:

- EYES THRU THE THIGHS
- WRAP & SQUEEZE (squeeze the thighs through your chest)
- ROLL!

**Recap:** 1) TRACK the NEAR HIP 2) TACKLE the THIGHS 3) ROLL!



## DRILLS:

- From KNEES or 2 POINT stance (top left)
- “Diamond” Drill (bottom left)
- Live Track & Tackle vs. moving bag (above)

# HAWKS LIFT TACKLE



**Basic HAWKS SHOULDER tackle on the THIGHS, with the head OUTSIDE (NOT ACROSS) the body, which FINISHES with the ball carrier's OPPOSITE LEG BEING 'HOOKED' AND LIFTED UP** (for example, if you are using your *LEFT SHOULDER* to tackle, *LIFT* with you *RIGHT ARM*. Lift him right off the ground.)

## Coaching Points:

- EYES THRU THE THIGHS
- WRAP & SQUEEZE (squeeze the thighs through your chest)
- HOOK the "opposite" leg with your Off hand
- LIFT THAT "OPPOSITE" LEG
- DRIVE FOR 5

**Recap:** 1) TRACK the NEAR HIP 2) TACKLE the THIGHS 3) HOOK! 4) LIFT!



## DRILL:

- Standing Dummy
- ½ rounds behind "ball carrier" to fall on



# HAWKS PROFILE TACKLE



Basic HAWK SHOULDER tackle which makes SHOULDER contact with the NEAR JERSEY NUMBER of the ball carrier, with the head OUTSIDE (NOT ACROSS) the body.

## Coaching Points:

- ATTACK THE NEAR JERSEY NUMBER OF THE BALL CARRIER
- WRAP & SQUEEZE
- DRIVE FOR 5 (STEPS)

**Recap:** 1) TRACK the NEAR HIP 2) HIT THE NEAR NUMBER WITH YOUR SHOULDER 3) WRAP 4) DRIVE FOR 5!

## DRILLS:

- Our “Fire In The Hole” drill
- “Diamond” Drill with Shield (or live) (bottom)



# HAWKS COMPRESSION TACKLING



2 or more tacklers converging on the ball carrier, with each focusing on the NEAR HIP (Hawks Tackle) or NEAR JERSEY NUMBER (Profile Tackle).

## Coaching Points:

- EACH PLAYER ATTACKS THE JERSEY NUMBER OR HIP NEAREST TO THEM
- WRAP & SQUEEZE
- DRIVE FOR 5 (STEPS)

**NOTE:** ANY TACKLER AFTER THE 1ST ONE CAN ATTACK THE FOOTBALL LIKE A SHARK EATING BAIT AND RIP IT OUT, STRIP IT, PUNCH IT, JAM IT...GET THE BALL!

## DRILLS:

- SQUARE DRILL – Many Variations



# KNOW THE STRIKE ZONE



When tackling a defenseless player, always aim to hit him with **YOUR SHOULDER** between **HIS SHOULDERS** and **ABOVE HIS KNEES**; be sure to keep your **HEAD OUTSIDE** and **NOT ACROSS!**

**THE “PROFILE TACKLE”** will **ALWAYS** be a **CLEAN HIT**, **WITHIN THE “STRIKE ZONE”**

## Coaching Points:

- Just like a baseball “Strike Zone” – Knees to Armpits

