

TACKLE PROGRESSION

BREAKDOWN



BUZZ



HIT POSITION



SHOOT



RIP





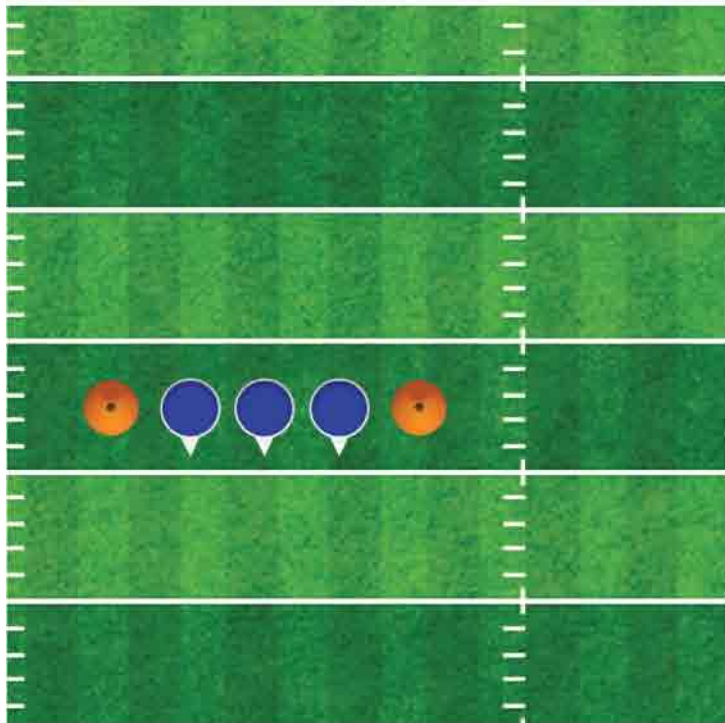
BREAKDOWN

- Knees bent, feet shoulder-width apart, upper body in a 45-degree lean, chin up and over toes
- Weight on balls of feet (not toes)
- Players gather themselves in a breakdown position when “buzzing” the feet

Teaching progression: FEET → SQUEEZE → SINK → HANDS



BREAKDOWN POSITION



Key Points:

Type: Fundamental

- a) Knees bent, feet shoulder-width apart, upper body in a 45-degree forward lean, chin up and over the toes and weight on the balls of your feet (not your toes).
- b) Players must be able to re-gather themselves in a Breakdown Position when buzzing feet.
- c) Teach Progression:
Feet → Squeeze → Sink → Hands



Notes

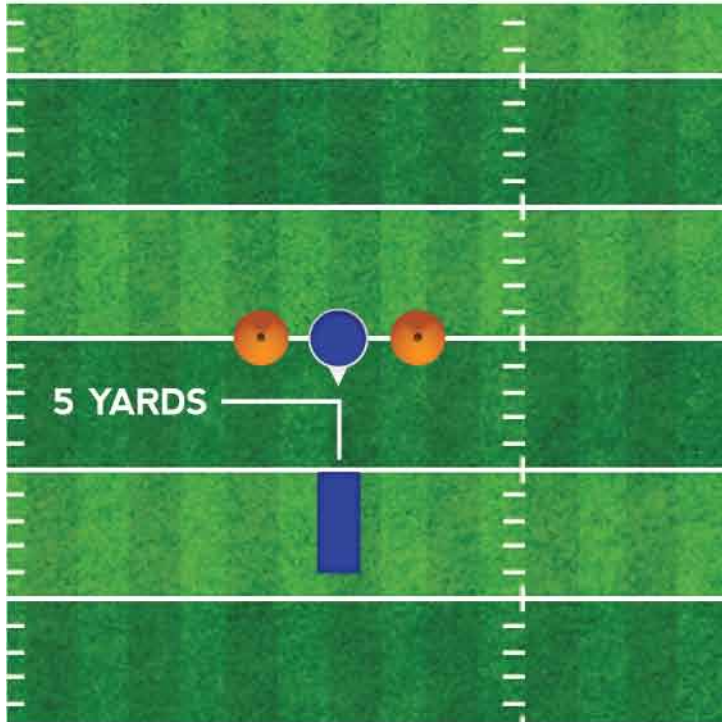
BUZZ

- Quick, choppy, heel-to-toe steps to bring the body under control while continuing to gain ground
- Once within “striking distance” of ball-carrier, buzz feet to widen base and sink the hips
- Keep original 45-degree lean





BUZZ



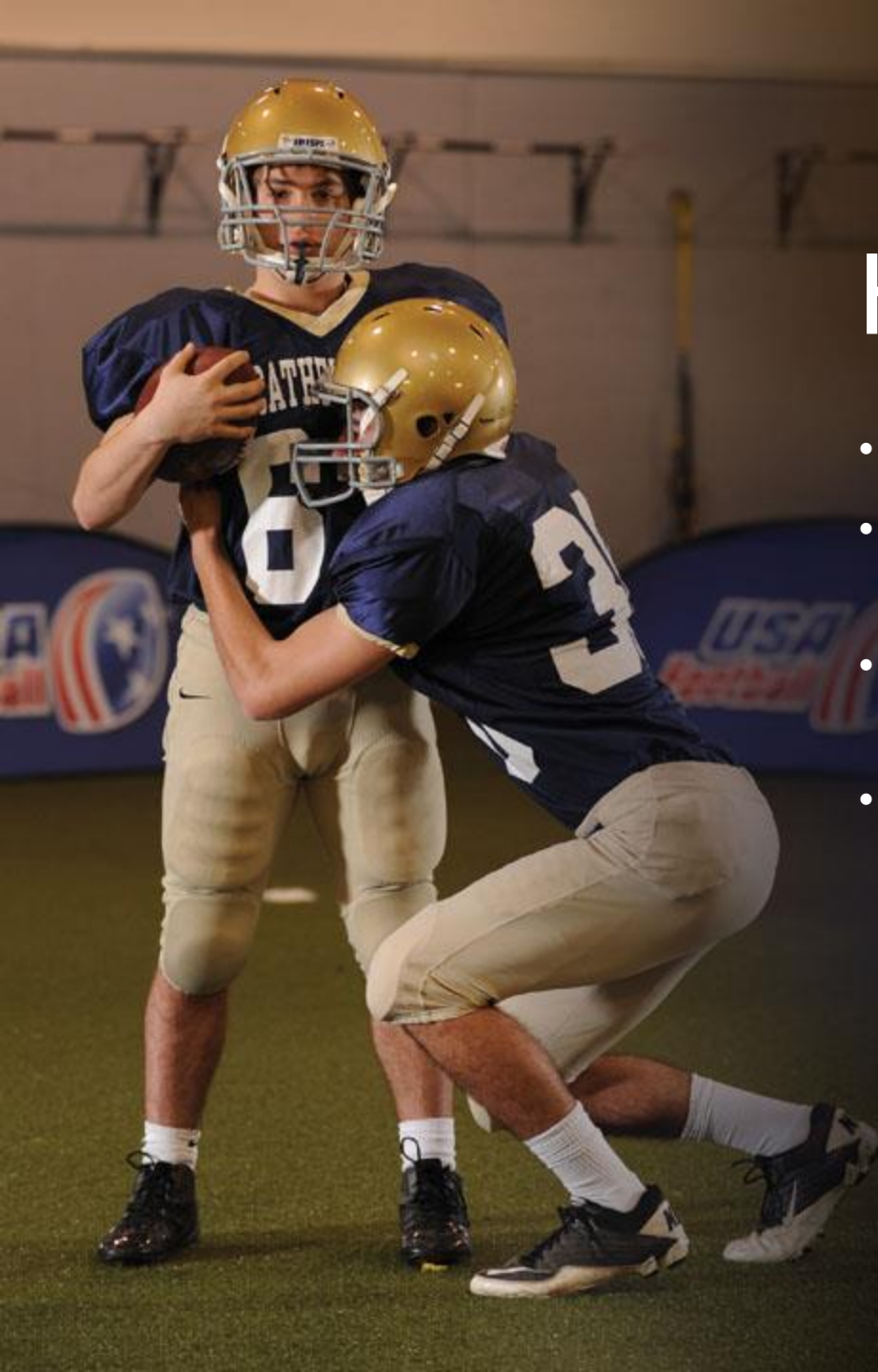
Key Points:

Type: Fundamental

- a) Taking quick, choppy, heel-to-toe steps to bring the body under control while continuing to gain ground toward the ball-carrier.
- b) Once the defender is within “striking distance” of the ball-carrier, the defender buzzes his feet while widening his base and sinking his hips.



Notes

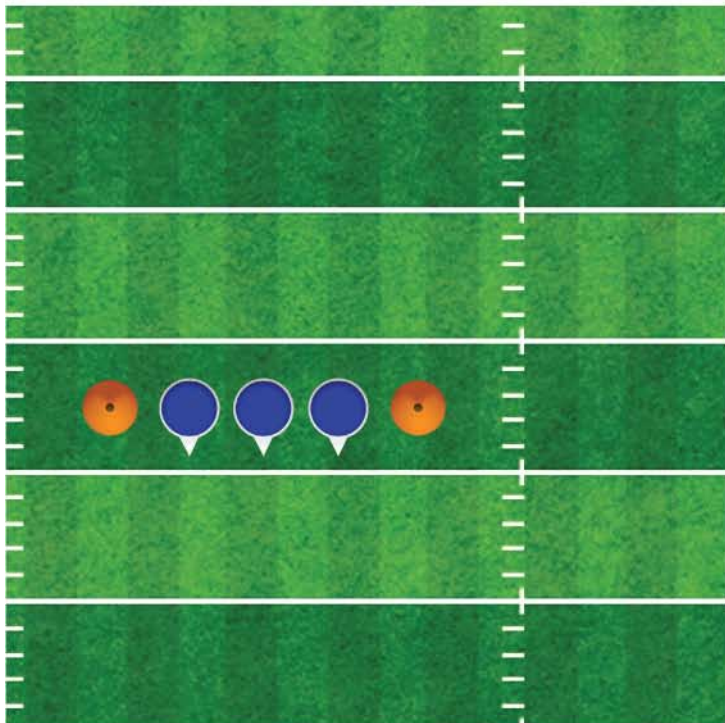


HIT POSITION

- Body position at moment of impact
- After closing to the ball-carrier, take a short downhill power step
- Have a bend in both knees, with back foot directly under your hips
- Head and eyes up, shoulders square to contact



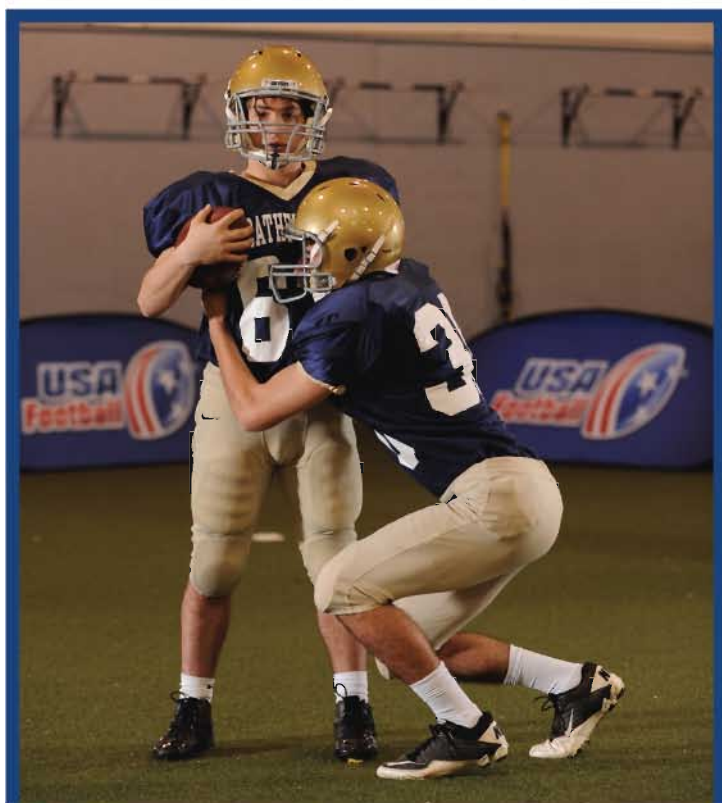
HIT POSITION



Key Points:

Type: Fundamental

- a) After closing to the ball-carrier, take a short downhill power step.
- b) Have a bend in both knees. With your back foot directly under your hips.
- c) Head and eyes up, shoulders square to contact.

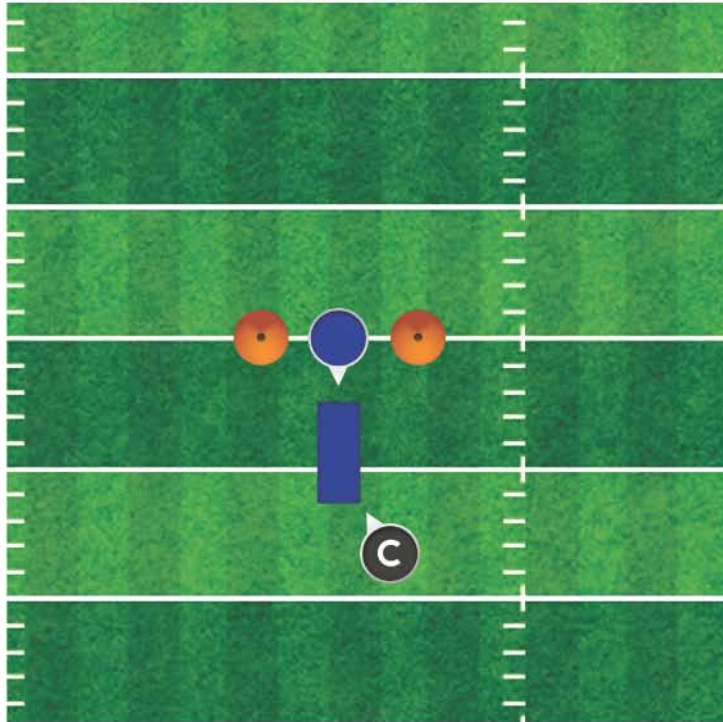


Notes

SHOOT

- Forcefully explode hips open and upward
- Use large muscle groups of lower body to produce a powerful tackle
- To finish, continue to the drive legs while working up and through opponent





Key Points:

Type: Fundamental

- a) Forcefully explode your hips open and upward.
- b) Using the larger muscle groups of the lower body produces a powerful tackle.
- c) To finish the tackle, continue to drive your legs while working up and through opponent.

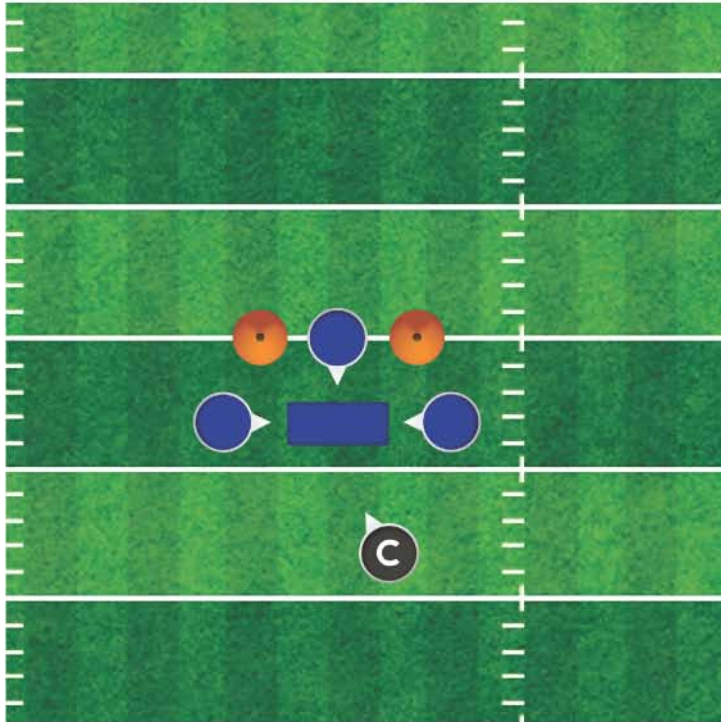


Notes



RIP

- Upper body movement to secure the tackle
- “Punch” both arms in an uppercut motion to backside of ball-carrier
- Work up and through, not around; “climb” the ball-carrier
- Secure tackle by “grabbing cloth” at back of ball-carrier’s jersey with elbows tight to his sides



Key Points:

Type: Fundamental

- Upper body movement to secure tackle.
- Forcefully swing both arms in an upper-cut motion; "Thumbs up and elbows down."
- After the Rip, secure the tackle by "grabbing cloth" (the back of the ball-carrier's jersey), you should have your elbows tight to ball-carrier's sides.

Notes



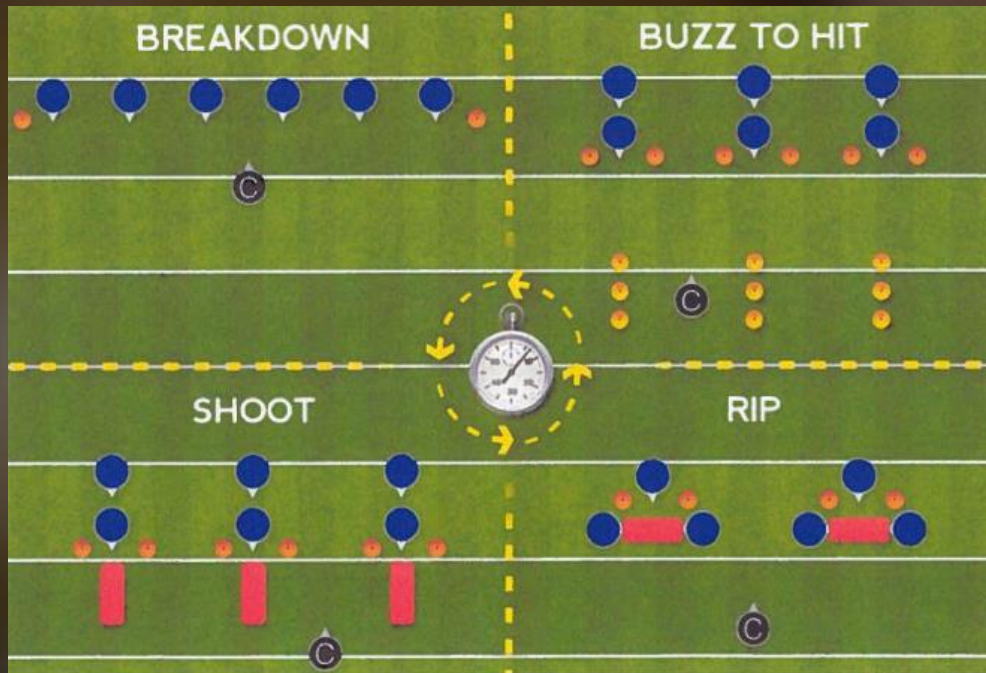
Tackle Circuit

Integrate this period into your practice plan

- Tackling is the most important all-player skill
- Separate period conveys its importance
- Teams who tackle well are competitive

- Basics
 - 10-20 minutes **EVERY PRACTICE**
 - Multiple stations
 - Maximize # of reps
 - Small Groups
 - Individual attention
 - One coach per station
 - Change levels of contact
 - Air, Bags, Control, Thud
 - Keep players on their feet

TACKLE CIRCUIT PROGRAMMING



EARLY SEASON

- Follow skill progression
- Same skill all stations
- Instill circuit to create habit
- Acclimate using Levels of Contact

IN-SEASON

- Different drills at each station
- Focus on more skills per session
- In-week progression
- Seasonal volume
- Levels of contact

TROUBLESHOOTING

- Circuit drills as the “fix”
- Why players/teams miss tackles?
- Correlate drill responsible for THAT fundamental

HEADS UP FOOTBALL DRILLS

PUTTING IT ALL TOGETHER

- ① Step-Over Tackle
- ② Pop-Up Tackle

BASICS

- ① Straight-On Tackle
- ② Angle Tackle
- ③ Lane Tackle
- ④ Open Field Tackle

INTRODUCTION TO CONTACT

- ① One Foot Tackle
- ② Freeze Tackle

FIX/FOCUS

- ① Leverage Tackle
- ② Three Rips
- ③ Grapple Tackle
- ④ Finish Tackle
- ⑤ Bag Series