SHOULDER TACKLING DRILLS

1. **BREAKDOWN**

   A. Knees bent, feet shoulder-width apart, upper body in a 45-degree forward lean, chin up and weight on the balls of your feet (not your toes).

   B. Shoulders over knees, knees over toes.

   C. Able to move in any direction.

   D. Teach progression:
      Feet ➔ Squeeze ➔ Sink ➔ Hands

NOTES
2. SWOOP

A. Come to balance. Regain lower pad level.

B. Take quick, choppy steps to bring the body under control while continuing to gain ground toward the ball-carrier with the leverage foot forward.

C. Once the defender is within “striking distance” of the ball-carrier, the defender widens his base and sinks his hips.

NOTES
A After closing to the ball-carrier, the final step is a short downhill power step.

B Staggered stance with a bend in both knees. With your back foot directly under your hips.

C Head and eyes up, shoulders square to contact. Back flat, spine-in-line.

D Leverage foot up to declare “same foot, same shoulder” concept.

NOTES
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4 UPPER CUTS

A Upper body movement to secure tackle.

B Forcefully club both arms in an upper-cut motion: “Thumbs up and elbows down.”

C 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
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 opponents.