

# 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

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## 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

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## 3 [NEAR FOOT]

- 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 UPPERCUTS

- 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

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## 5 SHOOT

- 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.

## NOTES

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