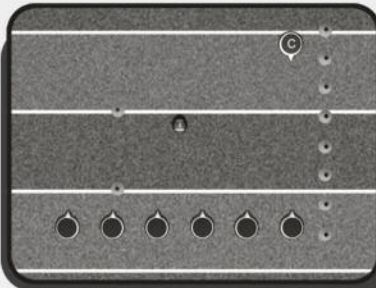
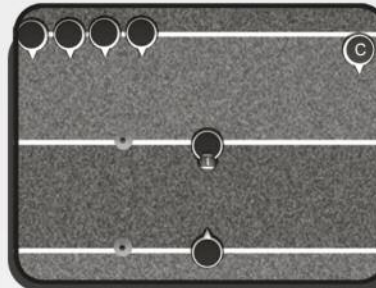


Angle Tackle



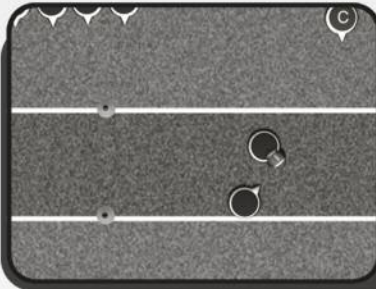
01 ★

Set up saucer cones to show where players start and where side-lines are located.



02 ★

Players form 1 line with first player as the ball carrier and next player as the tackler.



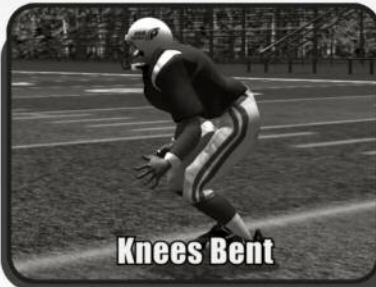
03 ★

Ball carrier moves at half speed toward designated sideline.



04 ★

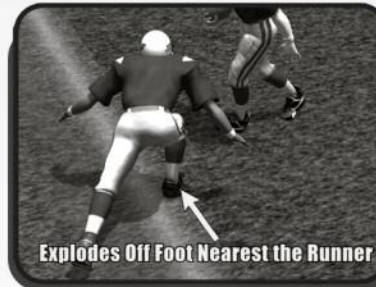
As tackler approaches, he takes smaller steps.



Knees Bent

05 ★

He spreads feet to shoulder width, bends his knees and keeps his back straight and head up.



Explodes Off Foot Nearest the Runner

06 ★

He explodes off foot nearest the runner and begins tackle by striking with same shoulder.



Drive Up and Through Runner

07 ★

At contact, the head slides to the front and then drives up and through runner.



08 ★

Drive with the legs, bringing runner to the ground.

Notes: