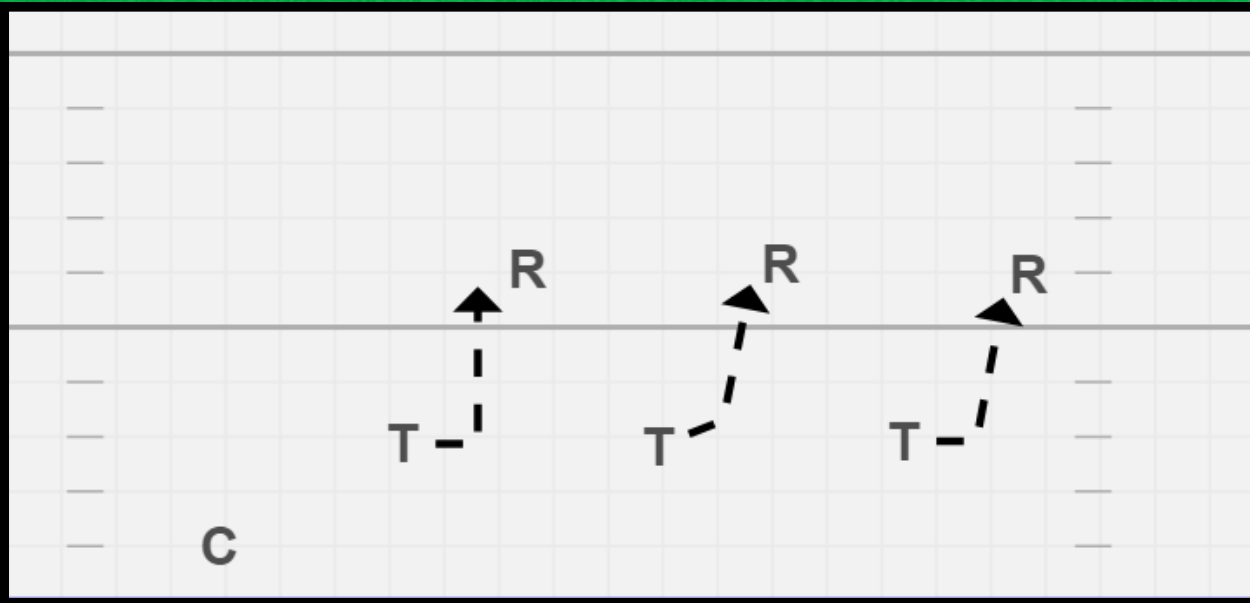


Tackling Drills



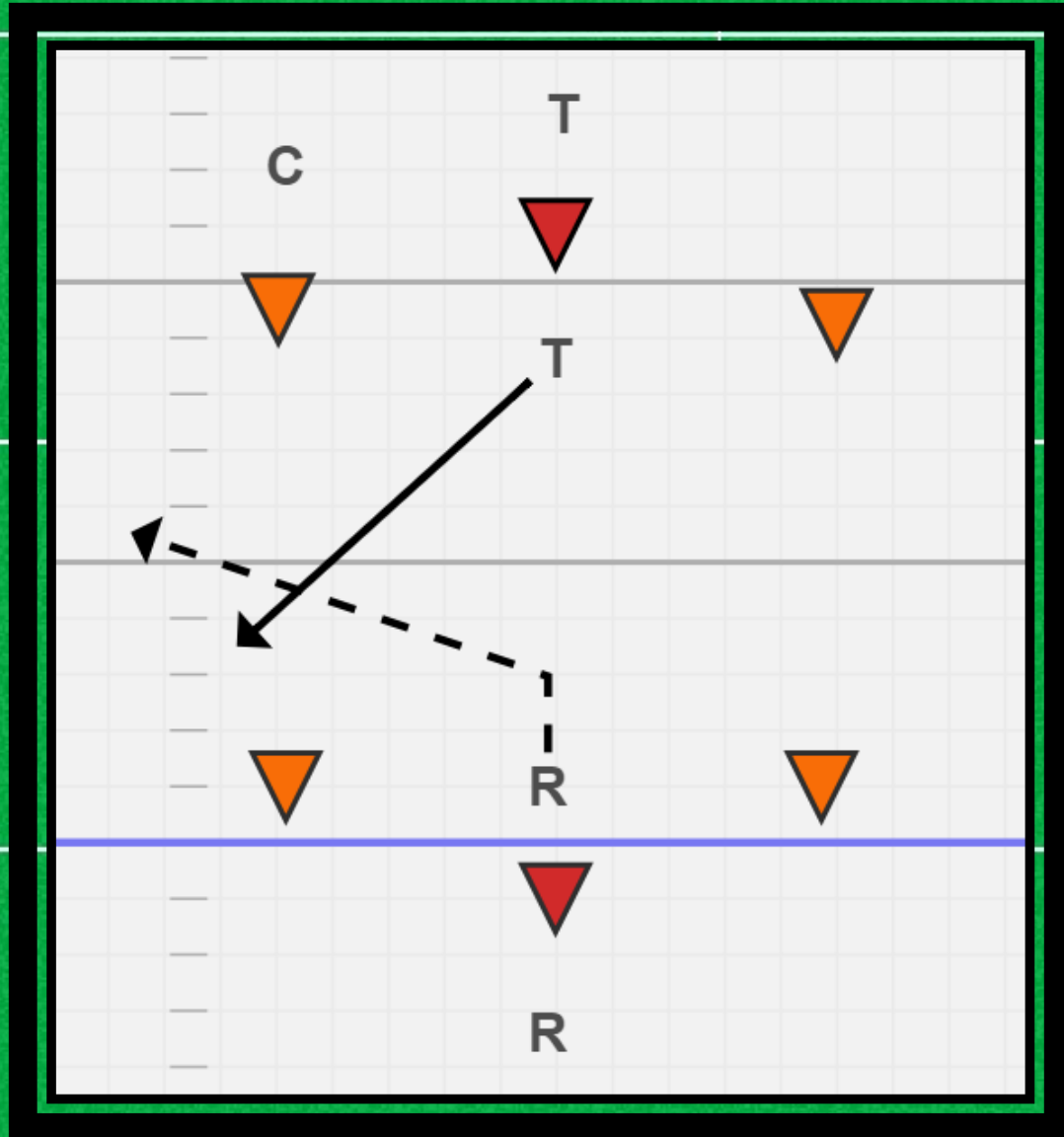
“QUICK CRAWL DRILL”

- “Tackler” will be on both knees with arms loaded
- “Runner” Will stand yard shaded to the right and 4 yards away from the “T”
- On your command, the “T” will crawl on his knees to the tackle position
- The “R” will allow the “T” to take him to the ground safely by collapsing with his momentum
- Best if done 1 pair at a time

COACHING POINTS:

- Tackler must squeeze the air out of the legs of the Runner
- HEADS UP TACKLING – eyes never down
- Head behind the “R”

Tackling Drills



“TACKLE BOX”

- Two lines – a Runner and a Tackler
- Box set up in a 10 by 10 grid (can be smaller as needed)
- 2 cones set outside the box for a start point
- The “R” should hold a hand-shield BEHIND him while he runs
- Coach should stand on the side of the tacklers behind their line of sight
- Give the “R” a left or right signal
- On your command, the “R” will jog/run your direction
- The “T” must tackle the pad before the “R” exits the box

COACHING POINTS:

- Wrap the bag and squeeze the air out on tackle
- Head behind the bag – head and eyes up
- Drive for 5 – runner should take the bag at least 5 yards after contact

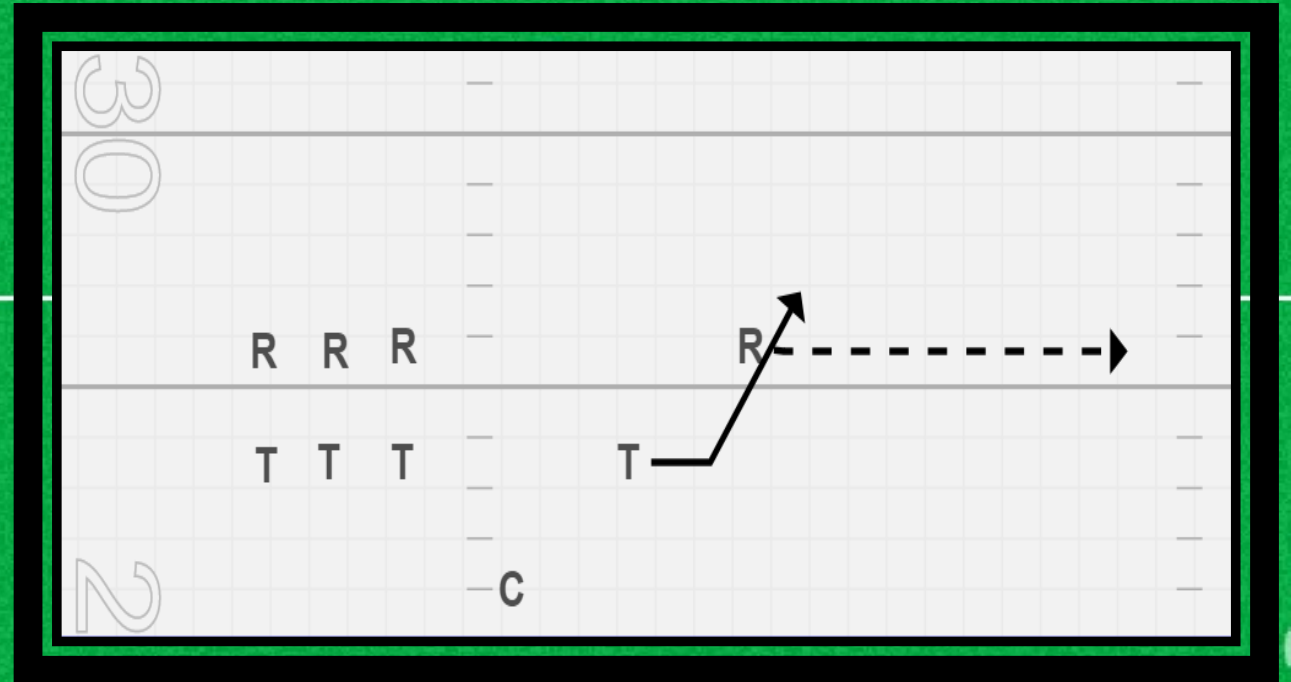
Tackling Drills

"GATOR ROLL"

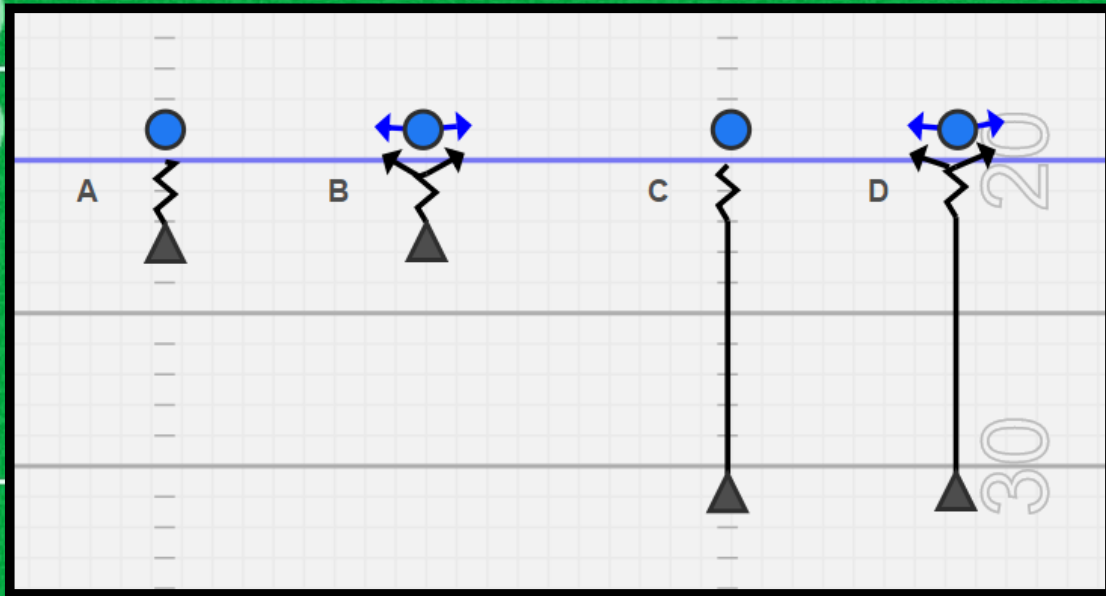
- Two lines – a Runner and a Tackler
- "R" starts 2 yds in front of "T" – "R" holds an agility pad upright behind him
- On your command, the "R" will run, dragging the pad
- The "T" must tackle and execute a gator roll on the pad

COACHING POINTS:

- Wrap the bag and squeeze the air out on tackle
 - Head behind the bag – head and eyes up
 - Roll with momentum – when running to the right, you should roll your left shoulder under
- *** Good to have 3 or more bags to keep drill moving***



Tackling Drills



“SHIMMY PROGRESSION”

A

- Start drill 2 yards in front of an offensive player standing still
- Feet shoulder width apart-chest & face up-straight back-pistols loaded
- Quick shimmy from loaded stance to belly button of offensive player (should finish with facemask on offensive players belly button)
- Stay in pistol loaded stance until released by coach.

B

- Same as A, but add in a movement by the Runner.

C

- Same as A, but now we are starting 10 yards away from offensive player directly in front of offensive player.
- We now add a 8 yard sprint before asking defensive player to break down into a pistols loaded stance-shimmy for 2 yards and end in a pistols loaded stance with facemask on the offensive players belly button.
- Key Teaching Point: Players should begin to come to balance to shimmy at 2 yards. Any sooner leaves too much space for offensive player to react-any closer puts defensive player out of position to make the tackle and typically lunge.

D

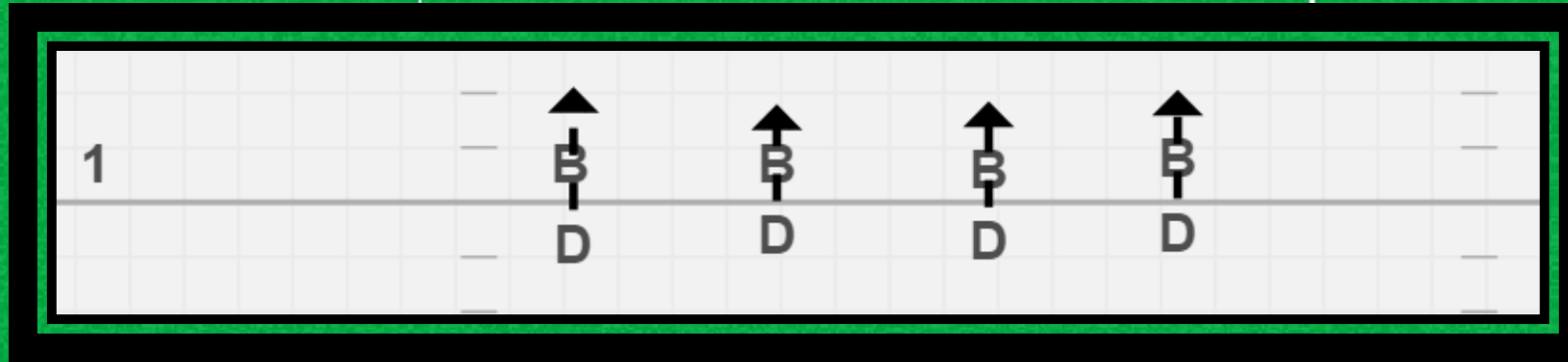
- Same as C, but add runner movement with a react

Block Destruction: Hand Fighting

HAND MOVEMENTS TO ESCAPE A BLOCK:

- RIP
 - Take inside arm and swing upwards to break the hold of the blocker
 - Step past the blocker with your feet
 - Over-emphasize the RIP in the drill
- CHOP
 - Take both arms and bring them down on the wrists of the blocker
 - Dip your shoulder and step past the blocker with your feet
 - CHOP down with violence. Players will often not do this movement hard enough
- PUSH-PULL
 - Works in tandem with the JAM movement
 - Get a hard JAM, followed by a hard pulling of the blocker past you
 - Step to where the blockers feet were before the PULL

Block Destruction Drills



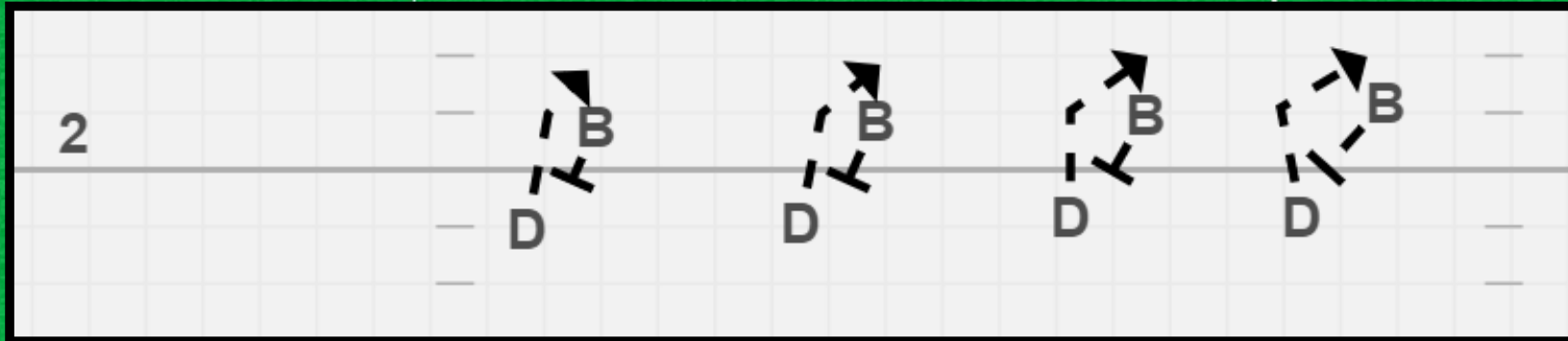
COACHING POINTS

- Defender should stay low. His eyes should be chest height with the blocker
- Wide feet – if their feet get narrow they can fall over
- Leaning- shoulders past toes = defender falling down
- Short, fast, choppy steps

“JAM & DRIVE”

- 2 lines – Defender and Blocker
- Players lock arms
- On your command, the Defender will execute a JAM and drive his blocker for 5 yds
- The blocker should give resistance to the Defender

Block Destruction Drills



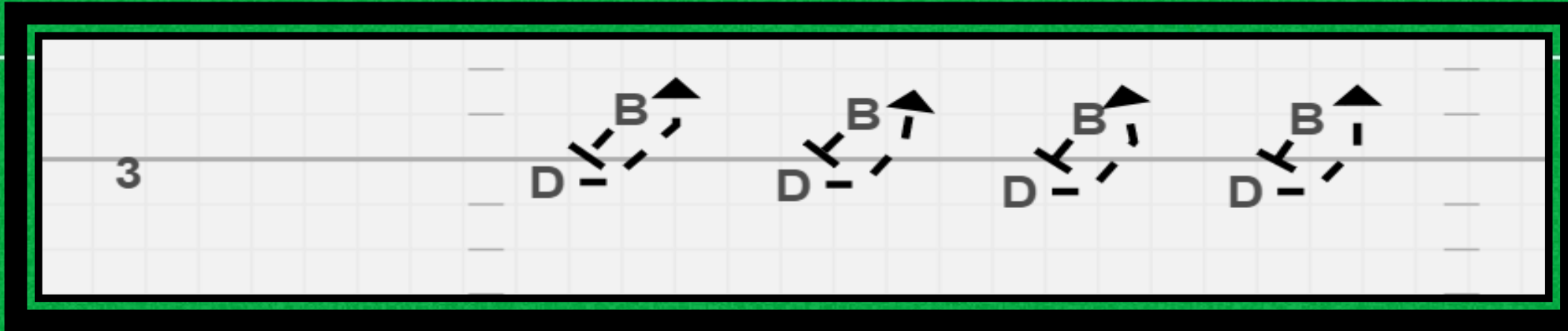
“IN FRONT OF THE BLOCK”

- 2 lines – Defender and Blocker
- Defender is shaded
- On your command, the Defender will execute a JAM
- Work a move to get by the blocker (Rip, Chop, Push-Pull)
- The blocker should give resistance to the Defender

COACHING POINTS

- Defender should stay low. His eyes should be chest height with the blocker
- Wide feet – if their feet get narrow they can fall over
- Leaning- shoulders past toes = defender falling down
- Short, fast, choppy steps
- Get square to the line of scrimmage at heel level of blocker

Block Destruction Drills



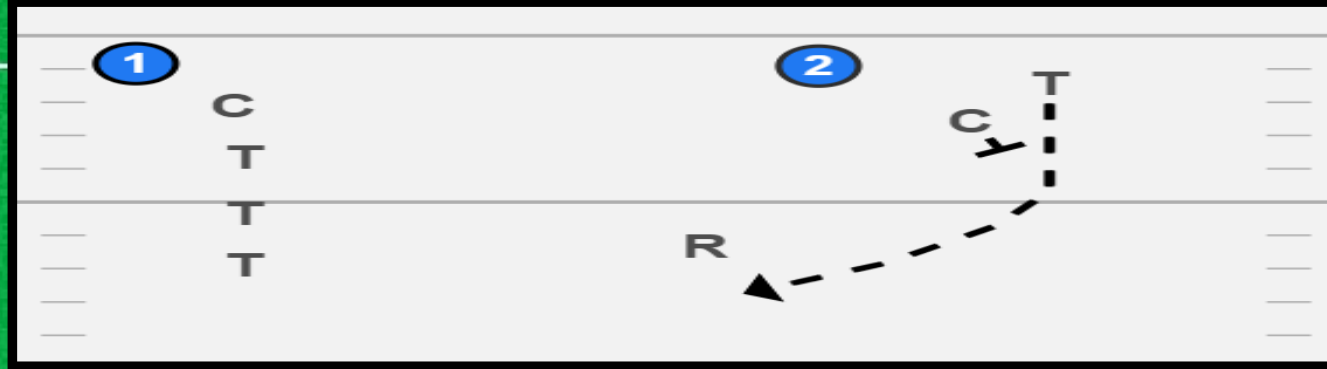
“BEHIND THE BLOCK”

- 2 lines – Defender and Blocker
- Defender is shaded behind the blocker (as if being ‘reached’ or ‘hooked’)
- On your command, the Defender will execute a JAM
- Defender should work across the blocker to get to the up field shoulder
- Work a move to get off the block (Rip, Chop, Push-Pull)
- The blocker should give resistance

COACHING POINTS

- Defender should stay low. His eyes should be chest height with the blocker
- Wide feet – if their feet get narrow they can fall over
- Leaning- shoulders past toes = defender falling down
- Short, fast, choppy steps
- Work hands across the body
- Coach 1 hand movement at a time (until mastery of the skill)

Block Destruction Drills



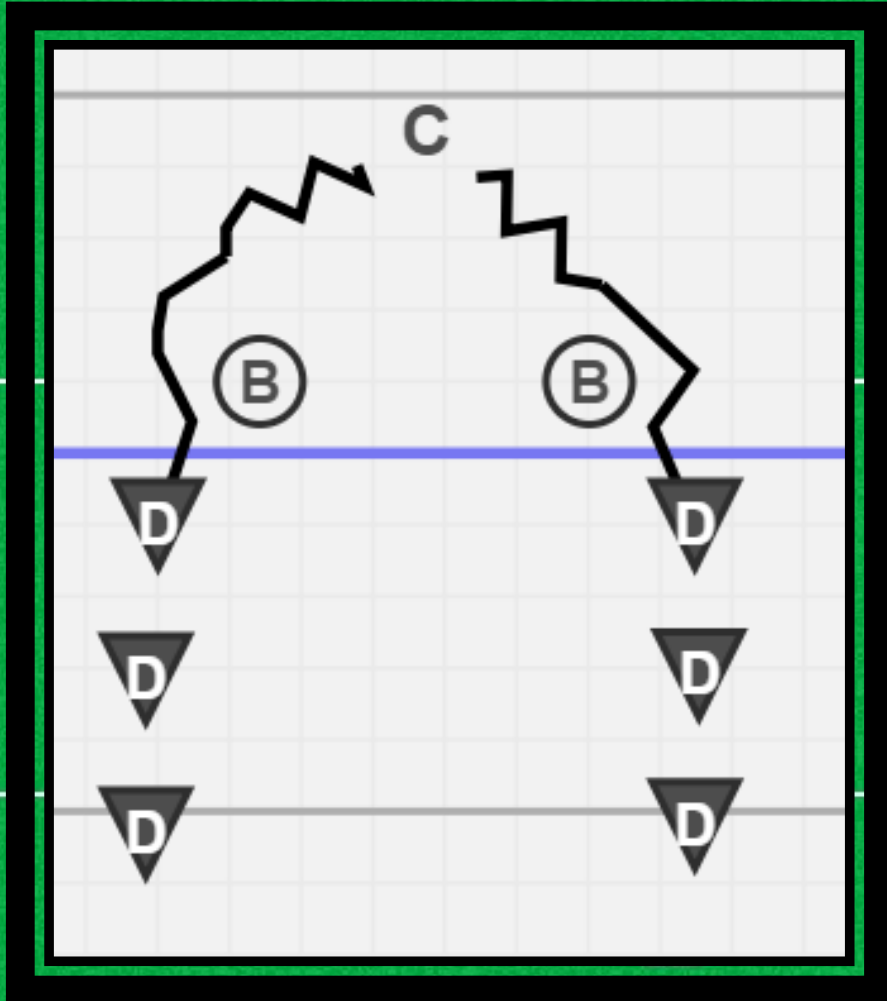
“KNIFE OR GUN”

- One line across from coach
- Working to stop keep hands off the Tackler
- Coach will either quickly move hand above his head (in an overhand chop motion) or put his hand out (as if going to pull a gun)
- With the nearest hand, the Tackler will either catch the coaches hand from above, or push his hand down from below

COACHING POINTS

- Work one movement at a time until mastery
- Players eyes should follow the hand they grab with
- Once they have mastered step one, move to step 2
 - Have a runner stand 5 yds away.
 - Player reacts to stop your hand, and then works across your block to tackle the Runner
 - Runner can simply be a player (or coach) holding a practice dummy

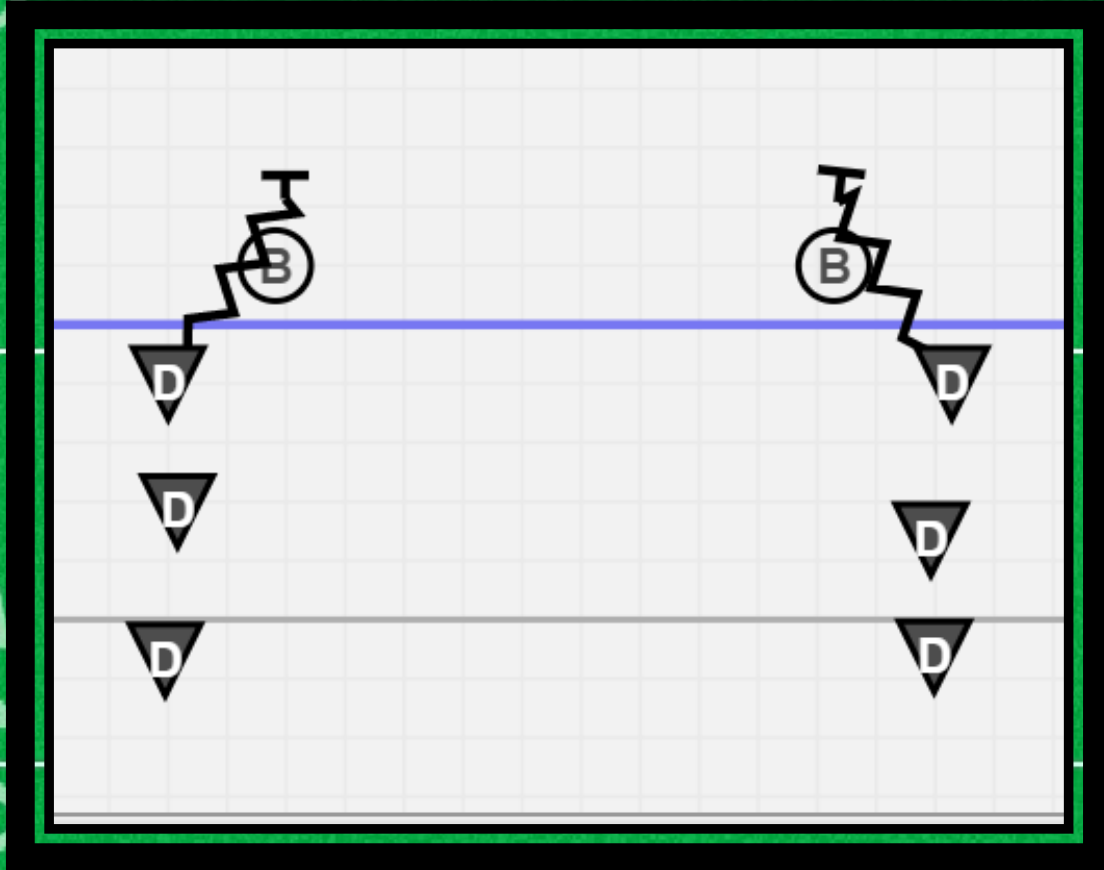
Block Destruction Drills



“PUSH – PULL DRILL”

- Two offensive players standing 2 yards apart facing the defensive players-Coach standing 5-7 yards behind and directly between offensive players.
- Defensive players align with inside shoulder on outside shoulder of offensive player in a square to the LOS stance.
- Defender jam extends with both hands to outside shoulder of offensive player in an attempt to turn them while grabbing jersey-aggressively pull the jersey to defensive players inside hip pocket while making a hard inside step past the offensive player.
- Defensive player then sprints with outside in force leverage on the coach-shimmy with loaded pistols at two yards-finish in a loaded stance with both defenders “cupping the coach”.

Block Destruction Drills

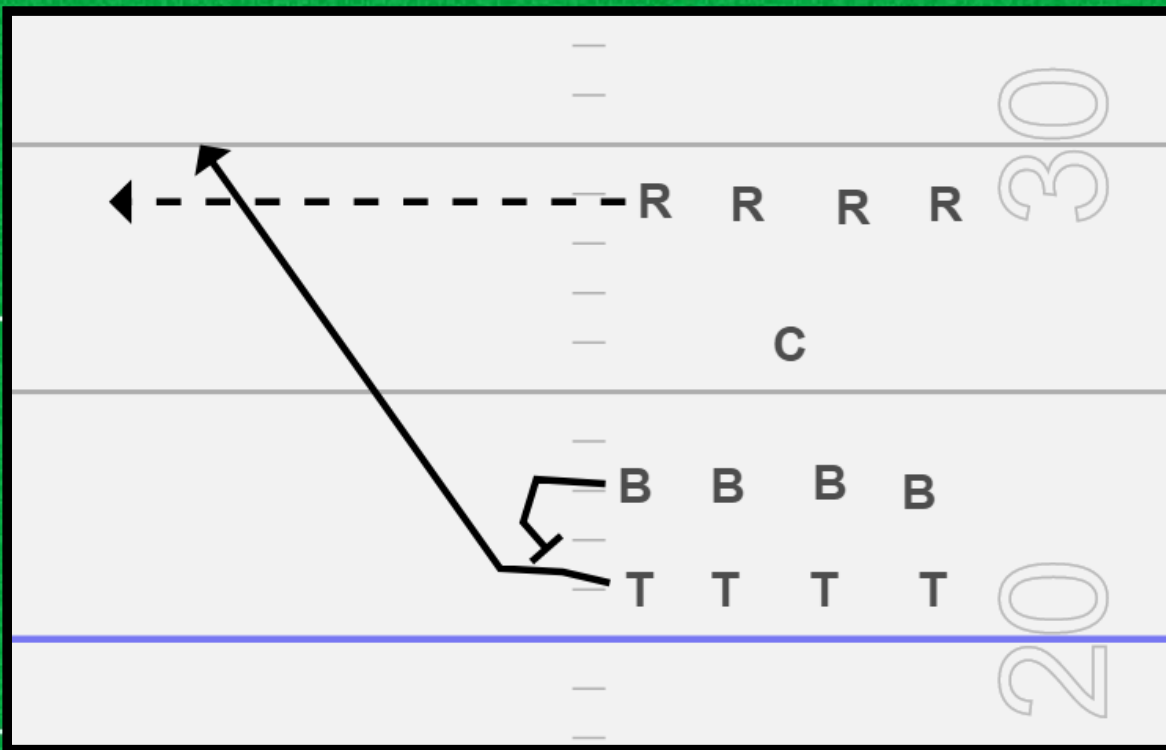


“THROW WATER DRILL”

- Two offensive player 5 yards apart facing the defensive players, but square to the LOS.
- Defensive players align 1 yard outside of offensive players in a sprinter's stance with their inside foot forward.
- On Coaches signal, defensive player will lead with inside shoulder to make aggressive contact with the outside half of the offensive player while simultaneously ripping through low with the inside arm forcefully and step sliding with the inside foot.
- Once completed, the defender should end butt to butt with the attempted blocker in a loaded stance.

Key Teaching Point: This drill is done to teach edge rushers to get in between attempting blockers and the ball as quick as possible without taking on the brunt of a full block. Hence the name “Throw Water to Stay Clean.”

Block Destruction & Tackling Drill



“BOWLING GREEN”

- 3 Lines – Runners, Blockers, Tacklers
- Coach stands between the “R” and “B” lines
- The Blockers and Tacklers lock before the drill – the Runners hold a hand shield behind them when running
- On your command:
 - The “R” will run in a straight line
 - The “T” will work a move off of the block of the “B”
 - The “T” must sprint to take a good angle to tackle the bag the R is running with

COACHING POINTS:

- Head behind tackle
- Head and Eyes up
- Drive for 5
- Work a move to get off of the blocks
 - Rip
 - Chop
 - Push/Pull
 - “Throw Water”