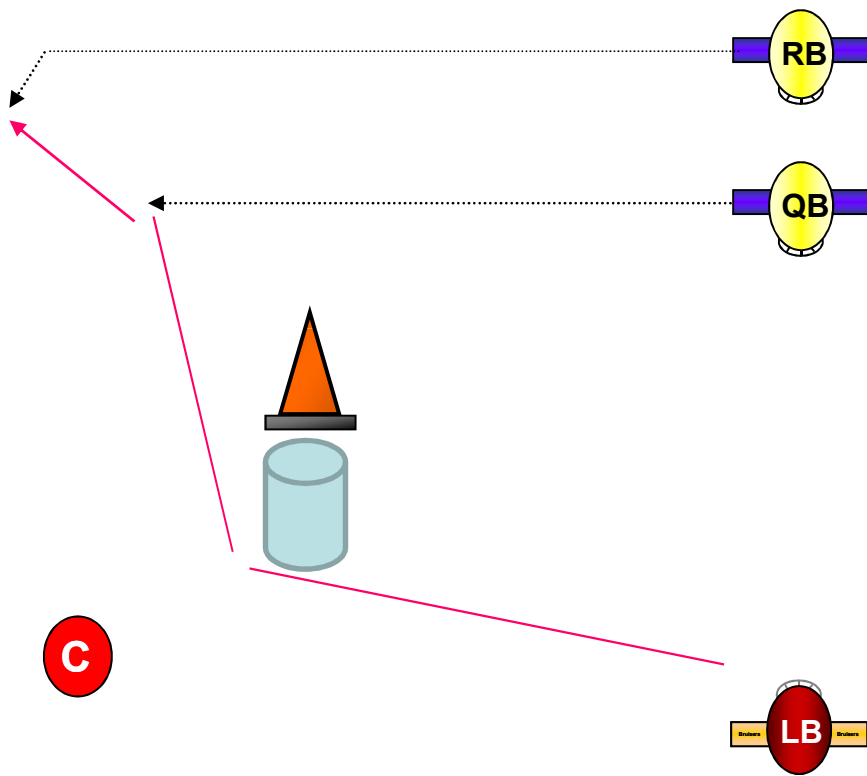


Tackling Drills

Perimeter Tackling Drill



Drill Instructions:

- Defender in two point stance horizontally
Attaches downhill towards ball carrier's outside

Coaching Points:

- Use speed progression (Walk Thru - Thump - Game Speed)
- Defender Attacks downhill with a good pursuit angle towards ball carrier.
- Defender must avoid the heavy bag or garbage can set up in position as blocker.
- Once block has been avoided, Defender must re-establish pursuit angle toward ball carrier.
- Once contact is made, Defender must wrap up keeping head up in proper place for an open field or angle tackle.
- This drill should be repeated to the left side as well.

Key Point

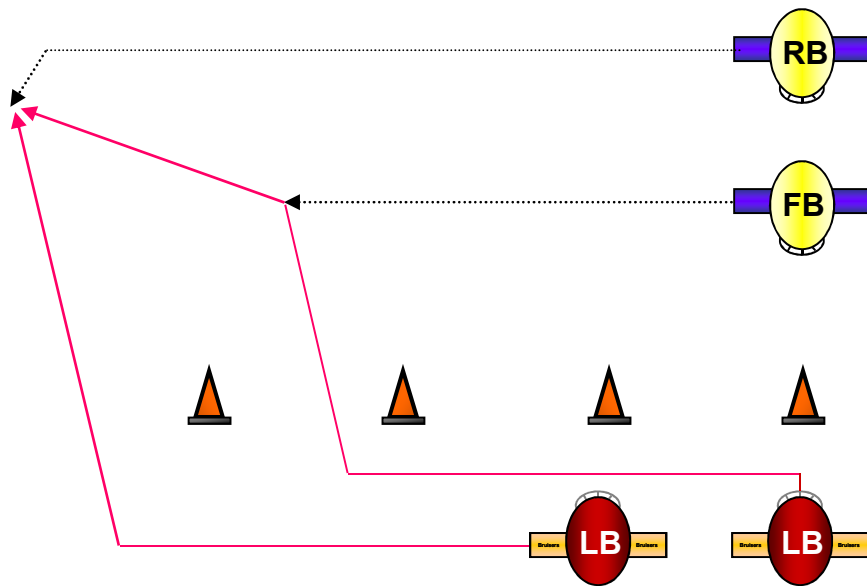
Don't let player fly towards ball carrier to attempt an arm tackle.

Must breakdown in proper position for tackle



LB Drills

Pitchfork



Drill Instructions:

- LB In two point stance horizontally shuffles feet plants with inside foot accelerates to FB where he scrapes off FB and accelerates to tackle RB. Outside LB takes a contain pursuit then angle tackles RB.

Coaching Points:

- Use speed progression (Walk Thru - Thump - Game Speed)
- Verify LB uses elbow to scrape off FB.
- Verify LB maintains proper form and does not cross-feet when moving side to side. Feet should always be apart when shuffling
- Verify shuffle feet do not tap (Dorothy) plant foot should be inside foot.

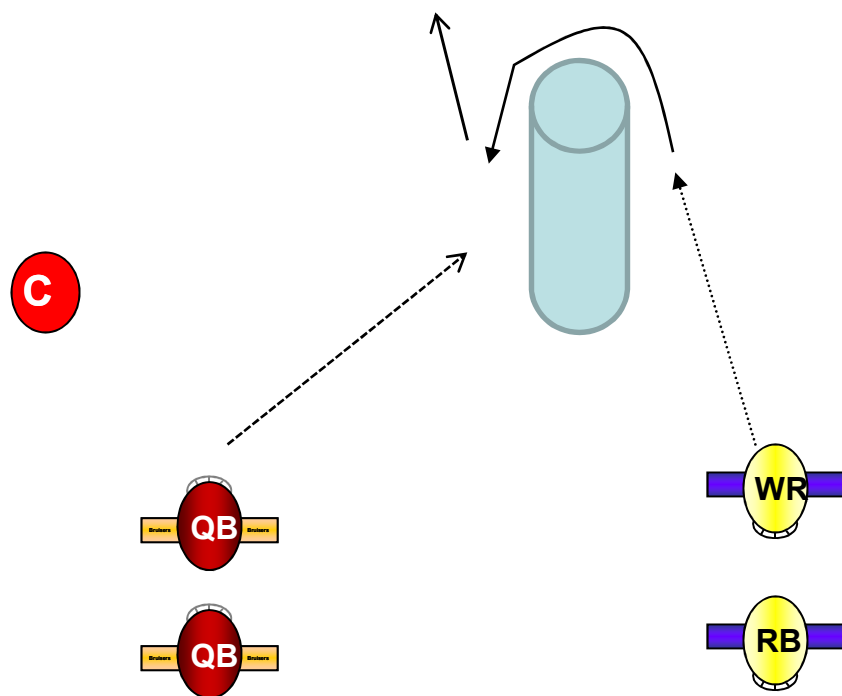
Ex. *When accelerating to the right - plant foot will be the left foot.*

- Plant should gain ground not lose it



Hide & Seek

Drill Purpose: To practice agility and coming back to catch the ball after finding a lane in which QB can throw.



Drill Instructions:

- Use as many large stand up bags as desired, depending on space and age group
- WR(RB) align in a single file next to bag
- On Cadence- WR shuffles behind and tight around bag
- QB(Coach) align in front of bag and throw ball as WR comes out from behind bag.

Coaching Points:

WR must stay tight to bag to force an obvious lane for QB to throw the ball.

QB should throw ball when WR is behind the bag so that he finds it when he comes back around the bag.

WR must keep feet moving during entire drill.
Show hands as soon as you clear the bag
Catch and turn up field

Run drill to both sides (Right & Left)

Substitute the stand up bag for garbage can, defender standing in place, or even a goalpost pad.

