



HEADS UP TACKLINGSM

TACKLE PROGRESSION

DEFINITION

STEP 1

BREAKDOWN



The foundational starting point for all movements and drills.

STEP 2

BUZZ



Technique for coming to balance and regaining breakdown position prior to contact.

STEP 3

HIT



Correct body posture at moment of impact for safer tackling. Head and eyes are up using the front of shoulder as point of contact.

STEP 4

SHOOT



The opening of the hips to generate power and create an ascending tackle.

STEP 5

RIP



With head to the side and out of contact, throw double uppercuts and 'grab cloth' on the back of jersey to secure the tackle.



HEADS UP TACKLING DRILLS



BREAKDOWN POSITION

- a) Knees bent, feet shoulder-width apart, upper body in a 45-degree forward lean, chin up and over the toes and weight on the balls of your feet (not your toes).
- b) Players must be able to re-gather themselves in a Breakdown Position when buzzing feet
- c) Teach progression:
Feet → Squeeze → Sink → Hands

NOTES



HEADS UP TACKLING DRILLS



BUZZ

- a) Come to balance.
- b) Take quick, choppy, heel-to-toe steps to bring the body under control while continuing to gain ground toward the ball-carrier.
- c) One the defender is within “striking distance” of the ball-carrier, the defender buzzes his feet while widening his base and sinking his hips.

NOTES



HEADS UP TACKLING DRILLS



HIT POSITION

- a) After closing to the ball-carrier, the final step is a short downhill power step.
- b) Have a bend in both knees. With your back foot directly under your hips.
- c) Head and eyes up, shoulders square to contact.

NOTES



HEADS UP TACKLING DRILLS



SHOOT POSITION

- 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



HEADS UP TACKLING DRILLS



RIP

- 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



HEADS UP TACKLING DRILLS



STEP-OVER TACKLE

- a) Putting the 5 fundamentals together.
- b) Using Bags for soft contact introduction.
- c) Close the space, Buzz the feet, Hit Position, Shoot and Rip the tackle.
- d) Horizontal bag forces Rip.

NOTES



HEADS UP TACKLING DRILLS



POP-UP TACKLE

- a) Putting the 5 fundamentals together.
- b) Using Bags for soft contact introduction.
- c) Close the space, Buzz the feet, Hit Position, Shoot and Rip the tackle.
- d) Vertical bag introduces “body-like target” – technical check: Rip vs Wrap.

NOTES



DRILLS

PUTTING IT ALL TOGETHER

1. Step-Over Tackle
2. Pop-Up Tackle

BASICS

1. Straight-On Tackle
2. Angle Tackle
3. Lane Tackle
4. Open Field Tackle

INTRODUCTION TO CONTACT

1. One Foot Tackle
2. Freeze Tackle

FIX/FOCUS

1. Leverage Tackle
2. Three Rips
3. Grapple Tackle
4. Finish Tackle
5. Bag Series



TACKLE CIRCUIT

Integrate this period into your Practice Plan

- ⌚ Tackling and Blocking are the most important all-player skills
- ⌚ Separate periods convey importance
- ⌚ Teams that tackle and block well are competitive

Basics

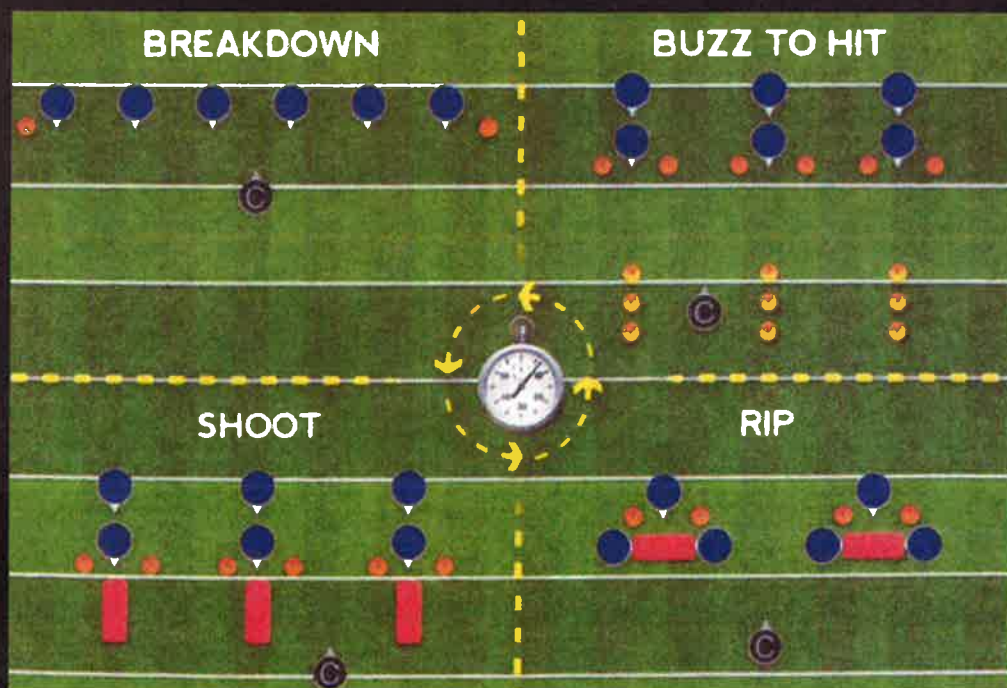
10-20 minutes every practice

Multiple stations

- Maximize # of reps
- Small groups=individual attention
- At least one coach per station

Change levels of contact

- Air, Bags, Control, Thud
- Keep youngsters on their feet





TACKLE CIRCUIT

Programming

EARLY SEASON

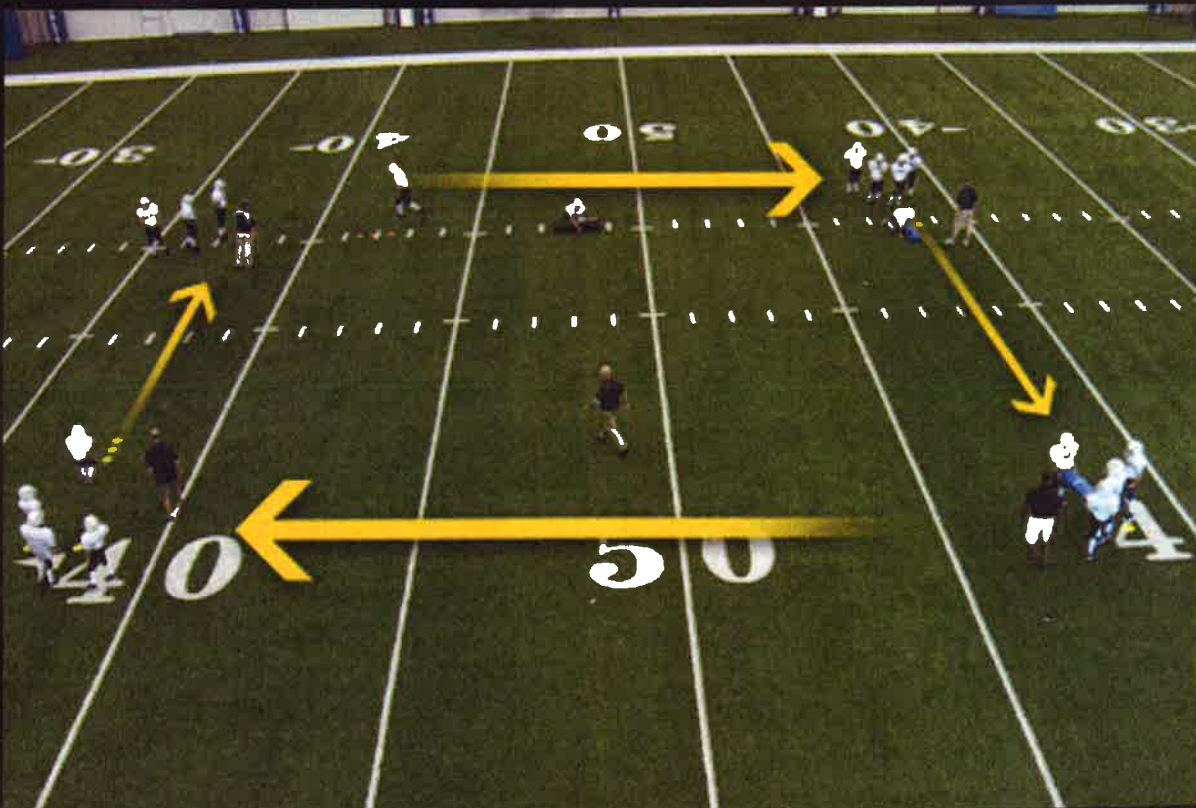
- Follow skill progression
- Same skill all stations
- Instill circuit to create habit
- Acclimate using Levels of contact

IN-SEASON

- Different drills at each station
- Focus on multiple skills per session
- In-week contact guidelines
- Seasonal control of contact

TROUBLESHOOTING

- Why players/teams miss tackles?
 - Use drill that teaches THAT fundamental
 - Part-To-Whole
- Circuit drills as the "fix"



WHAT YOUR COACHES, PLAYERS, AND PARENTS NEED TO KNOW ABOUT:

HEADS UP TACKLING

- Using proper verbiage for a safer, more positive game
- Helping players and parents become more confident when contact occurs
- Using levels of contact in practice
- The 5 fundamentals of Heads Up Tackling
- Applying the 5 fundamentals to other tackle drill

NOTES
