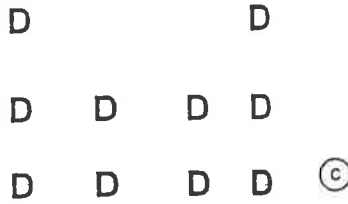


USA FOOTBALL HEADS UP TACKLING DRILLS

1 - BREAKDOWN POSITION

TYPE: Fundamental

a) Knee 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).



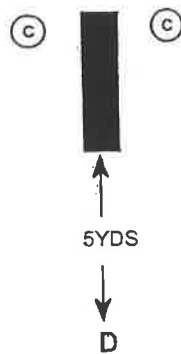
b) Players must be able to re-gather themselves in a Breakdown Position when buzzing feet

c) Teach Progression:
Feet --> Squeeze --> Sink --> Hands

2 - BUZZ

TYPE: Fundamental

a) Taking quick, choppy, heel to toe steps to bring the body under control while continuing to gain ground toward the ball carrier.



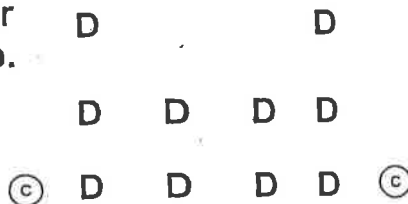
b) Once the defender is within "striking distance" of the ball-carrier, the defender buzzes his feet while widening his base and sinking his hips.

3 - HIT

TYPE: Fundamental

a) After closing to the ball-carrier take 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.

4 - SHOOT

TYPE: Fundamental

a) Forcefully explode your hips open and upward.

b) Using the larger muscle groups of the lower body produces a powerful tackle.

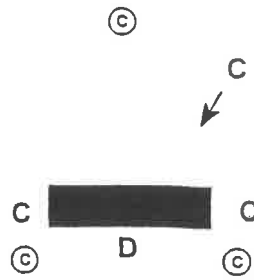


c) To finish the tackle, continue to drive your legs while, working up and through opponent.

5 - RIP

TYPE: Fundamental

- a) Upper body movement to secure tackle.
- b) Forcefully swing both arms in an upper-cut motion; "Thumbs up and elbows down."

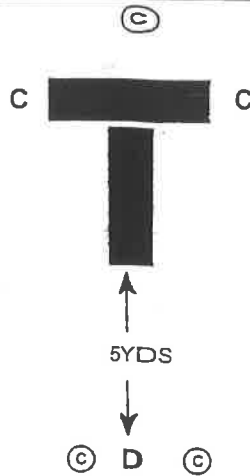


- c) After the Rip, secure the tackle by "grabbing cloth" (the back of the ball-carrier jersey), you should have your elbows tight to ball carrier's sides.

6 - Step-Over Tackle

TYPE: Putting It All Together

- 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.

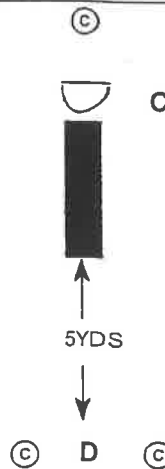


- d) Horizontal bag forces Rip.

7 - Pop-Over Tackle

TYPE: Putting It All Together

- 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.

8 - One Foot Tackle

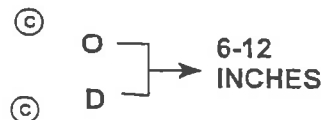
Introduction to Contact

Turning the Head

** Accelerate through contact*

TYPE: Introduction to Contact

- a) Start in very small spaces, skill focus, confidence.
- b) Start in Hit Position, work through the tackle.
- c) Focus is Shoot, Rip, and proper points of contact.



- d) Easy adjustment for Angle Tackle.

-- Turn ball-carrier 45 or 90 degrees.

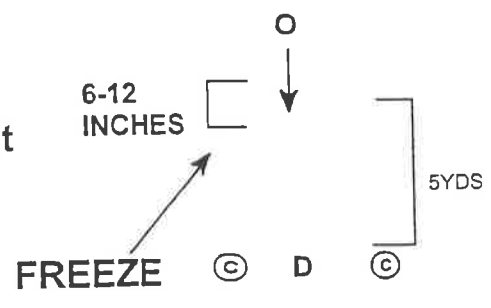
-- New Aim point, same fundamentals

** 1st (Player + Player Contact)*

9 - FREEZE TACKLE

TYPE: Introduction to Contact

- a) Introduction to contact at space but freeze eliminates momentum, controls contact.
- b) Close the distance, Buzz, Hit Position, freeze.
- c) Finish = Shoot, Rip, point of contact



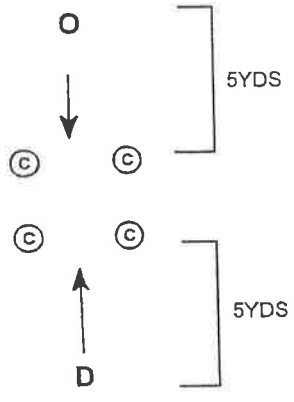
- d) Easy adjustment for Angle Tackle.
- Turn ball-carrier 45 or 90 degrees.
- New Aim point, same fundamentals

TACKLING Drills

10 - Straight-On Tackle

TYPE: Basic

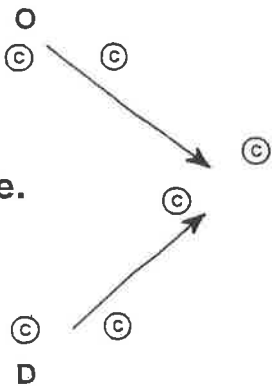
- a) Both players moving.
- b) Control space, distance, speed
- c) 5 fundamentals remain the same.
- d) Focus on point on contact, Shoot, Rip, and drive the ball-carrier back.



11 - Angle Tackle

TYPE: Basic

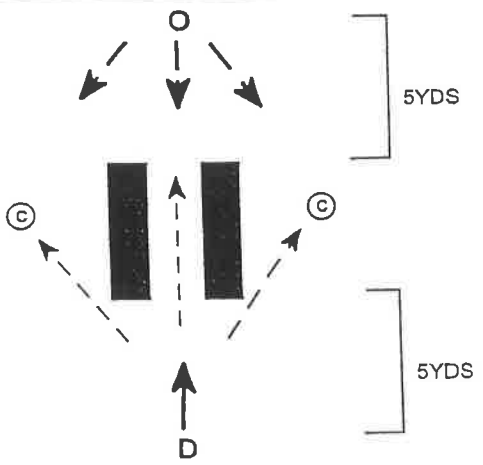
- a) Control contact with the gate concept.
- b) 5 fundamentals remain the same.
- c) Angle in = angle out.
-- Run your line



12 - Lane Tackle

TYPE: Basic

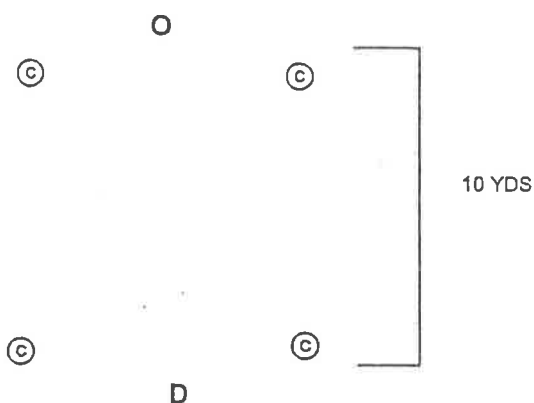
- a) Introduction to options and decision making.
- b) Match proper tackle and aim point with hole.
- c) Buzz, Shoot, and Rip.



13 - Open Field Tackle

TYPE: Basic

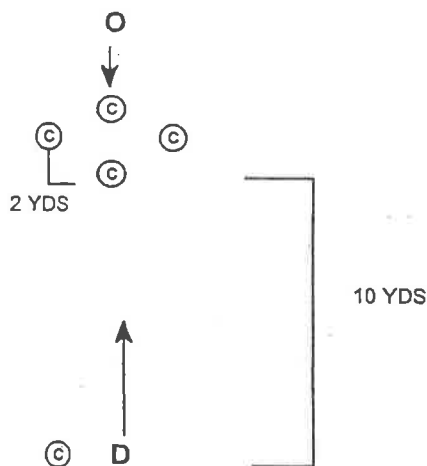
- a) More and more game like.
- b) Control space, distance speed.
- c) Relationships, aim point, feet.
- d) Shoot, Rip, Secure.



14 - Leverage Tackle

TYPE: Fix/Focus

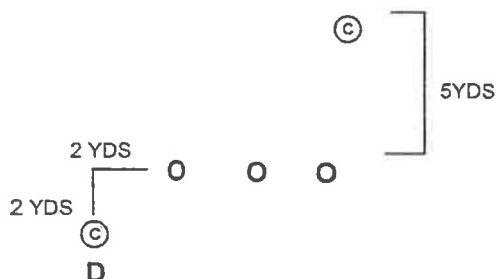
- a) Controlled open field: close space, react to move.
- b) Pause limits momentum and impact.
- c) Aim points, angles, point of contact.



15 - Three Rips

TYPE: Fix/Focus

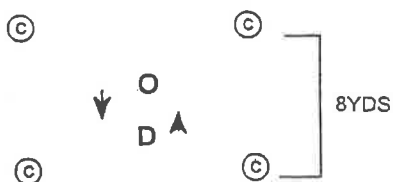
- a) Shoot and Rip: generate power in small spaces, rising blow.
- b) Identifies lunging, launching, footwork problems.
- c) Do not finish first or second tackle, reload and shuffle to next.



16 - Grapple Tackle

TYPE: Fix/Focus

- a) Exaggerate the secure and control portion of tackle as ball-carrier tries to break away.
- b) High energy explosive drills, short durations.
- c) Start in Hit Position, Rip, grab cloth, squeeze.

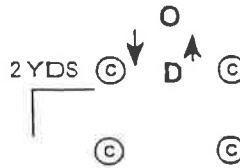


- d) Hands, biceps, lats control ball-carrier, footwork to stay connected.

17 - Finish Tackle

TYPE: Fix/Focus

a) Start inches apart -- take away all other variable to focus solely on grounding opponent.



b) Shoot, Rip, feet, legs, drive, grapple.

Tackle Circuit

* Integrate this Period into your Practice Plan

- Tackling is the most important all-player skill
- Separate period conveys its importance
- Teams who tackle well are competitive

Basics

> 10-20 minutes every practice

-- Multiple stations

Maximize # of reps

Small groups

Individual attention

One coach per station

-- Change levels of contact

1) Air

2) Bags

3) Control

4) Thud

Keep youngsters on their feet

5) Live action

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

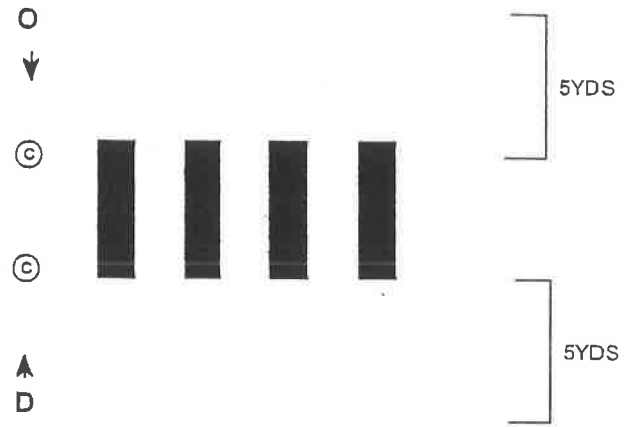
Using levels of contact to control total contact in practice and teach in a progressive manner

The 5 fundamentals of Heads Up Tackling

Applying the 5 fundamentals to other tackle drills

18 - Bag Series - Shuffle & Fill

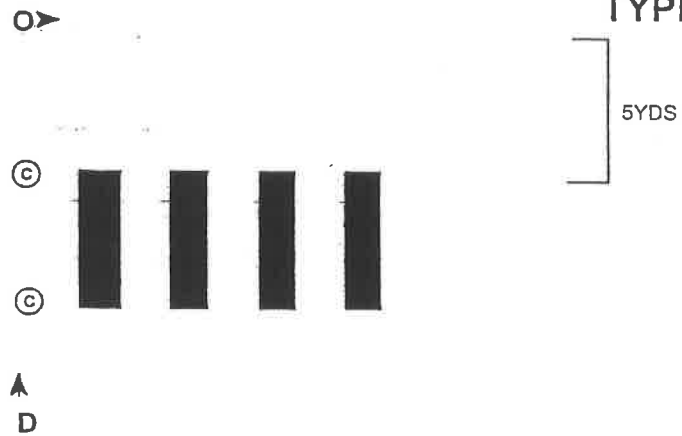
- a) Intro to drill series.
- b) Face each other, keep bodies square.
- c) React, accelerate, fundamentals.
- d) Big power, small space.



TYPE: Fix/Focus

19 - Bag Series - Pick a Hole

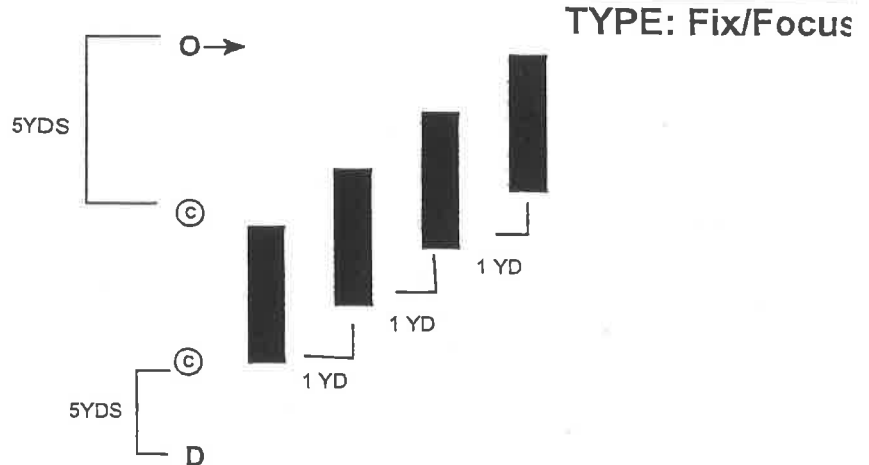
- a) Shuffle fast, keep base.
- b) Change directions, accelerate.
- c) Buzz, hit step, Shoot, Rip.
- d) Big power, small space.



TYPE: Fix/Focus

20 - Bag Series - Downhill Tackle

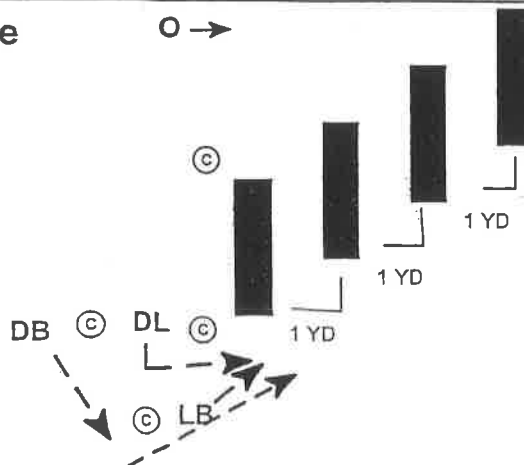
- a) Close the space, down the line.
- b) If defender is not down the bags, gives room to cutback.



TYPE: Fix/Focus

21 - Bag Series - Close the Space

- a) Speed and position specific movement patterns.
- b) Regain shuffle once leverage is regained.
- c) Footwork and body control.



TYPE: Fix/Focus

USA FOOTBALL HEADS UP BLOCKING DRILLS

<p>1 - STANCE</p> <p>a) Chin up. Eyes Open. Knees Bent. Feet shoulder-width apart with a toe-to-instep stagger. ©</p> <p>b) Back flat with rear end slightly below the shoulders. Basic Progression: Feet --> Squeeze --> Half --> Down</p>	<p>O O O O</p> <p>O O O O</p> <p>O O O O ©</p>	<p style="text-align: right;">TYPE: Fundamental</p> <p>c) Hands is three to four inches in front of shoulders, fingers extended to create a five-pointed base of support.</p> <p>d) Weight on balls of the feet.</p> <p style="text-align: center;">Advance: Feet --> Slide --> Half --> Down</p>
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<p>2 - GETOFF</p> <p>a) Explode out of the stance with a four-to six-inch directional step. Weight on balls of feet. Back flat. Knees Bent. Heads and eyes up. ©</p> <p>b) Hands explode to chest on "get off" to prepare to strike defender.</p>	<p>O O O O</p> <p>O O O O</p> <p>O O O O ©</p>	<p style="text-align: right;">TYPE: Fundamental</p> <p>* <u>Equipment:</u> Every player can use a Dish towel to step on in this Drill</p> <p>c) Get second step down before contact with near defender or maintain posture working to second level; keep wide base, head up and flat back.</p>
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<p>3 - STRIKE</p> <p>a) Depending on the type of block, the blocker will drive the: --> Surface (front of shoulder, chest, and hands) or --> Heels of both hands into the defensive player ©</p> <p>b) Aiming point for an upward strike is just below the base of the defender's shoulder pads.</p>	<p>D D D D</p> <p>O O O O ©</p>	<p style="text-align: right;">TYPE: Fundamental</p> <p>c) Goal is to "lift" the defender's chest with pad under pad, raising his center of gravity and controlling him.</p>
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4 - STICK

TYPE: Fundamental

a) After the strike, forcefully sink hips to maintain leverage and create a power angle in the lower body. ©

D D D D D
O O O O O ©

b) Create a wide base and use proper balance to stay on the block.

c) With inside and underneath positioning, stay compact and close space inside defender's frame.

5- FINISH

TYPE: Fundamental

a) With a wide base, accelerate feet and continue leg drive to capitalize on strike and stick. ©

D D D D D
© O O O O O ©

b) Continue to work body and hand position during finish phase to stay connected to the defender and maintain sustained control of opponent.

c) Work hips and hands to steer defender away from point of attack and the ball-carrier's path.

What a PSC needs to know about: HEADS UP BLOCKING

---> The 5 fundamentals of Heads Up Blocking

---> The goal of taking away a defender's space

---> How to apply Heads Up Blocking fundamentals to every block

-- How to change the "get off" for a correct first step

---> The need to remain vigilant in correcting helmet contact during all blocking drills