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-tie steps to bring the body under control while continuing to gain ground toward the ball-carrier.

c) Once 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.
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.
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.