

## **Basic Football Tackling Progression Suggestions**

Teaching youth football is like learning to walk. First you crawl, and then baby steps until you walk in full steps and finally you run. Teaching young players how to properly tackle in youth football is the same. You start off with the most basic of instructions and then you work on the finer techniques of tackling.

I would suggest the following drills be taught to your players in a progressive method. The following are the progressive steps that I would take with these drills:

### Phase 1 - Basic Tackling Form

1. Basic Form Tackling Fit Drill #1
2. Basic Angle Tackle Drill #1
3. Basic Form Tackling Fit Drill #2
4. Basic Angle Tackle Drill #2
5. Fit Follow Through Drill

Do not go to Phase 2 until you feel all the players have a full understanding of the basic tackling form. I would come back to this Phase through out the season as a reminder of technique.

### Phase 2 - Basic Tackling

1. Form Tackle Circuit
2. Angle Tackle Drill #3
3. Angle Tackle Drill #4
4. Angle Tackle Circuit
5. Hit and Lift Drill
6. Open Field Tackle Drill
7. Tackling Circuit #1

### Phase 3 - Specialty Drills

1. Group Shed Drill
2. Control, Read and React Drill
3. Strip Drill #1

### Phase 4 - Positional Drills