

## Football Tackling Drill Tackling Circuit # 1

*Objective* - This drill is used to develop the upper body positioning and contact points involve with the most affective tackling techniques. This drill is also used as part of our conditioning drill session.

*Action* - Divide the team into three to four groups. Each group will form a single line in front of each station. When the beginning whistle sounds the first member of each will execute the necessary skills to attack the stand-up dummy using the proper tackling technique. Player must reset the dummy before moving on to the next step. The next player automatically starts when the dummy is reset. The cones will mark the starting position at each station.

*Coaching Points* - Keep the lines moving as rapidly as possible and make all of positive noise." Get their blood pumping". Concentrate on their form as the approach and then as they make contact. Make form corrections on the fly.

