

Football Tackling Drill Basic Angle Tackling Fit Drill #2

Objective - This is a hitting drill to fit each player into a proper angle tackle. Pure technique is the goal.

Action - Have the coaches hold dummy bags with the first row of tacklers about 1 step away from the bags. The defenders will take the proper step forward.

The group is learning the proper techniques of form tackling. All players need to follow the proper form and fit.

- Feet should be shoulder width apart.
- Toes pointed forward.
- Player should dip the body to lower hips into a power position.
- Knees bent with weight of body on front of the feet.
- Chest over knees and knees over toes.
- Head is up and eyes focused on waist of target.
- Shoulders square.
- Feet always moving.

The defender should step into the tackle, shooting hands through and up around the ball carrier. While shooting the hands the arms should wrap and head should lift upwards and the defender should drive all the way through.

Coaching Point - Check all technique points and make them do it until it is correct.

