



Islander Football Tackling Progression - 11 TO THE BALL

TEACH THESE 5 SPECIFIC COMPONENTS OF TACKLING:

1. Breakdown (P.O.P. - Position of Power)

- Knees bent, Power angles in ankles, knees and hips
- Feet shoulder width apart
- Forward lean (45'), chin up and weight on the balls of the feet, back is flat
- Shoulders over knees, knees over toes
- Commands....."Feet, Squeeze (shoulder blades), Sink (hips), Hands

2. "Buzz" (Shimmy the feet)

- Take quick, short, choppy steps
- Shade a Hip (establish leverage / allow only a 1 way go)
- Once within striking distance of the ball carrier.. Buzz the feet, widen your base and sink your hips (lower your pad level)
- "Holster your Hands" as you BUZZ (last couple of yards)

3. "Hit" (Hit Position)

- After closing the distance to the ball-carrier
- The final step is a short downhill power step
- Staggered stance with a bend in both knees. Back foot directly under hips.
- Head and eyes up, shoulders square to contact. Back flat and spine in line.
- **SAME FOOT SAME SHOULDER Concept!**

4. "Shoot"

- Explode hips upward
- Drive your legs up and through the ball carrier
- Continue "Bringing your feet"

5. "Rip"- "Wrap" and "Run"

- Throw both arms in a forceful uppercut motion (Rub your ribs)
- Thumbs up and elbows down
- After the Rip, secure the tackle by Wrapping Up and Grabbing Cloth
- Clamp your elbows tight to the ball carriers sides
- Run your feet on contact through the ball carrier

Drills:

1. Buzz (Shimmy the feet w/ hands “holstered” from a distance of approx 3-4 yds. / RB simulate the ball being held in rt. or left hand / “bite the ball”)
2. Buzz Break (Same drill as Shimmy / RB will move 1 step laterally left or rt. and the tackler will adjust)
3. Sprint to Buzz (Start @ 10 yds. sprint / @ 3 yds. transition to Buzz w/ hands holstered)
4. Club up / Wrap and Drive / Close the outside hip and run the BC North & South (RB and Tackler are only 1-2 yds. apart / RB will go a predetermined direction / Tackler will work on throwing “uppercuts” and clubbing up, wrapping (grabbing cloth), closing the hips and running the feet.

MAKE THEM FINISH BY CLOSING THE OUTSIDE HIP AND RUNNING THE BC NORTH AND SOUTH!

5. Angle Tackle (Vary the distance / no more than 3-4 yds. / **Head across** / Same fundamentals as “Club Up” just at a greater distance)
6. Angle Throttle (RB & Tackler start 10 yds. apart / both sprint at a cone 4 yds. away from each of them / RB then cuts rt. or left / Tackler must throttle his speed down (BUZZ) and come to balance (HIT) then execute an angle tackle / Tackler must drop HIPS)
7. Shock & Press to Angle Tackle (Work with a Shedder-Tackler, Blocker and RB / Shedder aligns in a left or rt. leverage position determined by the coach / inside foot always up outside foot always back / Shedder executes our shock and press technique / Shucks or Posts and Rips the blocker / executes a fundamentally correct tackle on the BC / **BASED ON 2 COMMANDS BY COACH - FIRST “HIT” = SHOCK AND PRESS (TACKLER NEEDS TO KEEP HIS FEET HOT) 2ND “HIT” = SHED AND TACKLE**)
8. Spin Tackle (Tackler has BC wrapped up in perfect position / On command or on whistle BC begins to try to spin out of tackle / Tackler drops hips and clamps down / Make it a competition. Key is running the BC carrier backwards)
9. Box Tackle (Head Up) 10 yd. square box w/ 4 cones / RB and Tackler both approach the middle of the box / RB has a 2way Go but has to make a single cut / Like a Angle Throttle, the tackler must drop hips and come to balance and make a great angle tackle on the BC. Tackler needs to establish LEVERAGE and make it a 1Way GO)
10. Box Tackle (Inside Out) BC and Tackler start on the same side (rt. or left) of the box / BC angles for the far diagonal cone with the option of cutting back / Tackler keeps Inside LEVERAGE (stays in hip pocket of the BC) takes away the cutback and forces the BC toward the sideline with a head across tackle / Keep inside-out leverage)
11. Box Tackle (Outside In) Just the opposite of inside-out / BC will try to bounce outside / tackler will try to force BC back in and execute an angle or profile tackle with head Across. Tackler keeps Outside LEVERAGE)
12. Balance Tackle (20 yds. separate BC from tackler / dots are placed every 5 yds for 15 yds./ tackler will sprint then BUZZ feet (shimmying feet) on every dot / after last dot tackler will approach ball carrier and execute an angle tackle)
13. Profile Tackle (used mainly for DL / DL works vs. a base or reach / DL gains separation and

extension, shed the block and pursues flat down the line / can tackle bag or BC with head in front - profile tackle is from the side

14. Track Tackle (Rabbit Tackle) BC and tackler are 5 yds. apart on respective yd. lines / BC speeds up, slows down, speeds up, slows down (staying on the line) and after 3 or 4 changes of speed attacks downhill / tackler is in an angle run w/ shoulders square / tackler changes his tempo to match that of the BC maintaining a "hip-pocket" Relationship, tracking the inside hip / when BC attacks downhill, tackler attacks on the Same angle and executes a great angle tackle (inside out) on the BC. *Can be a Near Hip shoulder tackle as well.
15. Mat Tackling (tackling mat or HJ pad is positioned / BC's (2) are single file and running at a relatively slow speed in front of the mat / Tacklers execute a profile tackle. Work the Head behind (Hawks Tackling) and the Head in front, driving the BC's on to the mat
16. 2 on 1 (Fence Tackle) - "Fence him in" (BC can be positioned in 1 spot or can simulate a bubble screen or pitch / 2 tacklers will converge on the BC and fence him in (no contact) Force tackler will force the BC back into the cutback tackler who has inside out leverage
17. Sideline Tackle (BC is positioned on the sideline / BC is on a breakaway down the side-line / Tackler will work on inside-out leverage and will force the BC to the sideline and execute a profile tackle / BC will attempt to cutback if the tackler loses inside-out leverage
18. Gator Tackle (Use stand up dummies or half rounds) Begin from a knee first and work head behind (Hawks Tackling Tech.) wrap and roll. Can progress to feet vs. stationary bag and then to a moving (partner drags it) bag. Add other movement such as shuffle and downhill to a gator or backpedal and break to a gator tackle.
19. Hips & Uppercut Drill / done from knees with arms loaded / tackler explodes upwards and shoots hip (eyes and chest to the sky) and shoots uppercuts, landing on a half round. Later a half round can be added to work uppercuts (do this in place of a hand shield)
20. Mat tackling from a knee

https://www.youtube.com/watch?v=-R_iXyt2hHU Temple Buzz (Shimmy) Tackle

<https://www.youtube.com/watch?v=Kbo6jfetn4> Temple Buzz (Shimmy)

<https://www.youtube.com/watch?v=LE4yITMs-N0> Temple Stem & Buzz (Shimmy) Drill

https://www.youtube.com/watch?v=QZF0t_IYy0U Temple Hit (Come to Balance)

<https://www.youtube.com/watch?v=4Ku4M8b63Ok> Lindenwood Univ. Long stride Short stride Buzz (Shimmy) with Gator Tackle

<https://www.youtube.com/watch?v=hUeHnAbA1Z8> W Drill with Gator Tackle Lindenwood Univ.

<https://www.youtube.com/watch?v=LDb1VNU-QLM> Mt. Union 1 on 1 Tracking Drill (Rabbit Drill)

https://www.youtube.com/watch?v=YV-lavld_8U Rutgers near hip Rugby style tackle from knees

<https://www.youtube.com/watch?v=GIF9Og3ymzw> Rutgers tracking the inside hip drill (Rabbit Drill)

<https://www.youtube.com/watch?v=s-5N6Sw4eC0> North Dakota Knife Tackling Drill

<https://www.youtube.com/watch?v=e1DWuapxQbQ> Mt. Union Leverage Pursuit - Fence the ball

<https://www.youtube.com/watch?v=NiMTieSr49o> St. Francis 2 man leverage tackle (outside defender tracks outside hip / inside defender tracks inside hip)

<https://www.youtube.com/watch?v=rCgHdjePmZM> Northern State 3 man leverage tackle - fence the ball

<https://www.youtube.com/watch?v=eiPr51ZDMrU> Lindenwood Near foot near shoulder tackle from knee

<https://www.youtube.com/watch?v=qfd-Xsa0VX8> St. Francis Wrap and squeeze from knees

<https://www.youtube.com/watch?v=IV6NNbYCKEQ> Temple Recoil tackle drill - Club up Drill

https://www.youtube.com/watch?v=__cC5Rt_ljs Rutgers Gator tackle from knees

<https://www.youtube.com/watch?v=L-8SugGZdag> Temple Gator tackle with square bag

<https://www.youtube.com/watch?v=fmV4Uk50drl> North Dakota Gator tackle

https://www.youtube.com/watch?v=rOAvrx_DMq8 Rutgers inside out mat tackle

<https://www.youtube.com/watch?v=wUg8ZYRpvBw> Mt. Union Mat tackle drill

https://www.youtube.com/watch?v=_fQVPI6pW9U North Dakota mat tackle

<https://www.youtube.com/watch?v=fr0vv8KBNJ0> Northern State Clamp tackle on mat

https://www.youtube.com/watch?v=mUt0n_XmBfo&t=877s Heads Up Tackling Clinic

<https://www.youtube.com/watch?v=dcQBYSF4zY4&t=606s> Dartmouth Tackling Drills

<https://www.youtube.com/watch?v=E-3qq9-s53k> Northwestern Tackling Drills

<https://www.youtube.com/watch?v=JVfydEmKzes&t=94s> Wisconsin Open Field Tackling Drills