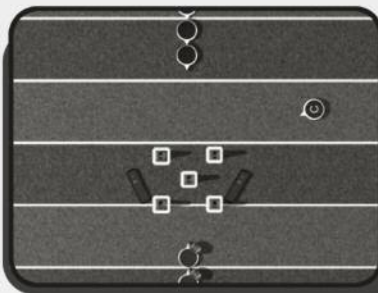
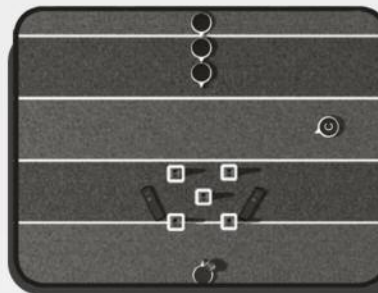


Sprint Tackle



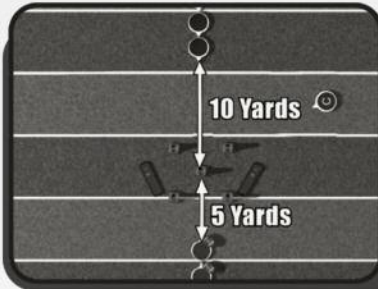
01 ★

Place 5 cones 2 yards apart



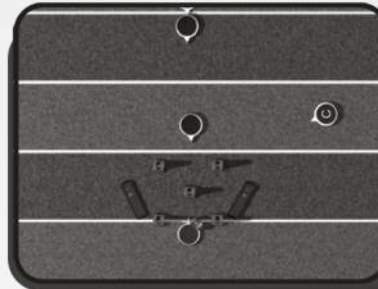
02 ★

Place 2 dummies on the ground to create a lane for the RB.



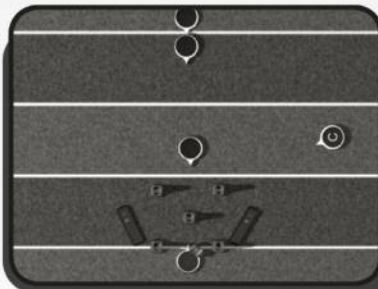
03 ★

Defender starts 10 yards and RB starts 5 yards from the cones.



04 ★

Defender attacks cones.



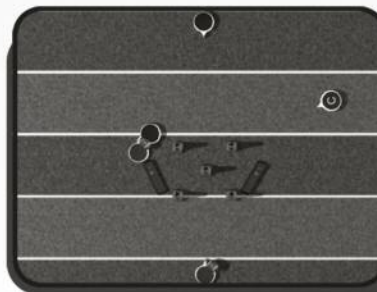
05 ★

RB runs into the cone area breaking right or left.



06 ★

Do not allow RB to fake and he should get square and run up field once he picks a side.



07 ★

Running at full speed, LB attacks under control and executes proper angle tackle.

Notes: