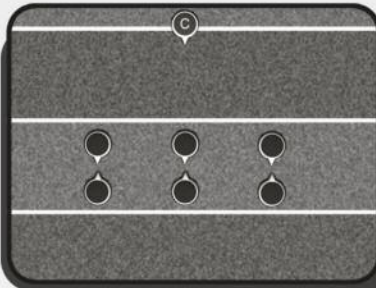


3 Step Tackling



01 ★

Line up in pairs, 1 yard apart.



02 ★

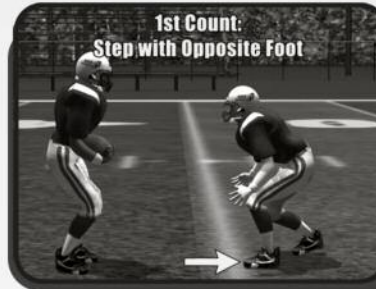
Tackler starts in 2-point stance.



Back Straight

03 ★

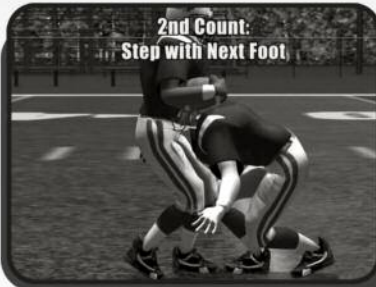
Back should be straight.



1st Count:
Step with Opposite Foot

04 ★

On first count, step with opposite foot.



2nd Count:
Step with Next Foot

05 ★

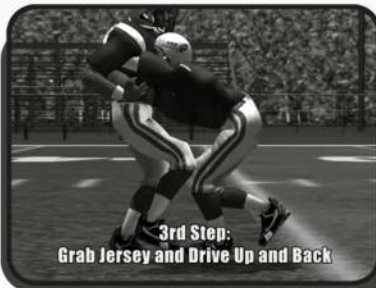
On second count, step with next foot.



Drive Shoulder into Mid-Section

06 ★

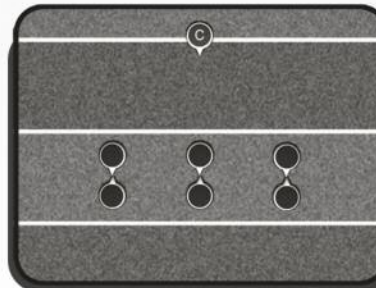
Drive shoulder into partners mid-section.



3rd Step:
Grab Jersey and Drive Up and Back

07 ★

On third step, grab jersey and drive up and back.

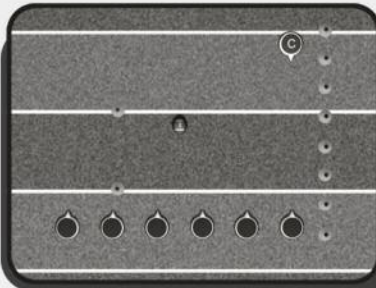


08 ★

Switch players from offense to defense.

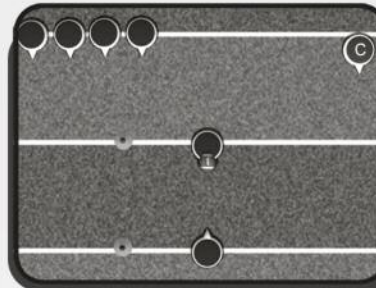
Notes:

Angle Tackle



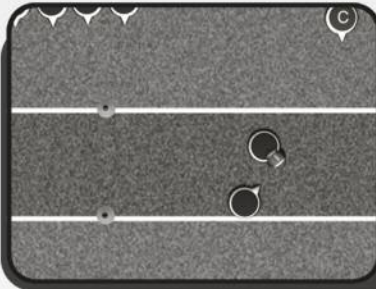
01 ★

Set up saucer cones to show where players start and where side-lines are located.



02 ★

Players form 1 line with first player as the ball carrier and next player as the tackler.



03 ★

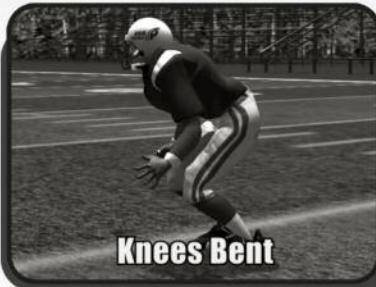
Ball carrier moves at half speed toward designated sideline.



04 ★

As tackler approaches, he takes smaller steps.

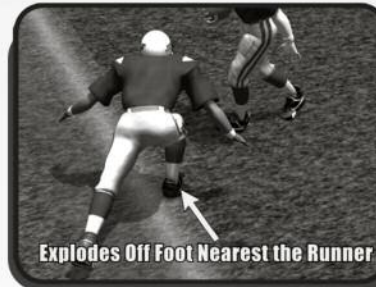
Take Smaller Steps



Knees Bent

05 ★

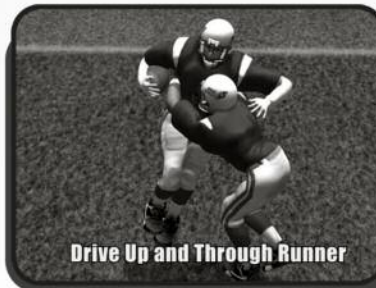
He spreads feet to shoulder width, bends his knees and keeps his back straight and head up.



Explodes Off Foot Nearest the Runner

06 ★

He explodes off foot nearest the runner and begins tackle by striking with same shoulder.



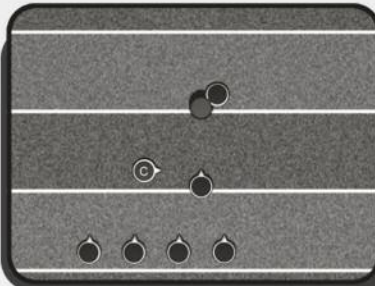
Drive Up and Through Runner

07 ★

At contact, the head slides to the front and then drives up and through runner.

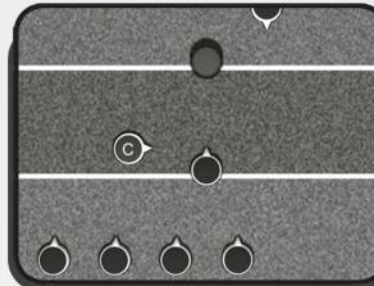
Notes:

Base Tackle Progression



01 ★

Players form 1 line with 1st player holding the dummy and 2nd player being the tackler.



02 ★

On command, player holding the dummy steps away leaving the dummy standing upright.



Take Smaller Steps

03 ★

As tackler approaches the dummy, he takes smaller steps.



Head Up

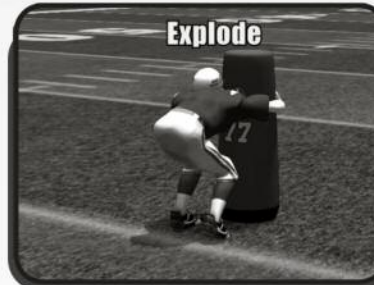
04 ★

He spreads feet to shoulder width, bends knees and keeps back straight and head up.



05 ★

Coach freezes tackler there and has him chop his feet.



Explode

06 ★

He explodes off foot on same side as shoulder strike.



07 ★

At contact, head slides to one side and he drives up and through the dummy.

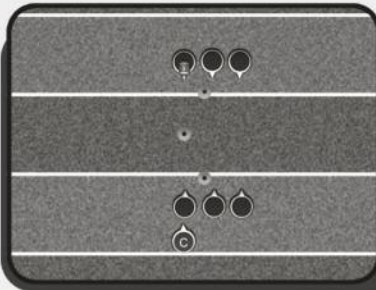


08 ★

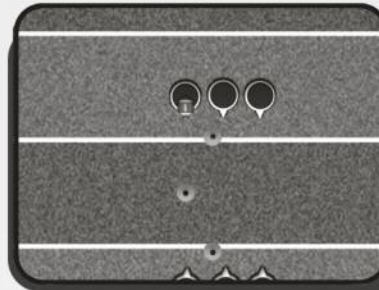
He wraps arms around the dummy, drives with legs and brings dummy to ground.

Notes:

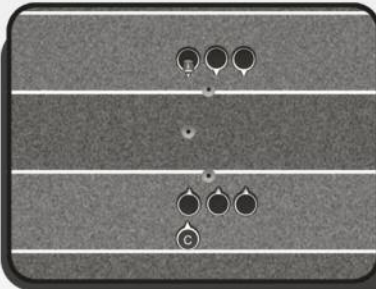
Open Field Tackling



01 ★
Form two lines behind cones.



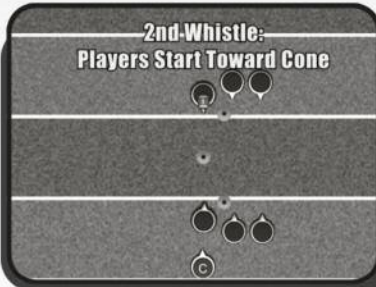
02 ★
Place a cone 2 yards in front of tackler's line.



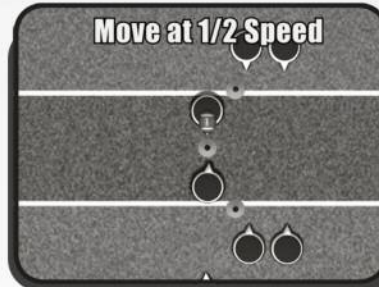
03 ★
1st ball carrier holds ball with both hands.



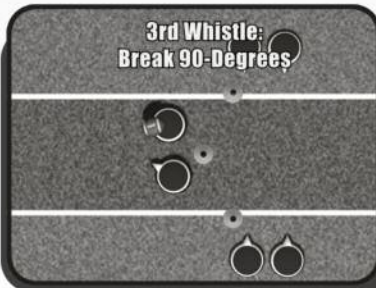
04 ★
On whistle, front player begins stepping in place.



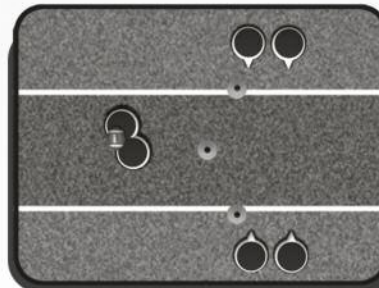
05 ★
On 2nd whistle, both players start toward cone.



06 ★
Move at 1/2 speed.



07 ★
On 3rd whistle, runner breaks 90-degrees.

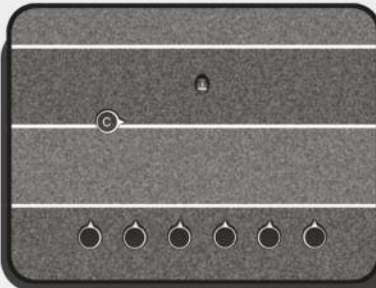


08 ★
Defender moves to tackle.

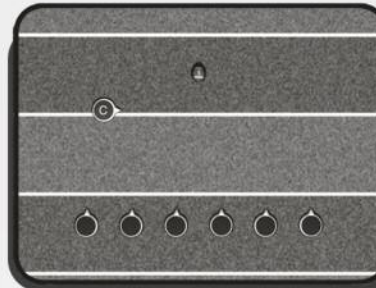
Notes:

For more useful tips on coaching youth football, log on to www.usafootball.com.

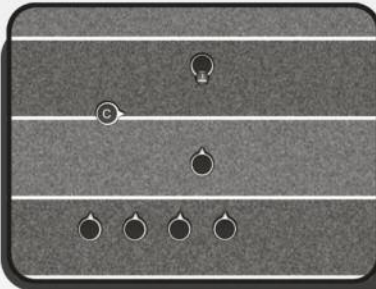
Straight Ahead Tackle



01 ★
Divide players into even groups.



02 ★
Have the players get into 1 line.



03 ★
1st player steps out as the ball carrier and next player is the tackler.



04 ★
Ball carrier moves at half speed toward the tackler.



05 ★
He approaches with smaller steps, feet at shoulder width, knees bent with back straight and head up.



06 ★
He explodes off foot on same side of shoulder making the strike.



07 ★
At contact, head slides to side, drives up and through runner while reaching for back of jersey.

Notes:

[Empty space for notes]