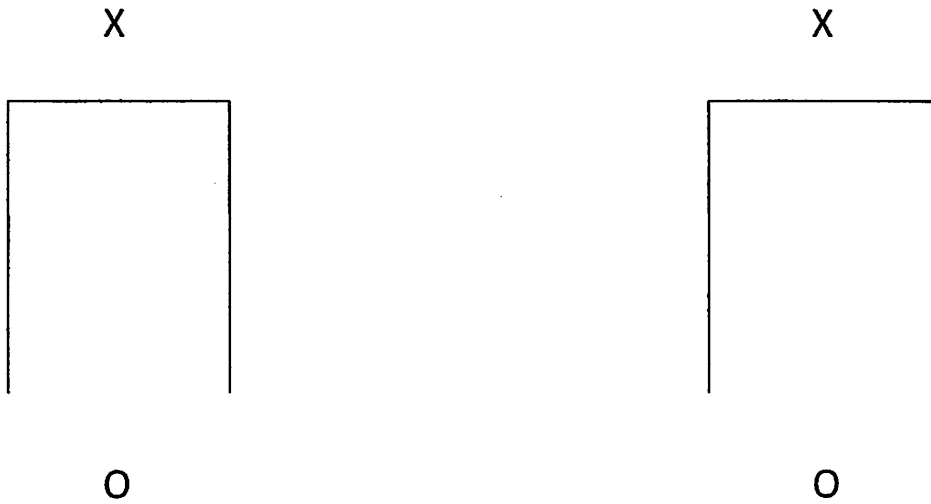


Chute Drill



Offensive guy (O) starts in a 3-point stance, fire off the ball, stay low, and block the Defender (X). The Defender can hold a blocking pad. The offensive guy should drive the defender back 3-4 yards.

Angle Tackling

Side Line

Defender

X



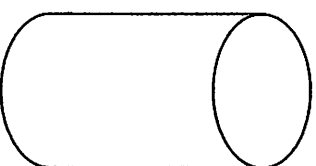
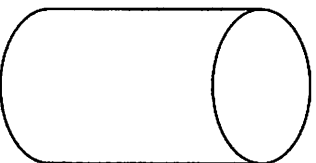
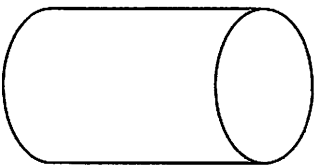
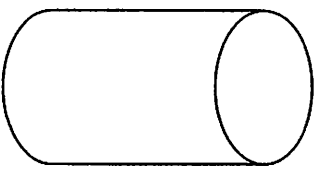
The Coach tosses the ball to the RB and the Defender comes up to make a tackle. The RB needs to stay between the cones and the sideline. Defender needs to come down hill, take a good angle squeeze the RB to the sideline, and wrap-up the RB.

Coach

RB



Offense blocking vs Defense shedding a block Drill



Offense is 5 yards from the tackling dummy

O

X

O

X

O

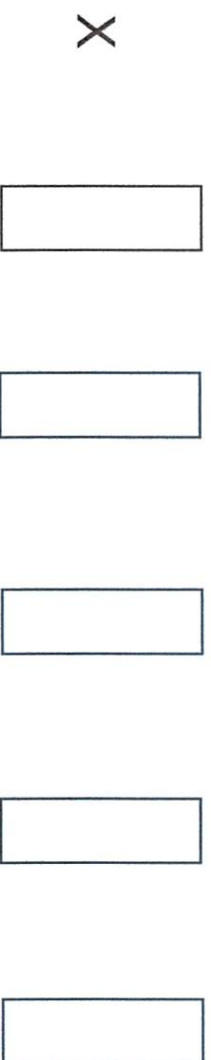
X

O

X

The Offensive guy (O) is trying to block the Defensive guy (X) from tackling the dummy. The Offensive guy has to block him for 3 seconds and he wins. If the defense tackles the dummy within 3 seconds he wins. Loser has 5 push-ups.

Tackling Drill



Defender (X) side shuffles through the bags. A coach (C) has a hand bag that the defender needs to dip and rip through. The 2nd coach (C) has a tackle wheel that he will roll out for the defender to form tackle. The defender will side shuffle over the bags and then dip and rip through the first coaches blocking bag, and then the defender will form tackle the tackling wheel that the 3rd coach rolls out at a 45 degree angle.