

Gleneig Football

Shoulder Tackling System

Fundamentals Day 1

1. Breakdown: https://youtu.be/6zedUuhE_js
2. Near Foot: <https://youtu.be/xDqBHUjXuFU>
3. Swoop: <https://youtu.be/ntlaNNmlwfg>
4. Shoot: <https://youtu.be/0-OUULQY7vg>
5. Uppercut Progression:
<https://youtu.be/fSXGfhs6iZE>

These are done by every position and get the kids and coaches familiar with the terminology and technique so they can apply them to all of the drills. Do these in the order listed as one big group on several small groups.

Leverage

1. Near Foot Near Shoulder: <https://youtu.be/kaOTzgh8GLg>
2. Near Hip: <https://youtu.be/SkptiinzhAA>
3. Run and Gather: <https://youtu.be/LUYt2wPxxXc>
4. Two-Man Tackle: https://youtu.be/Hn3_FxNJ0Bg
5. Two-Man Rabbit: <https://youtu.be/yHPqI24INF8>

Split the kids up into 3 groups and each group at the same time completes #1 and #2 above. Then transition to one group does #3, one does #4, one does #5. The coach stays and runs the same drill three times, rotate the kids every 5-7 minutes. Each player should get 4-5 reps being the tackler.

Form Tackle

1. Pop-Up: <https://youtu.be/jDquxHtJCPM>
2. Tight Angle: <https://youtu.be/J3Fi1NRMCRc>
3. Angle: <https://youtu.be/JuBOhgJdD04>
4. Sprint: <https://youtu.be/MwX8235eLIA>

These can and should be done without wearing any football equipment. This gets the kids more comfortable and confident with contact and reduces bad habits of leading with head etc...

These can also be done carnival style rotating every 5-7 minutes.

Thigh and Drive

1. Kneeling Drive: <https://youtu.be/-iBwV1rcUIE>
2. Standing Drive: <https://youtu.be/JZskcnxh6L0>
3. 2-Step Drive: <https://youtu.be/P91sqLqGfYI>
4. Running Drive: <https://youtu.be/9SEWdGt4RF8>

Stick with kneeling drive until your kids are comfortable with contact and landing on the ground. Real young kids might not progress further than #1 and #2.

Thigh and Roll

1. Kneeling Roll: <https://youtu.be/vMDoVoXp7lc>
2. Standing Roll: <https://youtu.be/XtIfyZLxbW0>
3. Running Roll: <https://youtu.be/W9qNi3uhF2c>

Very important that #3 is only ever done on a bag, no need to go full speed to the ground.

Overall Reminders

- Emphasize Eyes up and never leading with your head.
- Try to use the key words: (Breakdown, Near Foot, Swoop, Shoot)
- The goal of practicing tackling is to get everyone more confident and comfortable with contact.
- Tackling is not a drill that should be used to find out who's "TOUGH".
- Any average coach will be able to tell pretty quickly who the kids are that like contact and who doesn't.
- Your goal is to get the aggressive kids playing with good technique and getting the unsure kids confident and comfortable with tackling.
- 15-17 kids on the roster try to get them all to where they can be capable when in the game on defense.

Suggestions

If you want to add some variety....

1. If you add a ball or a blocker then the tackle should become to a thud.
2. Challenge the more talented kids to come to a complete stop (come to balance) before thudding up on a tackle.
 - a. Being able to come to balance from a sprint is a much more valuable skill then being a big hitter.
3. See how you can incorporate EDD with tackling
 - a. DL and LB: Block Destruction then different angles of tackling
 - b. DB's: Shuffle, Block Destruction and tackle (mainly sweeps).
 - c. Can also add RB's and WR's and have them catch a ball or run a path of your offensive play to get crossover reps.
 - i. Remember once you add a ball or extra people the tackle should be a thud.

How to Practice it

Summer OTA's and first 2 weeks get the foundation built of the basic skills and verbal cues. (Fundamentals, Leverage, an Form Tackle)

Once you're into two days per week practice spend 15 minutes per practice in position specific groups if possible (coaches) and pick 1-2 drills. Crossover drills can be a great way to pack more into your practice. 2 days per week for 2 hours makes it tough.

A lot of the leverage drills in this presentation would pair great with special teams work (punt and kick coverage).

[Feb 16 2021 Defense Practice](#)