

HEADS UP FOOTBALL DRILLS

PUTTING IT ALL TOGETHER

- ① Step-Over Tackle
- ② Pop-Up Tackle

BASICS

- ① Straight-On Tackle
- ② Angle Tackle
- ③ Lane Tackle
- ④ Open Field Tackle

INTRODUCTION TO CONTACT

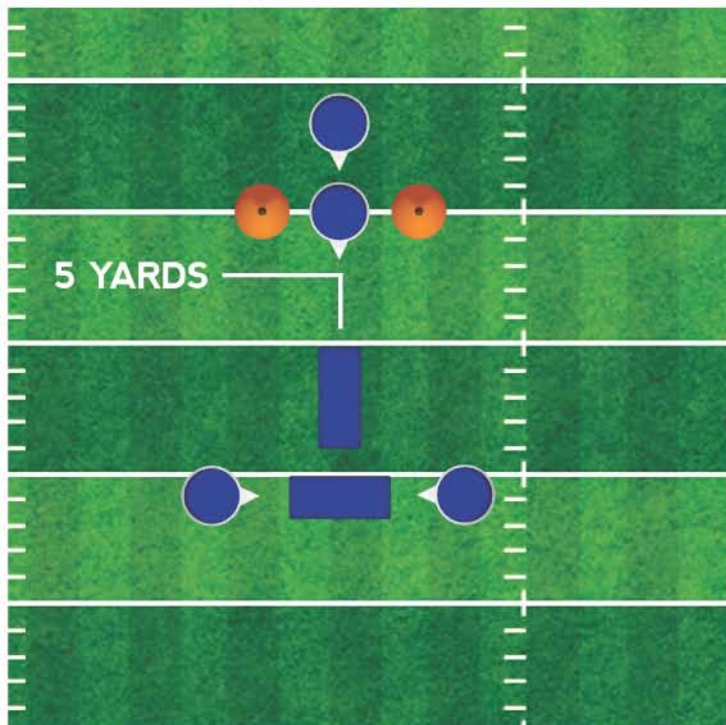
- ① One Foot Tackle
- ② Freeze Tackle

FIX/FOCUS

- ① Leverage Tackle
- ② Three Rips
- ③ Grapple Tackle
- ④ Finish Tackle
- ⑤ Bag Series



STEP-OVER TACKLE



Key Points:

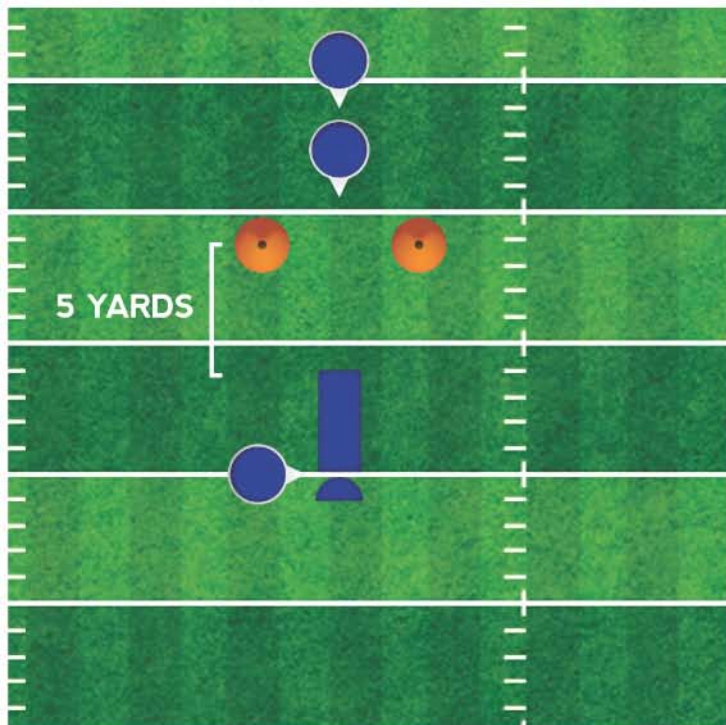
Type: Putting It All Together

- a) Putting the 5 fundamentals together.
- b) Using Bags for soft contact introduction.
- c) Close the space, Buzz the feet, Hit Position, Shoot and Rip the tackle.
- d) Horizontal bag forces Rip.

Notes



POP-UP TACKLE



Key Points:

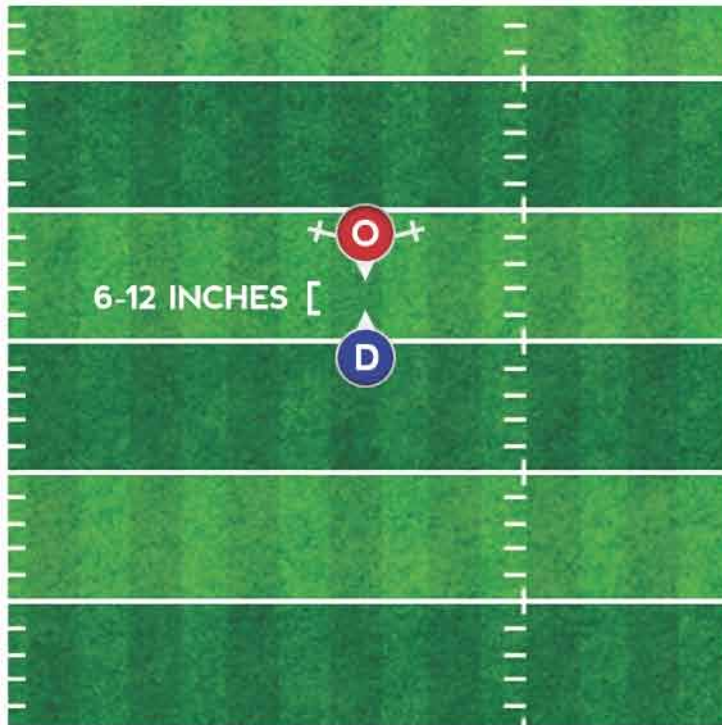
Type: Putting It All Together

- Putting the 5 fundamentals together.
- Using bags for soft contact introduction.
- Close the space, Buzz the feet, Hit Position, Shoot and Rip the tackle.
- Vertical bag introduces “body-like target” — technical check: Rip vs Wrap

Notes



ONE FOOT TACKLE



Key Points:

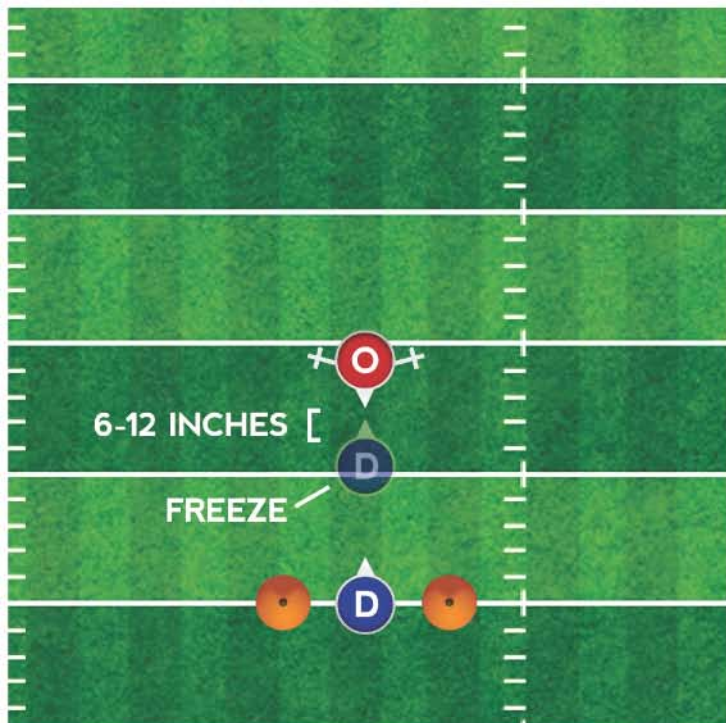
Type: Introduction to Contact

- Start in very small spaces, skill focus, confidence.
- Start in Hit Position, work through the tackle.
- Focus is Shoot, Rip and proper points of contact.
- Easy adjustment for Angle tackle.
 - Turn ball-carrier 45 or 90 degrees
 - New aim point, same fundamentals

Notes



FREEZE TACKLE



Key Points:

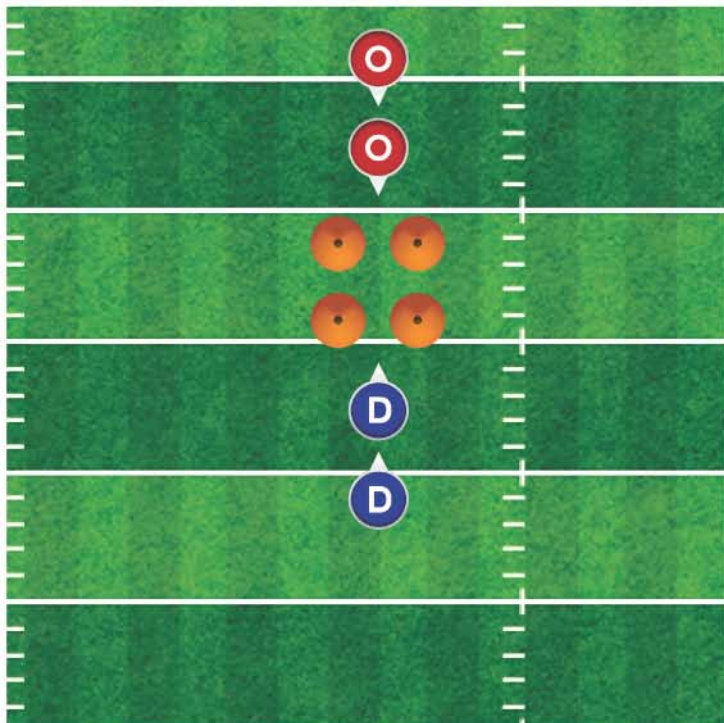
Type: Introduction to Contact

- Introduction to contact at space but freeze eliminates momentum, controls contact.
- Close the distance, Buzz, Hit Position, freeze.
- Finish = Shoot, Rip, point of contact.
- Easy adjustment for angle tackle.
 - Turn ball-carrier 45 or 90 degrees
 - New aim point, same fundamentals

Notes



STRAIGHT-ON TACKLE



Key Points:

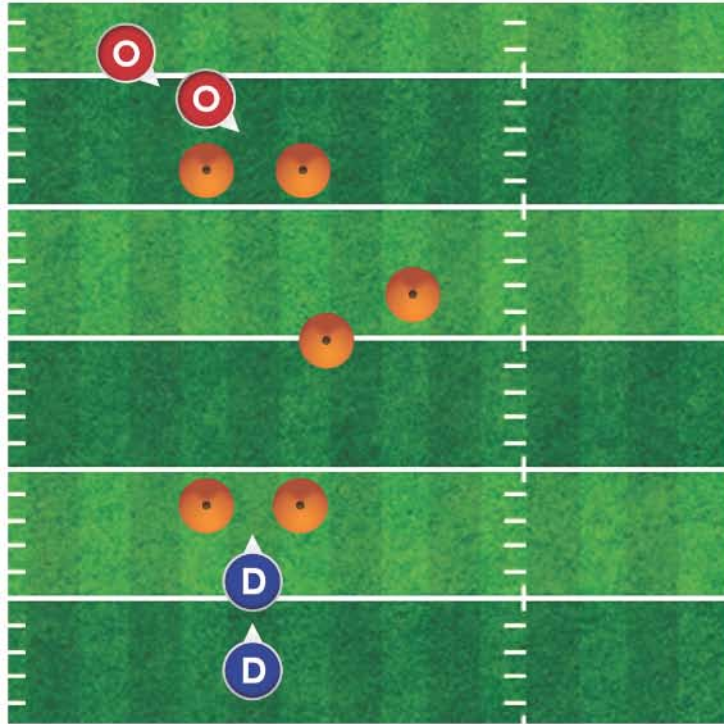
Type: Basic

- a) Both players moving.
- b) Control space, distance, speed.
- c) 5 fundamentals remain the same.
- d) Focus on point of contact, Shoot, Rip, and drive the ball-carrier back.

Notes



ANGLE TACKLE



Key Points:

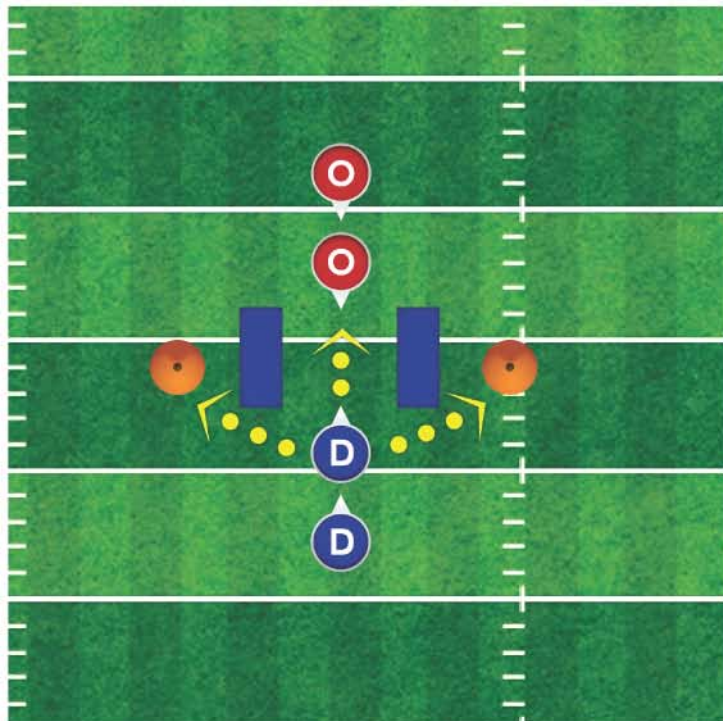
Type: Basic

- a) Control contact with the gate concept.
- b) 5 fundamentals are the same.
- c) Angle in = angle out.
 - Run your line

Notes



LANE TACKLE



Key Points:

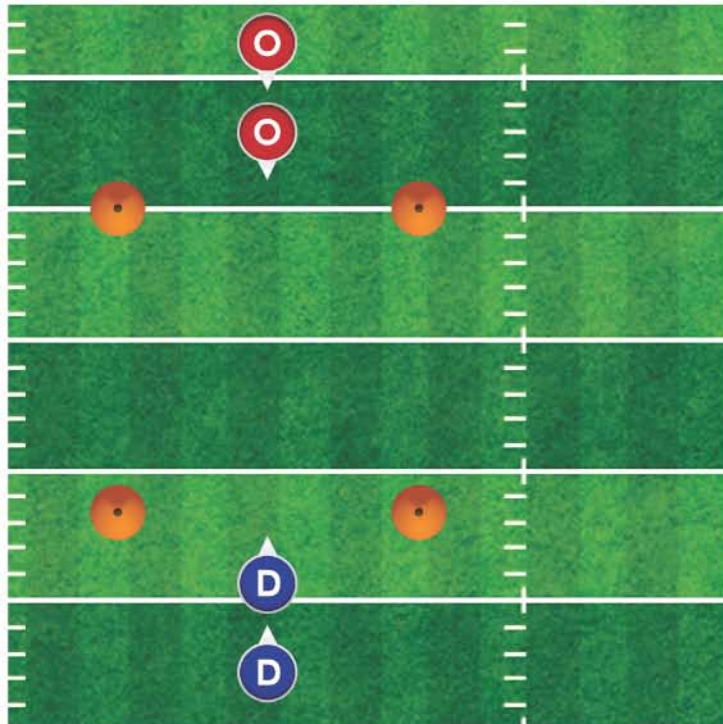
Type: Basic

- Introduction to options and decision making.
- Match proper tackle and aim point with hole.
- Buzz, Shoot, and Rip.

Notes



OPEN FIELD TACKLE



Key Points:

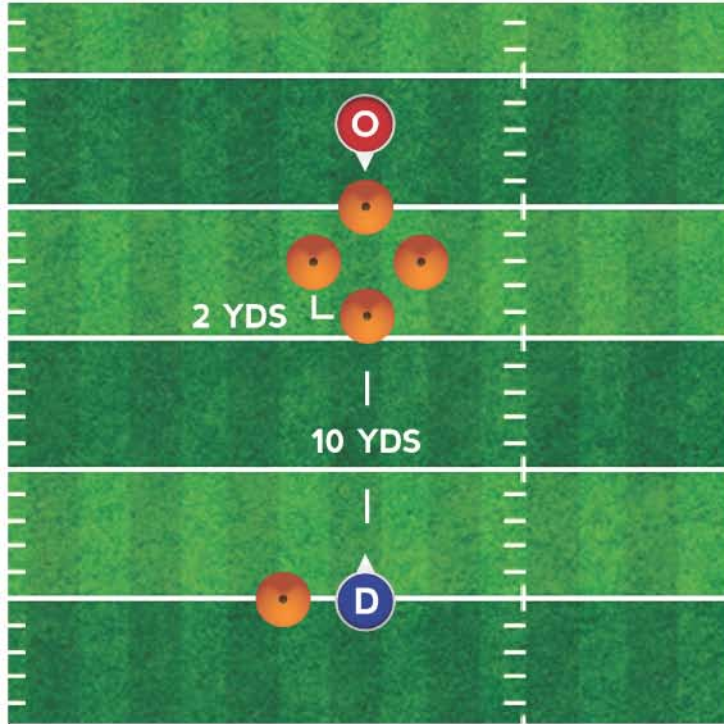
Type: Basic

- a) More and more game like.
- b) Control space, distance speed.
- c) Relationships, aim point, feet.
- d) Shoot, Rip, Secure.

Notes



LEVERAGE TACKLE



Key Points:

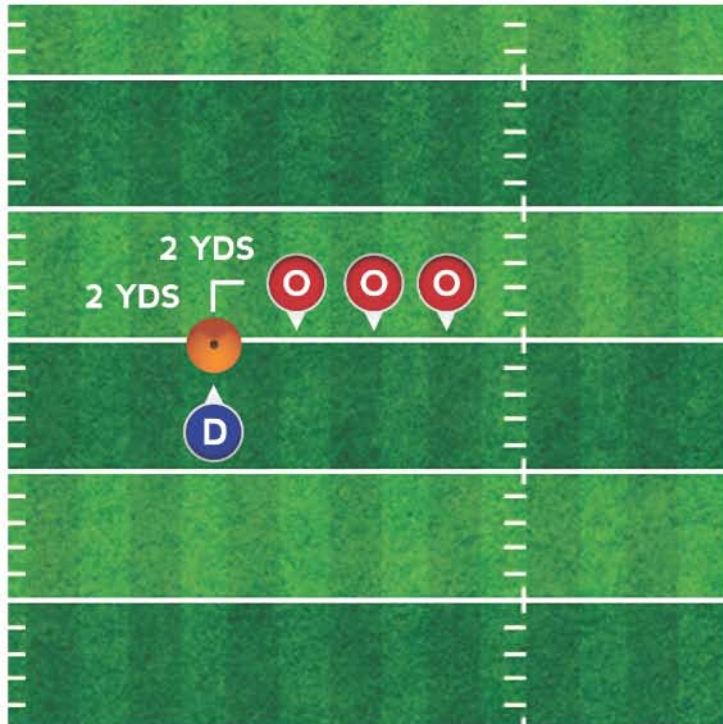
Type: *Fix/Focus*

- Controlled open field: close space, react to move.
- Pause limits momentum and impact.
- Aim points, angles, point of contact.

Notes



THREE RIPS



Key Points:

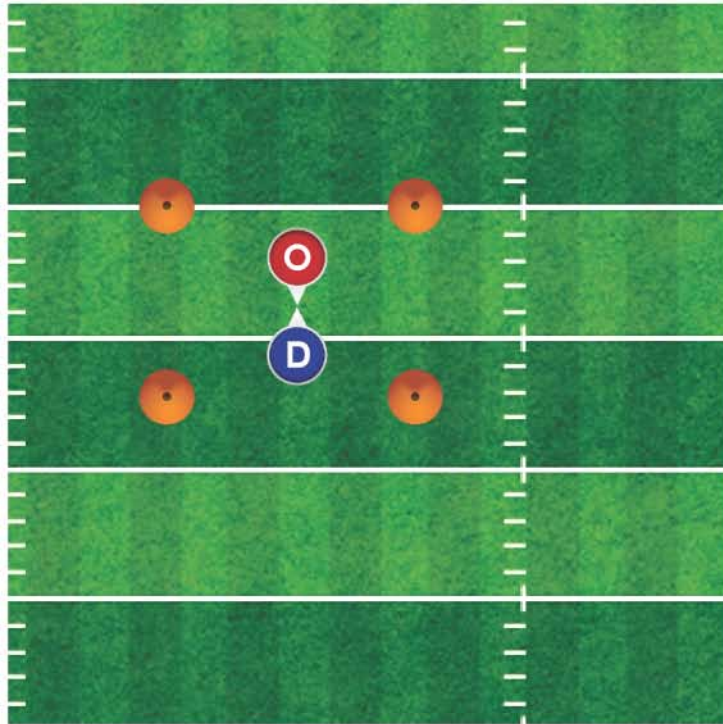
Type: Fix/Focus

- Shoot and Rip: generate power in small spaces, rising blow.
- Identifies lunging, launching, footwork problems.
- Do not finish first or second tackle, reload and shuffle to next.

Notes



GRAPPLE TACKLE



Key Points:

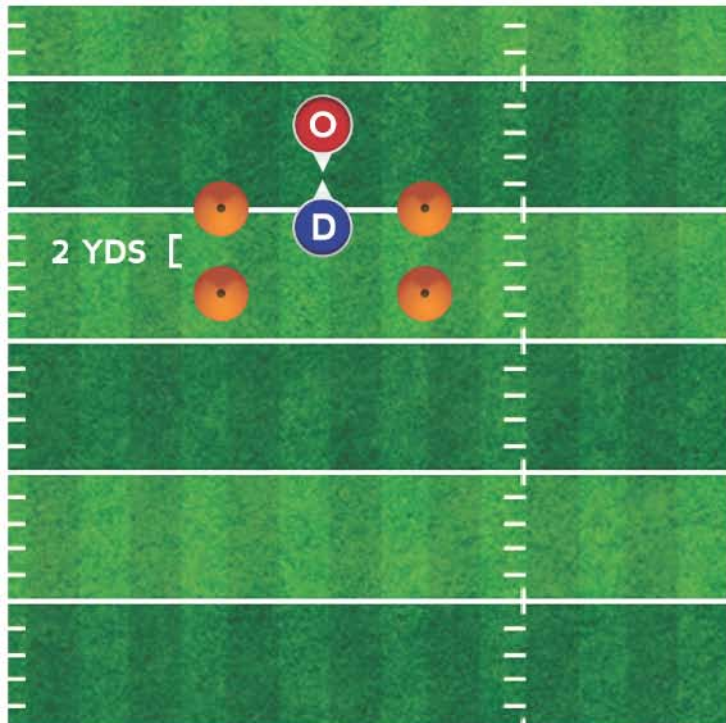
Type: Fix/Focus

- Exaggerate the secure and control portion of tackle as ball-carrier tries to break away.
- High energy explosive drills, short durations.
- Start in Hit Position, Rip, grab cloth, squeeze.
- Hands, biceps, lats control ball-carrier, footwork to stay connected.

Notes



FINISH TACKLE



Key Points:

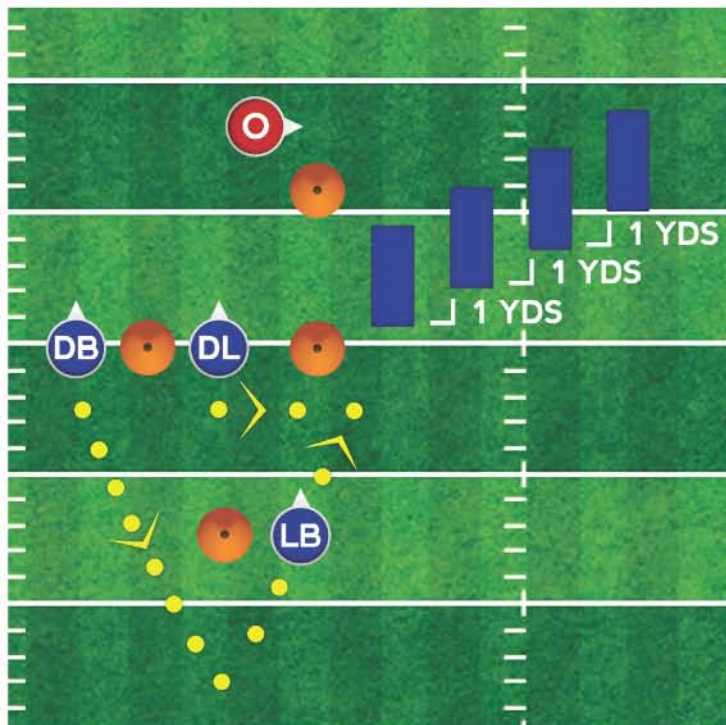
Type: Fix/Focus

- a) Start inches apart—take away all other variable to focus solely on grounding opponent.
- b) Shoot, Rip, feet, legs, drive, grapple.

Notes



BAG SERIES - Close the Space



Key Points:

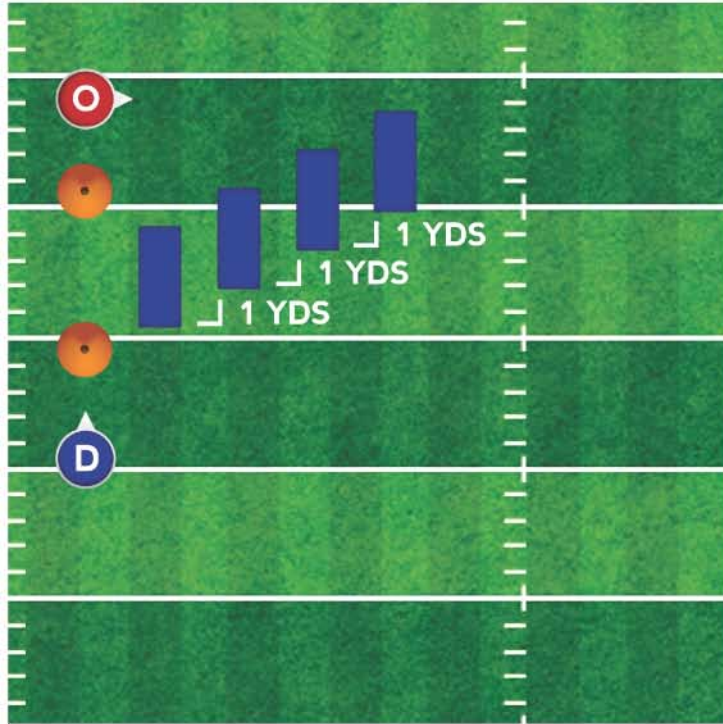
Type: Fix/Focus

- 1) Speed and position specific movement patterns.
- 2) Regain shuffle once leverage is regained.
- 3) Footwork and body control.

Notes



BAG SERIES - Downhill Tackle



Key Points:

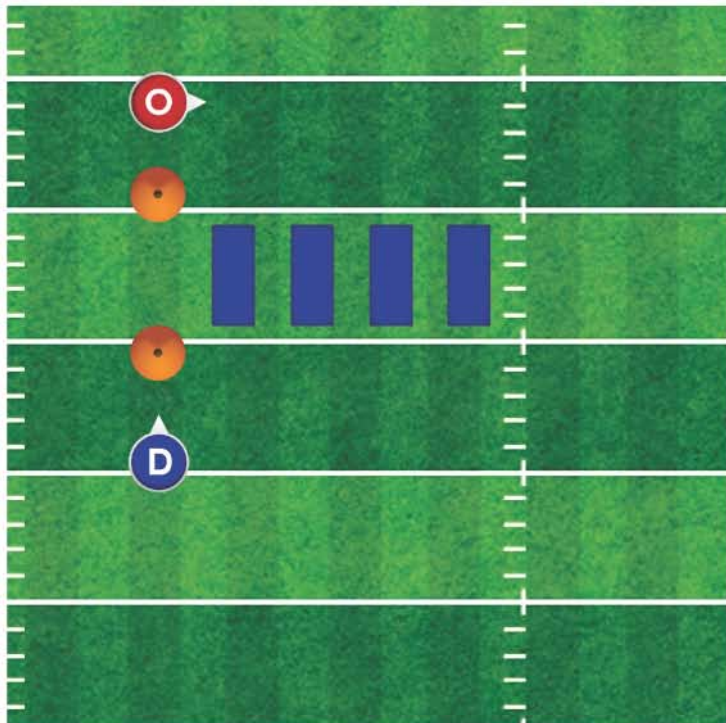
Type: Fix/Focus

- 1) Close the space, down the line.
- 2) If defender is not down the bags, gives room to cutback.

Notes



BAG SERIES - Pick a Hole



Key Points:

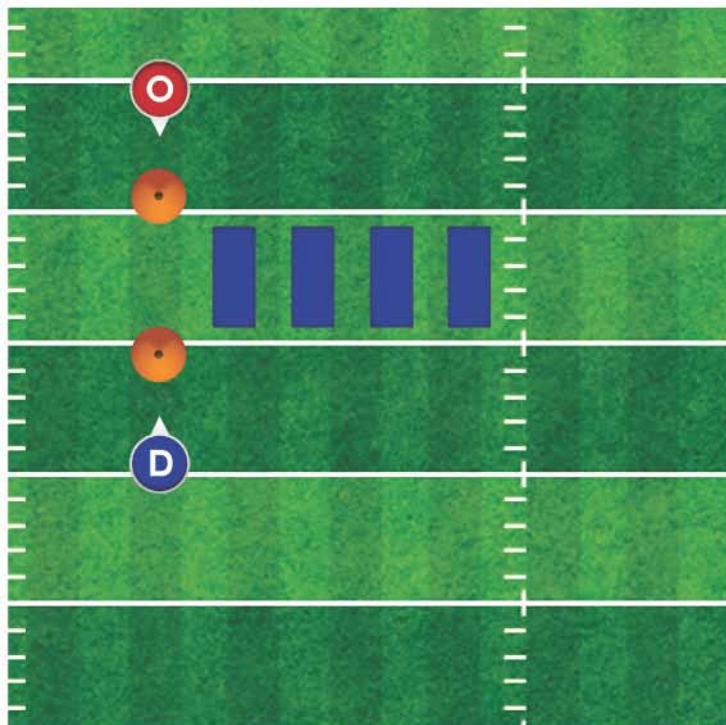
Type: Fix/Focus

- 1) Shuffle fast, keep base.
- 2) Change directions, accelerate.
- 3) Buzz, hit step, Shoot, Rip.
- 4) Big Power, small space.

Notes



BAG SERIES - Shuffle & Fill



Key Points:

Type: Fix/Focus

- a) Intro to drill series.
- b) Face each other, keep bodies square.
- c) React, accelerate, fundamentals.
- d) Big power, small space.

Notes
