

## Football Tackling Drill Strip Drill #1

*Objective* - Teach defenders to strip the ball when trailing the ball carrier from behind.

*Action* - Separate your defenders into 2 groups: ball carriers & defenders. Each line is in single file: ball carriers at line of scrimmage & defenders alongside but staggered 2-3 yards behind. On the coach's signal, the first ball carrier starts the football tackling drill by running about half speed down the field while the first defender sprints up and attempts to strip the football as they come up behind the runner.

*Coaching Details* - Run the football tackling drill from both directions and give each player sufficient reps as a defender. Be sure your defenders don't sacrifice a good tackle as they try to strip the ball. They should come down on the ball or attempt to punch up through the ball as they begin to bring the ball carrier down.

