

## Football Tackling Drill Angle Tackle Circuit Drill #1

Objective: To provide a repetitive method of the technique of angle tackling.

Action: This is a circuit where players begin at one cone and sprint 2-5 yards and performs a fundamental angle tackle on a blocking dummy. The player will sprint to the next blocking dummy and the next player starts the run onto the first blocking dummy. These steps are repeated until player finishes.

Coaching Details: Make sure all players are waiting at the proper technique when making the tackle. Repeat this drill often as a reminder of the basic tackle.

