

## Football Tackling Drill Basic Angle Tackle Drill #1

**Objective** - This is not a hitting drill, but a drill to fit each player into a proper the proper fundamentals of the angle tackle. Pure technique is the goal.

**Action** - Have two rows of player facing each other about one step apart. One row will be the ball carrier and will not move during this drill. Have the ball carriers take one step to their left and remain there. The other row will take the proper step forward.

The second row is the group learning the techniques. All players need to follow the proper form and fit.

- Feet should be shoulder width apart.
- Toes pointed forward.
- Player should dip the body to lower hips into a power position.
- Knees bent with weight of body on front of the feet.
- Chest over knees and knees over toes.
- Head is up and eyes focused on waist of target.
- Shoulders square.
- Feet always moving.

The defender should step into the tackle, shooting hands through and up around the ball carrier. While shooting the hands the arms should wrap and head should lift upwards and the defender should drive all the way through.

**Coaching Point** - Make defenders hold on as the coach checks for proper form. Check all technique points and make them do it until it is correct.

