



Sub Topics : Front On Line

Suitability: Colts
Grade
School

Group Size : Multiples of 2

Area size : Depending on group number

Equipment : 1 hit pad per pair. 3-4 marker cones

Drill Description

This drill is a necessary extension to **Drill 150** and is also a build up exercise for further tackling drills. The aim is to encourage tacklers to adopt the correct body position and technique when tackling.

Players work in pairs - one holding the pad and the other making the tackles. The tackler and pad holder separate by about 1.5-2m.

The difference between this drill and **Drill 150** is the fact that here the tackler remains comparatively stationary and the player to be tackled moves aggressively towards him - a situation which is probably more realistic.

The coach makes a call such as - "**Left Shoulder .. GO!**" On such a command the pad holder moves forward aggressively and the tackler makes the tackle with the left shoulder. The tackler completes an even number or tackles (at least 6), alternating from his left to his right shoulder, before changing places with his partner.

After the coach is satisfied with technique, the tackles must be then performed with rapid repetition, the aim being to develop the tackler's ability to perform the technique almost subconsciously

Drill Coaching Points

- Make sure the tackler's head is slightly forward of his hips and that his head is on the outside of the bag as he makes contact - outside meaning to the right when hitting with the left shoulder and to the left when using the right shoulder in the tackle.
- Make sure that the tackler has his "outside" leg up close to the bag - i.e. left shoulder tackle - right leg up and vice versa). This will allow him to generate more force with his hip and leg drive with the "inside" leg
- Players tend to dive at the bags in the tackle. This is not desired. The tackler must -
 - * stay high and keep his eyes on the point on the target that he is going to hit
 - * dip slightly at the last moment (head still up) and
 - * "punch" the target with the shoulder using leg drive and a rotation of the shoulders made possible by the correct feet positioning described immediately above.
- The tackler should keep his feet close to the target. The tackler must not "launch" himself at the bag. Keep the feet in contact with the ground at all times. If the tackler launches himself at the bag he no longer has control over the tackle and can not generate any further force.

My Notes