

Tackling: Teaching Technique

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Change the Thinking

- There is no bad tackle as long as it is a safe one.
- Try and stay off the ground. Most injuries occur when your on the ground.
- Tackling is mostly fundamentals not mostly toughness.
- Create a process and break the steps down one by one.
- Don't create a bad taste in a players mouth about tackling. (No bad memories)
- More technique and less contact.

Terminology

- **Shimmy**
- **Big eyes**
- **Hit on the rise**
- **Throw your upper cuts**
- **Aiming points**
- **Double time knees**
- **Strain**
- **Profile**
- **Squared**

Shimmy

- Do not say break down.
- Shimmy at about 3 strides from ball.
- Come to balance while still moving toward the ball.
- Get feet and hips under you and chop feet.
- Aiming point is near peck.

Big Eyes

- Most players close their eyes on contact.
- See what you hit.
- Automatically gets your body in right position and height level.

Hit on the Rise

- Eyes at ball level.
- Run your upper chest through their lower chest. (their #'s)
- Get your eyebrows under their chin.
- No waist bender show the ball carrier your #'s.

Throw your Uppercuts

- Arms must go through the armpits of ball carrier.
- Do not say wrap up.
- Keep elbows tight.
- This must be a violent movement.
- Grab cloth at the end.

Aiming Points

- Must give each athlete a place to put their eyes.
- V of neck or near ear hole for a profile tackle.
- Near peck for square tackle.

Double Time Knees

- Drive your knees and keep them high.
- Keep knees wide.

Strain

- Exert a lot of force.
- Drive your hips with force.
- You should be able to hear the strain and see it on you face.
- Stay up and drive. Ball carrier must help with this.

Profile Tackle

- Most tackles end up being some type of profile tackle.
- This tackle was know as an angle tackle or sideline tackle.
- Aiming point is near ear whole or near V of the neck.
- In a true profile tackle don't slow down.

Squared Tackle

- Head on tackle.
- Shimmy
- Aiming point is near peck.

Drills

- **Superman**
- **2 point on knees**
- **1 knee fit**
- **Chest bump and dive**
- **1 step fit and drive**
- **7 up**
- **Shuffle dummies or cones**
- **Tackling pad**
- **Strip Drill**