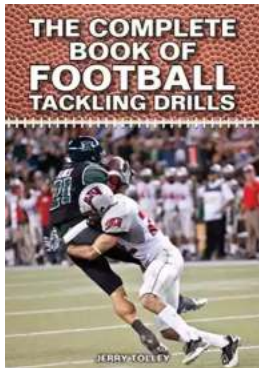
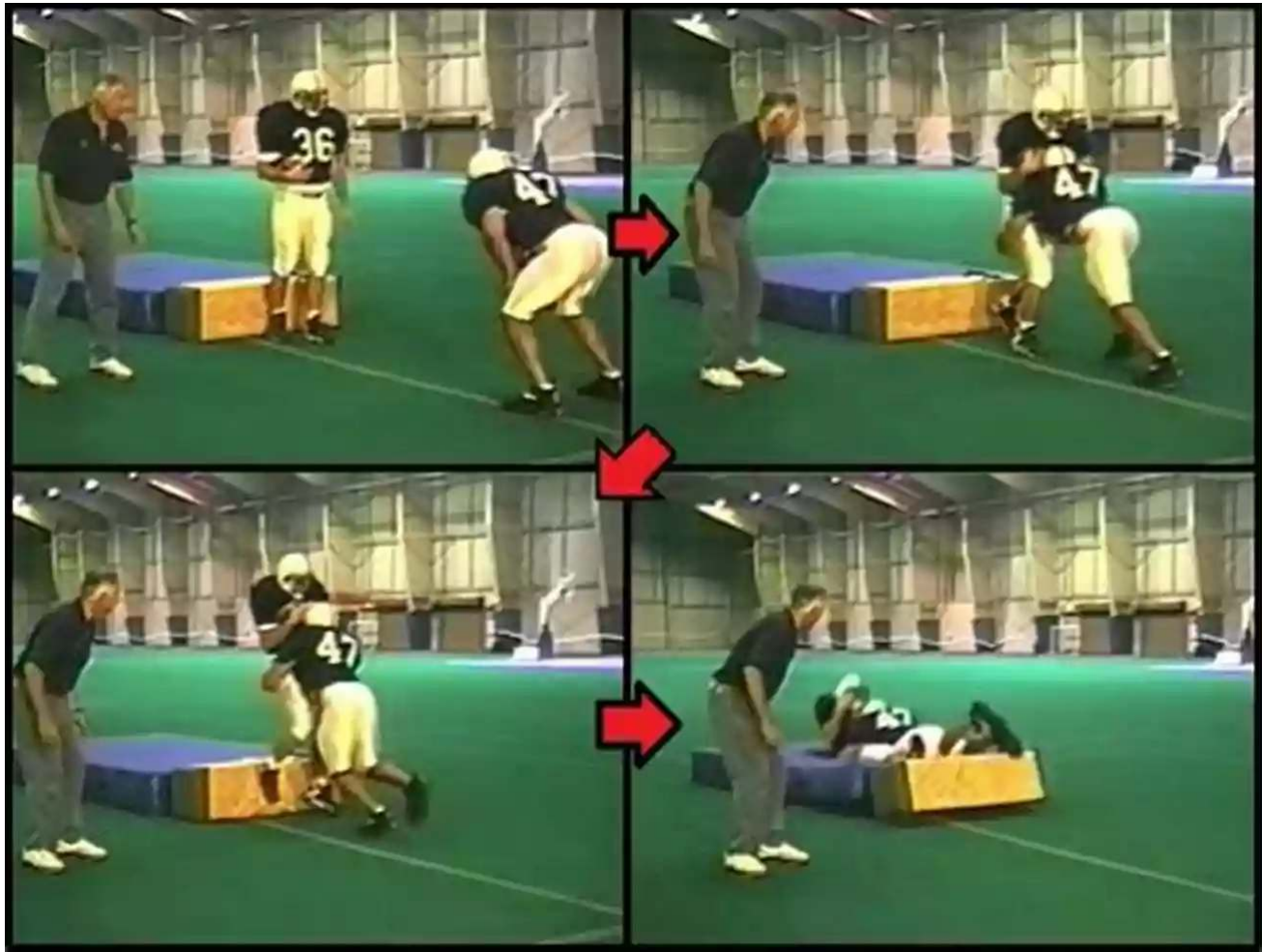


The Complete Guide to Football Tackling Drills

Football, also known as American football, is a highly physical sport that requires players to possess various skills, including tackling. Tackling is a fundamental aspect of the game, as it allows defensive players to bring down the ball carrier and prevent the opposing team from scoring. To become an effective tackler, players need to consistently practice tackling drills that enhance their technique, timing, and overall tackling ability. In this article, we will explore a comprehensive selection of football tackling drills that will help improve your skills on the field.

1. The Basic Form Tackle Drill

The basic form tackle drill is an essential starting point for any football player looking to improve their tackling technique. Begin by having two players face each other about 5-10 yards apart. The player assuming the role of the ball carrier will hold a football while the other player will act as the tackler. The tackler must approach the ball carrier, break down the distance, and deliver a proper form tackle by wrapping their arms around the ball carrier's waist and driving them to the ground.



The Complete Book of Football Tackling Drills

by Michael Smith (Kindle Edition)

★★★★☆ 4.6 out of 5

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2. The Angle Tackle Drill

In a real game situation, defenders often need to make tackles at different angles. The angle tackle drill helps players develop the ability to adjust their tackling technique based on the position of the ball carrier. Have two players start facing each other, with the tackler positioned slightly to the side of the ball carrier. The tackler must approach the ball carrier at an angle and initiate contact by driving their shoulder into the ball carrier's midsection while wrapping with their arms, bringing them down to the ground.



3. The Bull in the Ring Drill

The bull in the ring drill is an excellent tackling drill that focuses on developing reaction speed and quick thinking. Form a circle with a group of players, with one player standing in the center. The player in the center must remain alert as the coach or another player randomly calls out a number. Upon hearing the number,

the player in the center must quickly seek out the player with the corresponding number, engage them, and execute a proper tackle.

4. The Gauntlet Drill

The gauntlet drill is designed to simulate a high-pressure situation where the ball carrier must navigate through a series of defenders. Set up a line of defenders facing the ball carrier, leaving enough space between each defender for the ball carrier to run through. As the ball carrier runs through the line, each defender should aim to execute a tackle. This drill helps improve the ball carrier's evasion skills while giving defenders the opportunity to practice tackling in a game-like scenario.

5. The Rip Drill

The rip drill focuses on teaching defenders how to effectively disengage from blockers and make a tackle in traffic. Form a line of offensive blockers across from a line of defenders. The defenders will take turns facing a blocker, with their goal being to rip through the blocker's hands and make a tackle on a ball carrier behind them. This drill helps defenders to maintain their focus on the ball carrier while using proper technique to get past blockers.

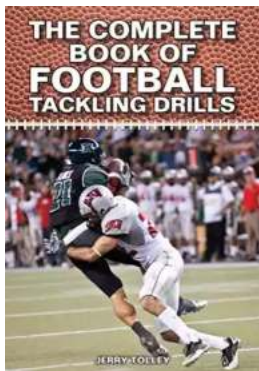
6. The Pursuit Drill

The pursuit drill is aimed at improving the tackling abilities of multiple defenders by simulating game-like scenarios. Set up cones or markers in a zigzag pattern across the field. One player acts as the ball carrier, and the remaining defenders must pursue the ball carrier while maintaining their tackling form. The drill encourages teamwork, communication, and proper pursuit angles to effectively bring down the ball carrier.

7. The Hit and Shed Drill

The hit and shed drill focuses on teaching defenders how to make initial contact with a ball carrier, disengage from the block, and quickly make a tackle. Pair up a defender and a blocker, with the defender taking the role of the tackler. The blocker's objective is to engage and maintain contact with the defender, while the tackler must effectively shed the blocker and make a tackle. This drill helps develop the necessary physicality and hand placement skills needed to dominate in one-on-one situations.

In football, tackling is a crucial skill that can make or break a game. By consistently practicing a variety of tackling drills, players can significantly enhance their technique, timing, and overall tackling ability. The drills described in this article provide a comprehensive guide to improving your tackling skills on the football field. Remember, practice makes perfect, so make sure to dedicate ample time to these drills to help take your tackling to the next level.



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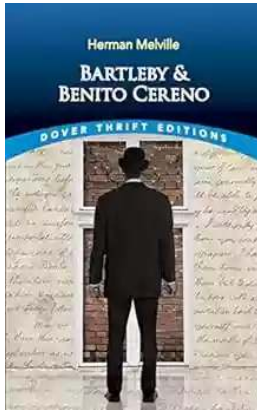
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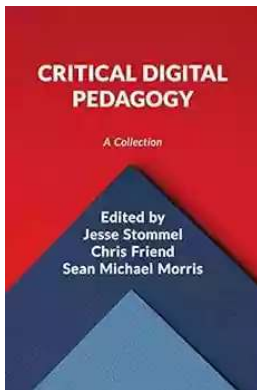
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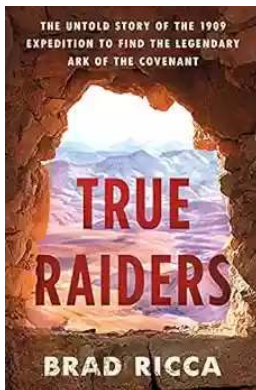
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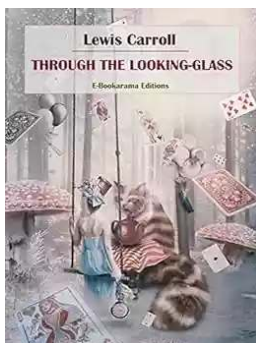
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