Williston Parks and Recreation/577-5141
Tackle Football 2011 Practice Plan Day 4
Full Gear

5:30 – 5:40 Stretching

5:40 – 5:55 Warm up, 10 yards x 2
- High Knees
- Butt Kicks
- Kareoka
- Back Peddle
- Bear Crawls
- Strides
- Sprint Full Speed

5:50 – 6:10 Partner Form Tackling

6:10 – 6:15 Water Break

6:15 – 6:55 4 Stations 10 Minutes Each

Station 1- Tunnel of Love

Station 2- Schuffle, Hand Shiver, Tackle

Station 3- Tackle Going to the Right/Left

Station 4- Blocking
- Proper Way to Run Block
- From Guard Position Pull Around Tackle and Block Dummy

6:50 – 7:00 All Come Together – Break Down

Tunnel of Love

Players line up in two lines. Players in individual lines stand shoulder to shoulder. The lines should be 5 yards apart with the players facing in.

X	T
X	X
X	X
X	X
X	X
B	X

The tackler “T” runs around the outside out the players in his/her line, then runs into the tunnel and attempts to tackle the ball carrier “B”.

The ball carrier “B” runs around the outside of the players in his/her line, then runs into the tunnel and attempts to avoid getting tackled.

Needs to run the drill:
One Ball

Shuffle, Hand Shiver, Tackle

C C C C S DH

T

Have a player hold the shield “S”. Have a player hold the dummy “D”

The tackler “T’ shuffles parallel to the cones “C”, does a two hand shiver to the shield “S”, then tackles dummy “D”. The tackle should tackle the dummy with their head “H" on the outside. In the example above, their head would be on the right side of the dummy.

Once everyone has gone through the drill a couple times, do the same drill to the opposite direction.

Needs to run the drill:

One Shield
One Dummy
Four Cones

Tackle Going to the Right/Left

B

C C C C

T

THIS DRILL IS NOT DONE AT FULL SPEED

Cones should be placed about 2 yards apart.

The ball carrier “B” runs parallel to the cones, and cuts up one of the holes. The ball carrier is not trying to avoid getting tackled.

The tackler “T” shuffles parallel to the cones. The tackler needs to stay a tiny bit behind the ball carrier “B”. When the ball carrier cuts up a hole the tackler needs to form tackle (without taking the call carrier to the ground) the ball carrier. When tackling he head should be on the outside. In the example above the outside is to the right.

Needs to run the drill:

One Ball
Four Cones

Blocking

Proper Way to Run Block – Blocking for a dive for the hole between the guard and tackle.

ILB

DT

T G

The defensive tackle “DT” is a dummy held by a player.
The inside linebacker “ILB” is a shield held by a player.
The coach says “Set Hut”.

On hut, the tackle “T” comes out of a three point stance, gets their head on the inside (in the example above the head should be to the right) and attempts to drive the dummy “DT” back and out. Tell the tackle “T” to keep chopping his/her feet.

On hut, the guard “G” comes out of a three point stance, gets their head on the outside (in the example above the head should be to the left) and attempts to drive the shield “ILB” back and in. Tell the guard “G” to keep chopping his/her feet.

From Guard Position Pull Around Tackle and Block Dummy- Blocking for an off tackle run.

OLB DT

T G

The defensive tackle “DT” is a dummy held by a player.
The outside linebacker “OLB” is a shield held by a player.
The coach says “Set Hut”.

On hut, the tackle “T” comes out of a three point stance, gets their head on the outside (in the example above the head should be to the left) and attempts to drive the dummy “DT” back and in. Tell the tackle “T” to keep chopping his/her feet.

On hut, the guard pulls to the outside (in the example above, to the left), gets their head on the inside of the shield “OLB” (in the example above, to the right) and attempts to drive them to back and out.

Needs to run the drill:

One Shield
One Dummy