

Tackle Football

(5th and 6th Grade)

Policy # XXX

Program Type:	Recreational & Instructional
Program Administrator:	Williston Parks and Recreation – Full Time Recreation Staff
	Responsible for:
	Hiring and training Program Supervisor
	Inventorying and ordering equipment and shirts
	Recruiting Volunteers
	Creating Roster and Schedules
	Creating Practice Plans for All Teams
	Assist with the Supervision of Day to Day operations.
	Coordinating with Parks Maintenance Staff
Program Supervisor:	Williston Parks and Recreation Seasonal Staff
	Responsible for:
	Pre-session meeting
	Post practice meeting
	Supervise Day to Day Operations
Coaches:	Volunteers
	Responsible for:
	Coaches schedule practices
	Coaching drills during practice days
	Coaching teams on game days.
Location:	Western Star, Davidson Park, Rickard School, Cutting Field, Trinity Christian School Football Field
Start:	Tuesday Before Labor Day
Duration:	Program last for 10 - 12 Weeks
Parents Meeting:	Early August
Large Group Practice Days:	Four Days of Stations, the Fourth Day Stations specifically geared towards Tackling and Blocking
Individual Team Practices:	Coaches schedule practices on their own
Games:	Each team will have X games. Games will be played on Tuesdays, Thursdays, and Saturdays
General Program Goals:	Have Fun



- Teach Positive Sportsmanship
- Basic Rule Goals: Understand the concepts of running plays as a team.
Understand all of the positions, where they line up, and what their responsibilities are.
- Tackling Goals: **MOST IMPORTANT ALWAYS TACKLE WITH THE HEAD UP.**
1. The tackler is to drive his shoulder into the ball carrier's thigh pad, and *nowhere else!* His head should be across the runner's body and up. His hips should be under him. There should be no bend or arch to the tackler's back.
 2. The tackler should fling his arms around the ball carrier's legs and pull the runner towards him with a sharp motion. His fingers should be grabbing cloth wherever possible.
 3. The tackler should lift the ball carrier slightly (roughly an inch or so). This serves three purposes: it keeps the tackler on his feet, preventing dives and misses; it breaks the runner's balance and contact with the ground, and it makes the next point easier.
 4. With short choppy steps the tackler should power the ball carrier across, rather than back along, his initial motion.
- Blocking Goals: **MOST IMPORTANT ALWAYS TACKLE WITH THE HEAD UP.**
- Begin in a proper stance with the head up and the eyes on the defender's number. The lineman's first step should be with the foot on the same side of the body as the shoulder he'll use to make the block. As the player explodes forward, be sure the eyes are focused on the target. After the initial step, the blocker should drop the opposite knee so their base remains low and they can charge "upward" and into the defender. Keep the head up, eyes on the defender's middle, then slide the head to the side as contact is made with the shoulder. At contact, the elbows should form a triangle for a good wide blocking surface. At this point, the offensive lineman should continue to keep the head upward as he lifts the defender up and away from the line. Take short steps and keep the feet wide for proper balance. It's very important to get on your players to keep the feet pointed forward. The tendency is to turn the toes out. This weakens the player's base and power.

