



WHITEPOINT WOLVERINES 2012 SPRING PRACTICE

Open Field Tackling

To be done in units.

Explain the importance of learning how to tackle properly. This drill simulates being in open space and having to make a tackle. Be sure to stress the importance of the techniques used in form tackling drill.

Begin with players in their unit lines.

Teach the concept of the open field tackling drill in three phases:

a) Set Up and Roles

Three markers in a line

Two dots five yards apart

One cone at a distance of two yards from one and three from the other cone

Player aligned on the dot closest to the center cone is the defender and will be executing a moving form tackle.

Player aligned on the dot furthest from the center cone will be the running back with one ball held by both arms and will be form tackled.

Both players begin in breakdown stance.

On first whistle, both players begin to chop.

b) The Drill

On the second whistle, both players approach the cone.

The ball carrier will actually reach the cone facing the defender and continue to chop his feet.

The defender will reach a point one yard before the cone and breakdown while continuing to chop.

Make corrections based on distance or stances on the fly.

At this point, the coach, standing behind the defender, should give direction to the offensive player, right or left.

c) On the third whistle, the offensive player turns 90° and progresses straight to the side.

The defender, in response to the offensive move, steps with the near foot at an angle that will allow him to achieve proper tackling form with his head in front.

Body position should remain low, head up.

Arms should embrace the ball carrier and grab cloth.

Accelerate the feet.

Repeat with the next two members of the unit.

Switch roles and repeat as time allows.

