

## Tackling 101

### **Integrating Field Drills with Strength and Conditioning to Improve Tackling**

#### Key Points:

- 🌀 “Let’s not wait for August to teach tackling – it starts in January.”
- 🌀 Tackling is a Skill
- 🌀 Acknowledging concussions and other tackling related injuries
- 🌀 Train Hard and Train Smart

#### Things We Know about a Tackle:

- 🌀 The Hammer
- 🌀 The Nail
- 🌀 The Event
- 🌀 The Result

#### Some Helpful Terms:

- 🌀 POP = Position of Purpose is an optimal position for a text book tackle
- 🌀 P2P = Pads to Pelvis of the ball carrier is where the tackler’s eyes are focused
- 🌀 Quicken = Feet are low to ground; great for reaction and adjusting, but low power
- 🌀 Accelerate = Thighs are driving; great for power, but poor reactivity
- 🌀 “Break the Stick” = Imaginary point of impact connected to the tackler’s body that makes first contact with the ball carrier.

READINESS: Strength & Conditioning	PREPARATION: Field Drills

What’s the one thing we’re gonna do on Monday?