



# TACKLING AMERIKANSK FODBOLD MANUAL



# TAK TIL

*Vi vil gerne sige stort tak for bidraget til udarbejdelsen af dette materiale, en særlig tak skal lyd til:*

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# TACKLING MANUAL

The most important skill on defense is tackling

- Work on tackling everyday
- Don't overcomplicate tackling drills
  - Use drills applicable to gameplay

The difference between being good and great

- A great defense is a defense with 11 players who can blockshed and tackle
- Every practice should consist of tackling and blockshedding drills
  - You do not need pads to work on fundamentals

## TRACKING

To be able to make a tackle, you must be great at tracking the ballcarrier (BC) and keeping your leverage.

## LEVERAGE

- Leverage is advantage
  - When you have leverage on a BC, do not lose it!
  - You ALWAYS have help on tackling, so make sure you keep your leverage and force him to your help
    - Help can be the sideline
  - Close the distance to the BC fast to limit the BCs options

## TYPES OF TRACKING:

- 1) Inside-Out tracking. Inside-Out tracking = every time the ballcarrier is running AWAY from you
- 2) Outside-In tracking. Outside-In tracking = every time the ballcarrier is running TOWARDS from you

## WHEN TO USE INSIDE-OUT TRACKING

- 1) Defenders near the middle of the defense will usually chase the BC from inside out
- 2) Plays with BC running horizontal will put a lot of defenders in Inside-Out tracking
- 3) Backside pursuit
- 4) Ballcarrier is close to the sideline (WR catching a ball close to sideline)

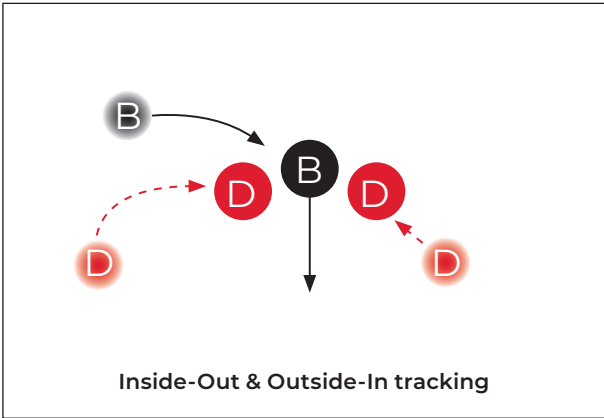
## WHEN TO USE OUTSIDE-IN TRACKING

- 1) Defenders outside of the formation will usually force the BC back inside, outside in
- 2) Plays with BC running to the vertical will put a lot of defenders in Outside-In tracking
- 3) Fronside players setting the edge

## NOTE

Switching between inside-out tracking and outside-in tracking, can happen in the middle of the play if runner changes direction completely.

*All of the above is applicable to special teams.*

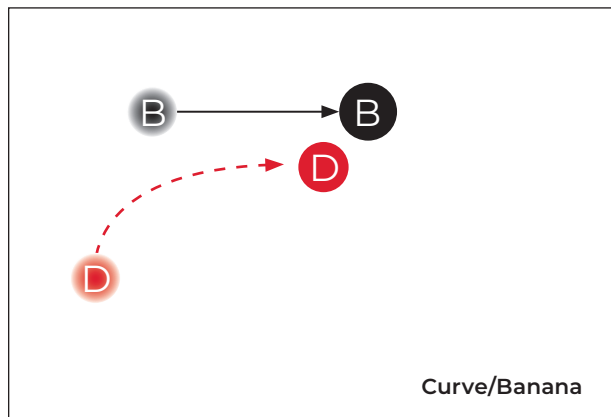
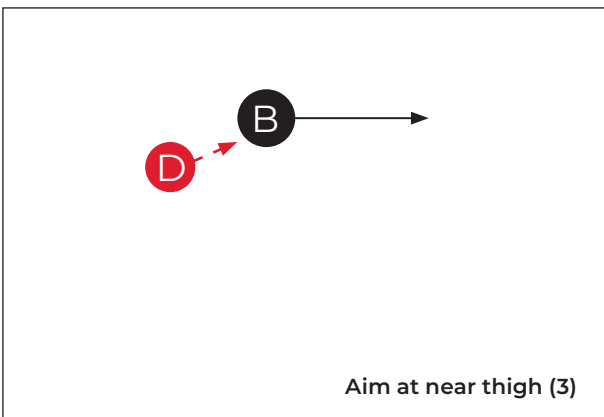
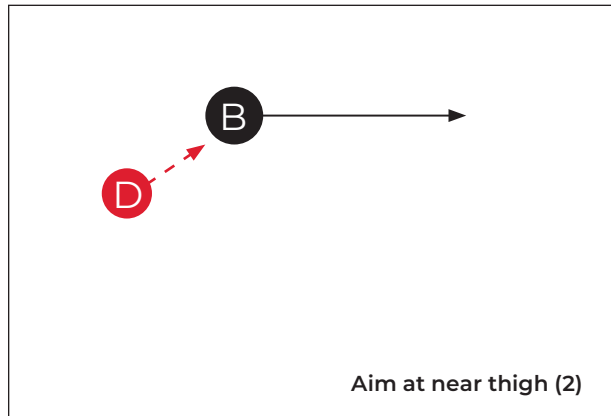
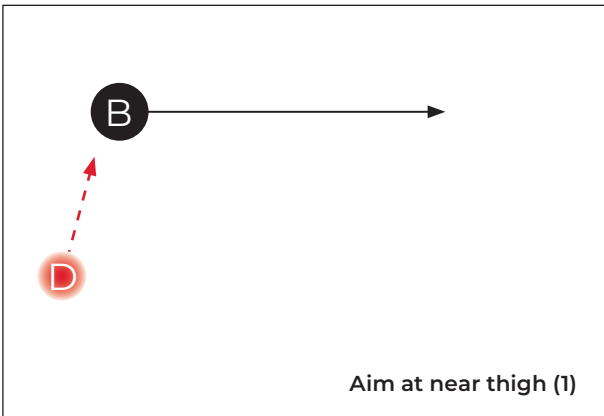


“INSIDE-OUT TRACKING” COACHING POINTS:

- Aim at BCs near thigh
- Close distance fast
- Square up when square up

**Explained**

- Aim at the BCs near thigh where he is now. Adjust angle in a curve/banana.
  - Why: If we aim where he is going to be, we are opening for him to cut back on us
- Close distance fast but keep your leverage.
  - Why: To limit the options of the ballcarrier and limit yardage
- When BC slows down or squares up, you should get parallel to LOS
  - Why: Slowing down or squaring up is a sign that BC wants to run straight upfield or cutback. We are getting in a position with more power, and our head out of the tackle.



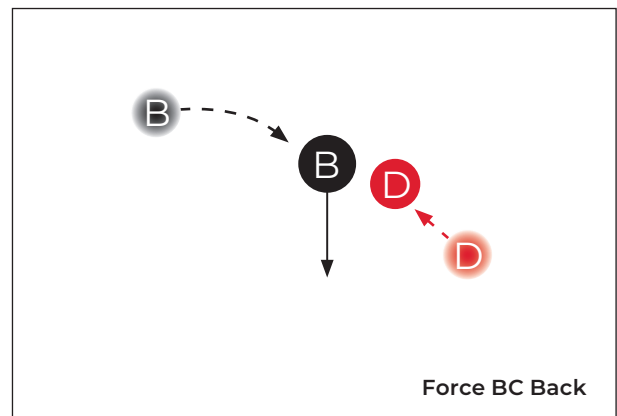
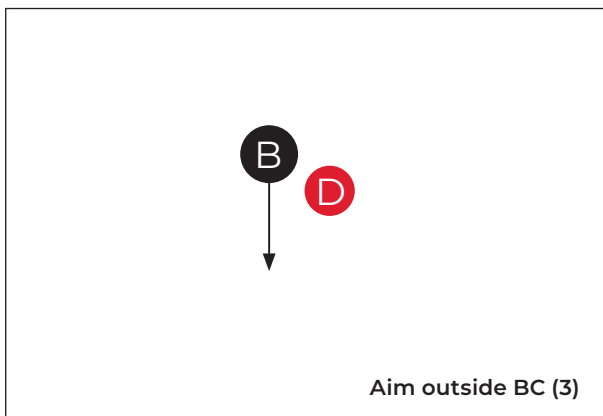
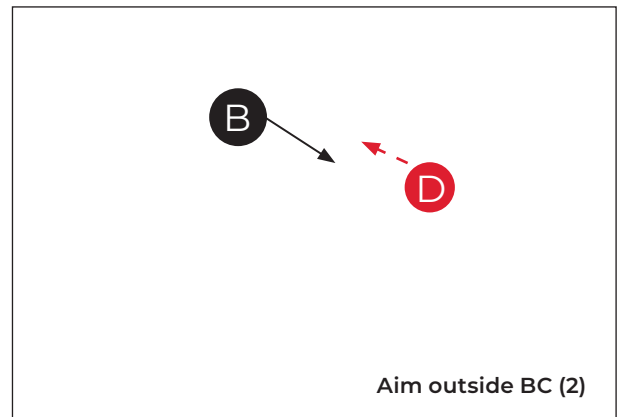
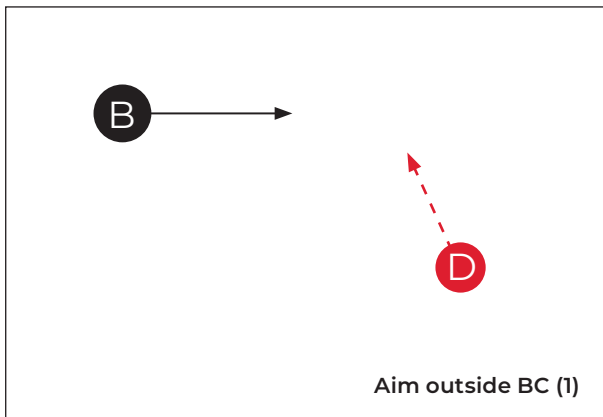


### “OUTSIDE-IN TRACKING” COACHING POINTS:

- Aim outside BC
- Force BC back
- Stay square

#### Explained

- Aim outside BC. BC is moving fast towards you, so help yourself by aiming on BCs outside
  - Why: You are where BC is running towards. Aiming on where he is now, will leave your outside vulnerable
- Force BC back. You always have help from the inside – use that help.
  - Why: By forcing BC back inside, BC has to slowdown or change direction = less yards.
- Stay square to be able to move horizontal to LOS and keep head out
  - Why: BC is trying to go outside. By moving while staying square you give yourself a better chance to move horizontal towards the sideline if he tries to bounce around. In addition, your head is away from the BC and Inside-Out defenders.



# TACKLING

Great defenses don't miss tackles! Deliver blow, wrap up and bring BC to the ground.

## THE TACKLE

- Once you have tracked the BC down.
  - Stay low = bend your knees and sink your hip.
  - Tackle through = Explode through the target with head up. Contact must be made with shoulder pads (same foot, same shoulder).
  - Wrap up = Wrap BOTH arms around the player. This may be the most important part of tackling. Pull the BC sharply towards you with your arms. Don't let BC get away from you once you have them.
  - Drive through = Don't stop your feet at contact
  - Bring BC to the ground = The summary of all of the above is the BC being on the ground.

## TYPES OF TACKLING:

- 1) Rugby tackling
- 2) Gator tackling
- 3) Profile tackling

## WHEN TO USE RUGBY TACKLING

- 1) This is our primary tackle
- 2) Use this tackle when you can make direct contact to the BC from an angle
- 3) Rugby tackle situations:
  - a. LBs and DBs running to a BC at or around the LOS

## WHEN TO USE GATOR TACKLING

- 1) This is a "negative" tackle = used to limit a negative play
- 2) Use this tackle when ball carrier is running away from you and you must LEAVE your feet to get him
- 3) Gator tackle situations:
  - a. DL and LBs if BC is getting away from you. Could be QB escaping pocket or RB breaking through LOS and we must catch him before he takes off
  - b. DBs in a "tackle or touchdown" scenario

## WHEN TO USE PROFILE TACKLING

- 1) This is a "high" tackle = used in limited space when BC right in front of you
- 2) Use this tackle when you don't have an angle on the BC – BC is coming right at you and
- 3) Profile tackle situations:
  - a. DL and LBs if BC is coming straight at you in a gap or on the edge of the tackle box
  - b. Goalline and shortyardage situations

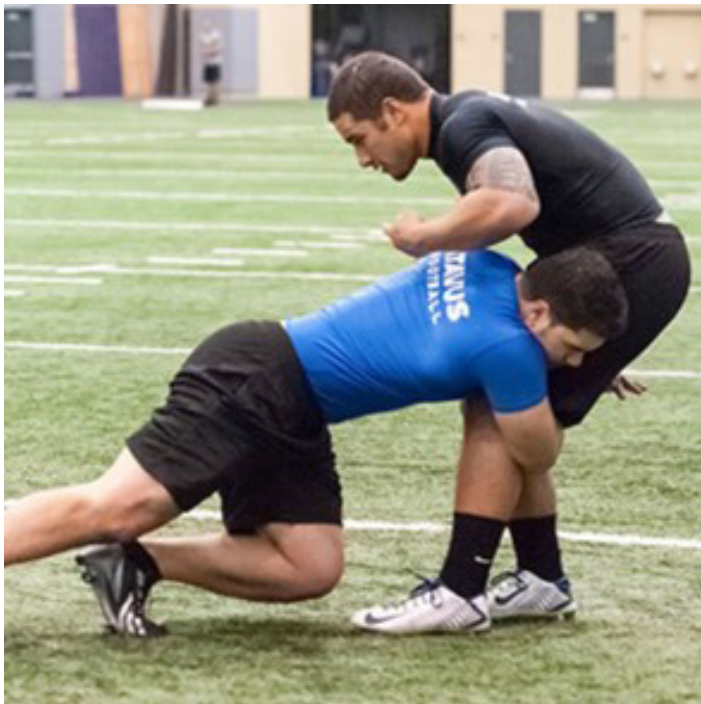
All of the above is applicable to special teams.

### “RUGBY TACKLING” COACHING POINTS:

- Tackle the near hip
- Disappear late
- Kill the engine
- Capture the far leg
- Finish with feet

#### Explained

- Tackle the near hip. Inside leverage = Inside hip. Outside leverage = Outside hip.
  - Why: To take your head out the tackle
- Disappear late. Get as close to the BC as you can before “disappearing” to make the tackle
  - Why: Closing the distance will limit the BCs options
- Kill the engine. The legs are the engine – hit the thigh with your shoulder and drive through.
  - Why: It is the easiest and most effective way to stop the BC from running
- Capture the far leg. Try to pull the far leg of the BC towards you
  - Why: Capturing the far leg will most likely get you both legs
- Finish with feet. Don't stop your feet when tackling. Keep driving through
  - Why: Stopping on contact will take away your power





**“GATOR TACKLING” COACHING POINTS:**

- Tackle the near hip
- Accelerate through hip
- Capture the far leg
- Finish with twist

**Explained**

- Tackle the near hip. Inside leverage = Inside hip. Outside leverage = Outside hip.
  - Why: To take your head out the tackle
- Accelerate through hip. Try to throw your body through his hip
  - Why: Closing the distance will limit the BCs options
- Capture the far leg. Try to pull the far leg of the BC towards you
  - Why: Capturing the far leg will most likely get you both legs
- Finish with twist. Twist over your no tackling shoulder (twist towards leverage), an do a gator roll
  - Why: You haven't been able to kill the engine with power, so we do it with a twist instead.



### “PROFILE TACKLING” COACHING POINTS:

- Tackle the near pec
- Hit on the rise
- Wrap UP
- Body on target
- Drive for 5

#### Explained

- Tackle the near pec, your shoulder should hit BCs numbers
  - Why: Getting your head out of the tackle
- Hit on the rise. Lowest player wins. Power goes through your body starting from your feet.
  - Why: We want the power you are generating to go through the BC
- Wrap UP. Shoot your hands upwards and aim to grab his hair.
  - Why: Wrapping up will help you hit in the rise - Wrapping around will make your head drop
- Body on target. Get as much body on your target as you can
  - Why: BC is trying to go through you. We need our entire body to make this tackle.
- Drive for 5. Keep driving the ballcarrier back
  - Why: Instead of bringing BC down, we are driving BC back. Keep driving your feet on contact to make that happen.





