

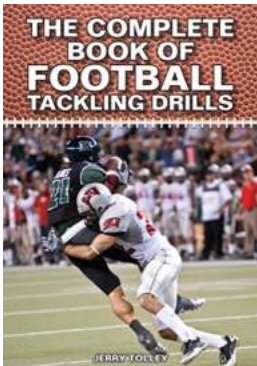
5 Insane Football Tackling Drills That Will Take Your Game to the Next Level



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Football is a game of power, precision, and tactical finesse, and mastering the art of tackling is essential for any player looking to excel on the field. Tackling drills are the cornerstone of defensive training, helping players develop the necessary skills to bring down opponents effectively. In this article, we'll explore five intense tackling drills that will push your limits and transform you into a fearsome defender.

1. The Bulldozer Drill:



The Complete Book of Football Tackling Drills

by Michael Smith (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 4455 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Print length : 303 pages

Lending : Enabled

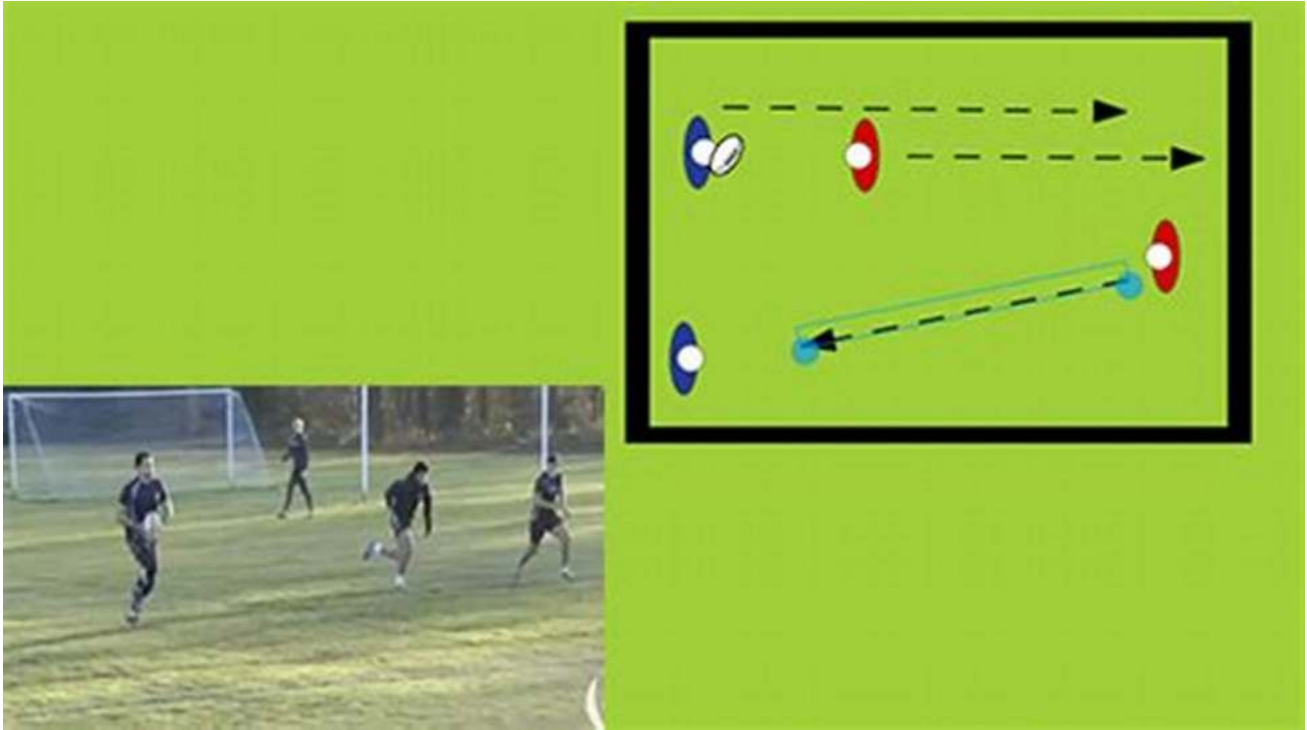
Screen Reader : Supported



This drill focuses on improving your sheer strength and ability to knock down opponents with force. Partner up with a teammate and get into a tackling position, maintaining a low center of gravity. On your signal, sprint towards each other with

the objective of pushing the other player past a designated line. This drill improves your power, balance, and aggression.

2. The Running Back Chase:



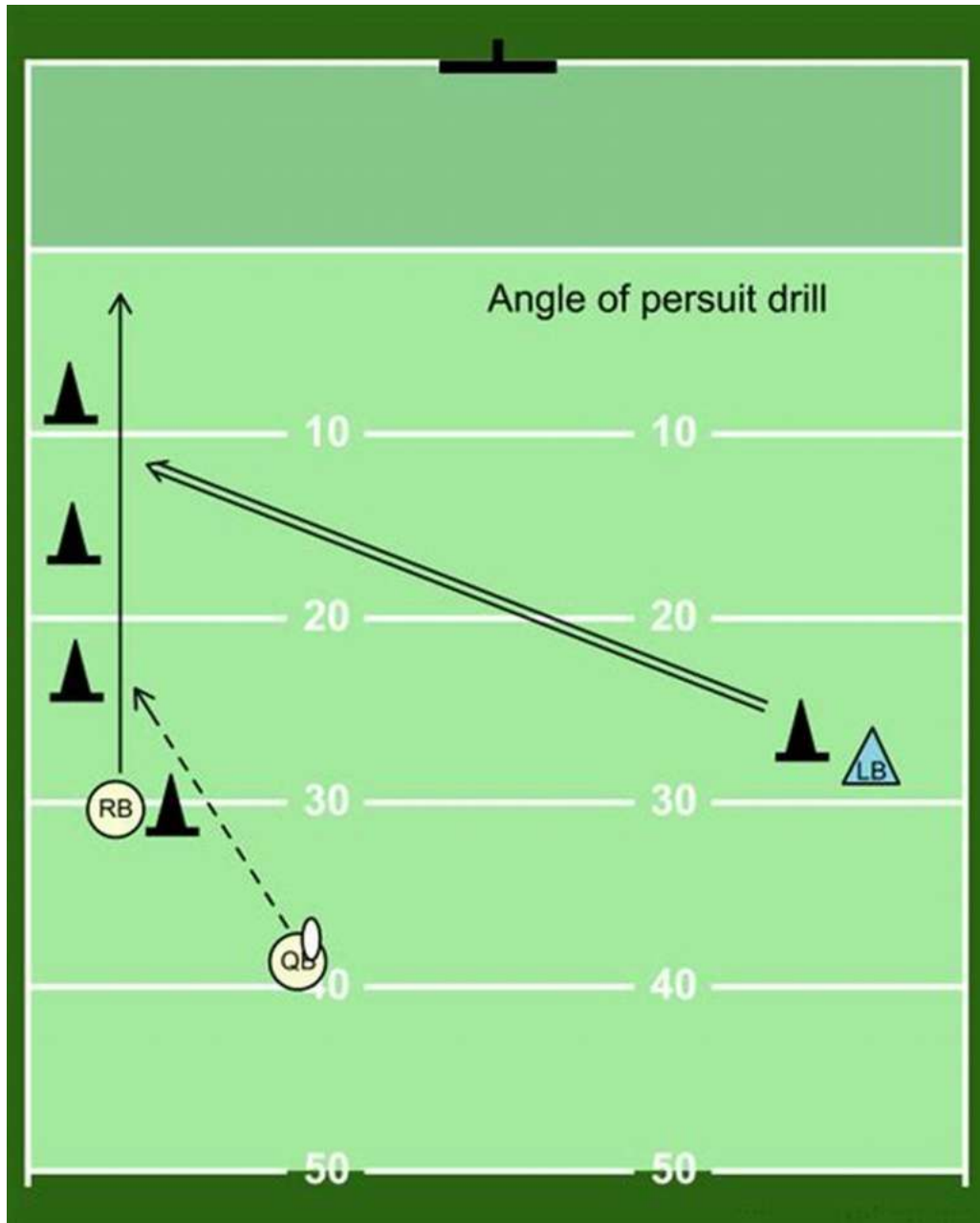
As a defender, it's crucial to have the speed to keep up with elusive running backs. This drill simulates chasing down a running back from different angles, teaching you how to pursue opponents effectively. Get five cones and set them up in a zigzag formation. Start at one end, sprint towards the first cone, turn, and continue towards the next one, repeating until you reach the end. Focus on using proper footwork and maintaining balance while changing directions rapidly.

3. The Strip Tackle Drill:



Defensive play isn't just about taking opponents down; it's also about creating turnovers. The strip tackle drill emphasizes the art of stealing the ball from the ball carrier's possession. Pair up with a teammate, and one player acts as the defender while the other holds the ball. With proper tackling form, the defender's objective is to strip the ball from the ball carrier's hands during the tackle. This drill enhances your focus, technique, and ability to create game-changing turnovers.

4. The Angle Pursuit Drill:



Effective tackling requires understanding angles and intercepting opponents efficiently. The angle pursuit drill will fine-tune your instincts to take the best angles when chasing down opponents. Set up cones on the field to create a running lane, and have a ball carrier start running down the lane. As a defender, your objective is to converge on the ball carrier from different angles while maintaining proper form and pace. This drill enhances your decision-making, agility, and ability to track targets effectively.

5. The Jungle Tackle Drill:

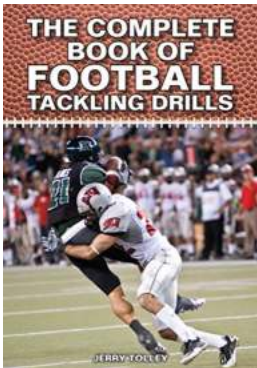


Football games can quickly become chaotic, and staying composed amidst the chaos is crucial for making effective tackles. The Jungle Tackle Drill simulates the chaos of a game situation by introducing obstacles and distractions. Create a small obstacle course using cones, hurdles, or agility ladders. As a defender, your objective is to navigate through the course and make tackles on target dummies or practice partners. This drill enhances your mental focus, adaptability, and ability to make tackles under pressure.

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Mastering the art of tackling is a fundamental skill for any football defender, and these five tackling drills will take your game to the next level. Remember, repetition and perseverance are key to honing these skills. Incorporate these drills into your training routine, and watch your tackling prowess soar. Whether you're aspiring to be a star linebacker or a solid cornerback, dedicating time to

tackle training will undoubtedly make you a force to be reckoned with on the football field.



The Complete Book of Football Tackling Drills

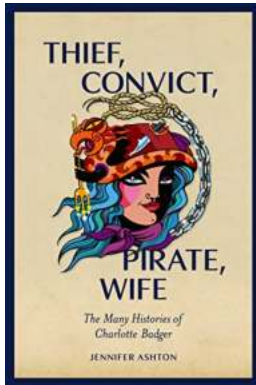
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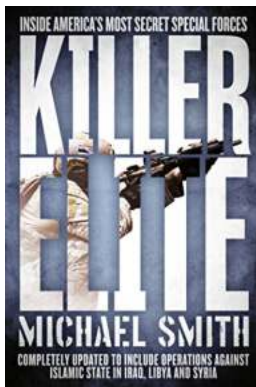


The Complete Book of Football Tackling Drills features a series of game-tested, illustrated tackling drills from more than 125 of the most successful college football coaches in the game, including Frank Beamer, Mack Brown, Butch Davis, Brian Kelly, Nick Saban, Jim Tressel, and Tommy Tuberville. The book offers safe, effective tackling drills for every defensive position, and details such drill-specific information as the equipment needed, essential coaching points, and important safety considerations. The Complete Book of Football Tackling Drills is the definitive resource for coaches who want their athletes to master this essential aspect of the game.



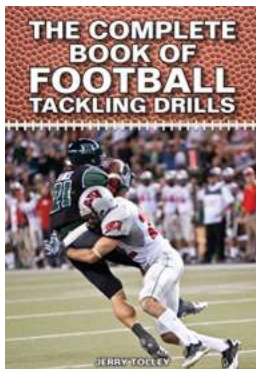
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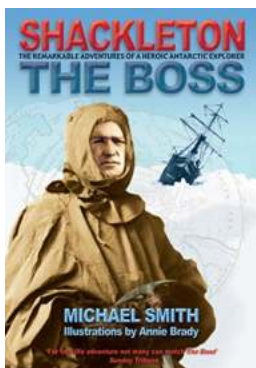
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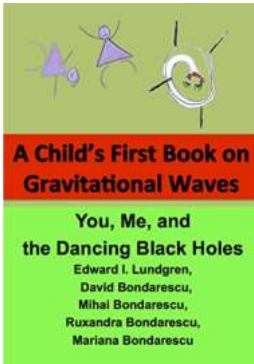
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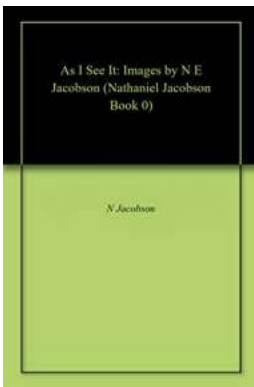
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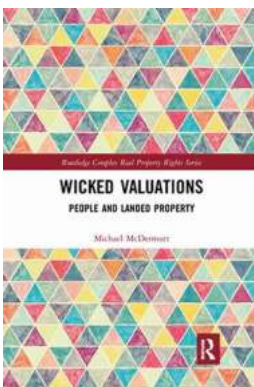
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