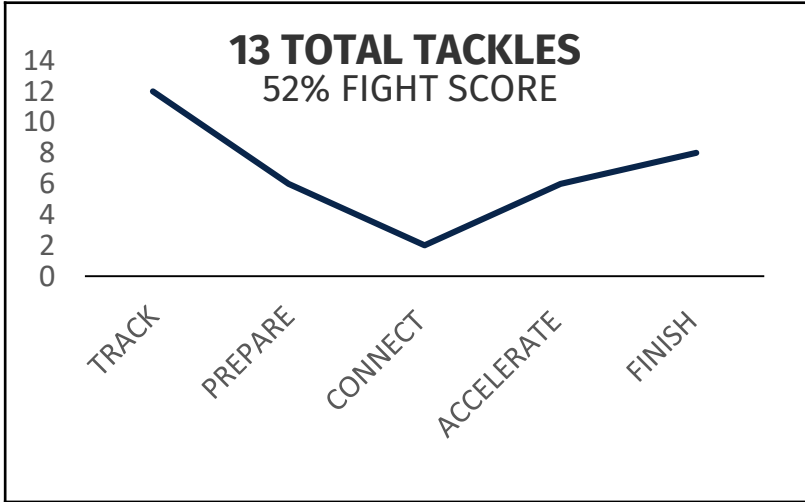


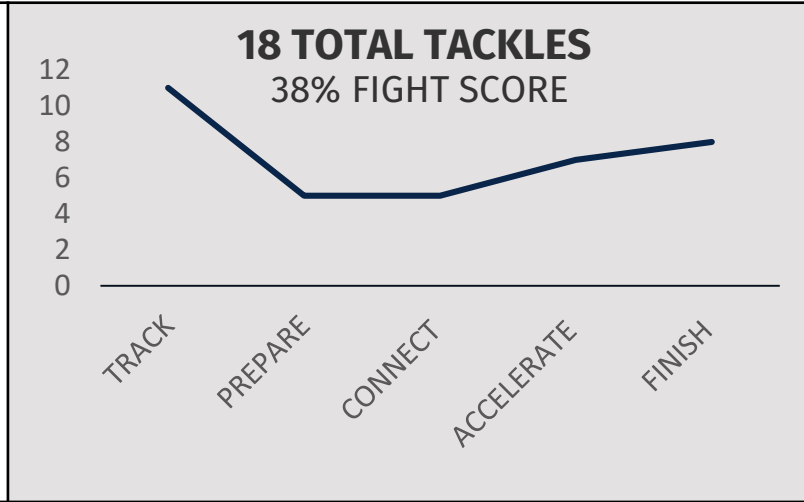
DEFENSIVE LINE

85% MADE | 32 YARDS AFTER CONTACT



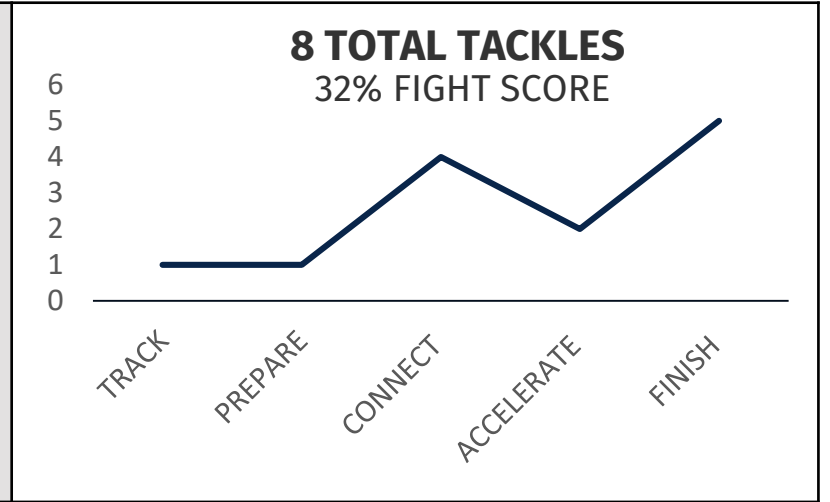
LINEBACKERS

67% MADE | 67 YARDS AFTER CONTACT



DEFENSIVE BACKS

88% MADE | 41 YARDS AFTER CONTACT



MAIN KEY PERFORMANCE INDICATORS TO IMPROVE ON

Power Plant Run Through, Foot in Hoop, Shoulder Accuracy	Ability to Stay Square, Foot in Hoop	Change of Direction, Come to Balance, Ability to Stay Square
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SHOULDER TACKLING DRILLS

Standing Drive	Near Hip	Two Step Drive	Sprint	Run and Gather	Running Drive
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ADVANCED TACKLING DRILLS

Band Tackle	Strike Surface	Reactive Star	Strike Surface	Reactive Star	2 Man Fracture
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	PRE-CONTACT DRILL	TIMES
SHOULDER TACKLING	Near Hip	8
	Run and Gather	7
	Sprint	4
	Near Foot, Near Shoulder	4
	Angle	4
	Two Man Tackle	3
ADVANCED TACKLING	Tight Angle	1
	Reactive Star	7
	Strike Surface	6
	Two Man Fracture	5
	Pong	3
	Burst	2
	Run Swoop Run	1
Shimmy Swoop Run	1	

TEAM DRILLS

	POST-CONTACT DRILL	TIMES
SHOULDER TACKLING	Two Step Drive	4
	Kneeling Drive	4
	Running Drive	2
	Standing Drive	2
	Two Step Roll	1
ADVANCED TACKLING	Shoulder Target	3
	Shoulder Jab	2
	Band Tackle	2
	Regain Feet	1
	Swoop and Drive	1
	Wrestlers Spin	1
	Climb In	1

ADVANCED TACKLING SYSTEM

GET THREE FREE DRILLS



Visit footballdevelopment.com/advanced-tackling to register for access to three free drills.