

Valley Center Pop Warner

“Our Town, Our Team, Our Time”



Here we have our safe tackling guide.

This is especially helpful for athletes new to tackle football, and for returning players to be reminded how to tackle safely.

Go Jaguars!



Proper Tackling Technique

Proper Tackling Technique



- 1. Approach ball carrier- chop feet get under control.**
- 2. Aiming point inside hip of ball carrier. Eyes on belt buckle.**
- 3. Engage ball carrier with shoulder pads. Sink hips, sky the eyes (HEAD UP!).**
- 4. Explode through the target. Active feet-once contact is made keep feet chopping.**
- 5. Tackler's head must be across the body.**
- 6. Shoot hands through, drive feet, wrap up, and grab cloth.**
- 7. Finish the tackle- get the ball carrier on the ground.**



Head Up- See What You are Hitting

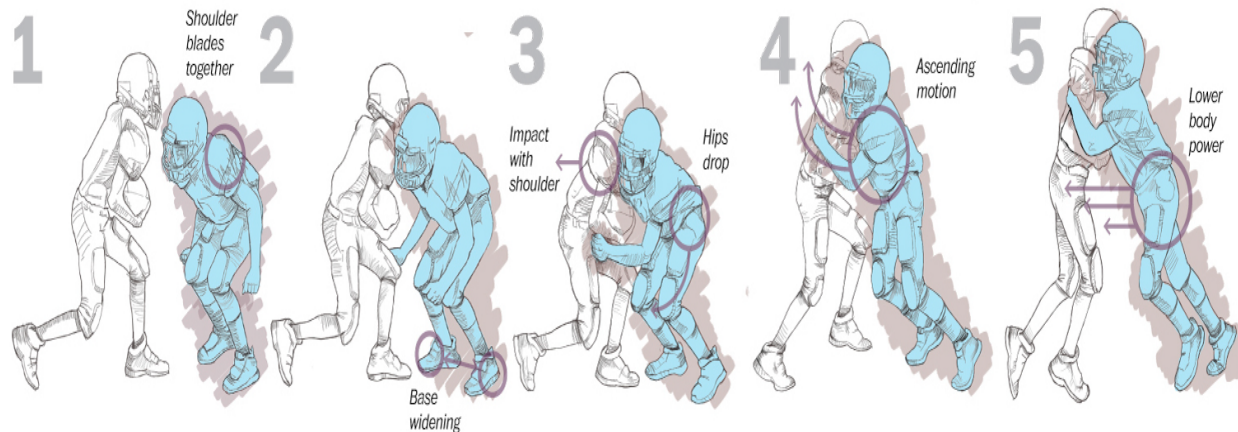


Get to the Football. Swarm Tackle

Technique

Collision course

The NFL and USA Football are focusing much of its attention on player safety to youth-level football, teaching a new, standardized way to tackle. Officials hope young players will learn the new techniques and play the game differently than past generations.



Breakdown

The starting position begins with both feet shoulder-width apart. Players are taught to **squeeze their shoulder blades together**, which flattens the back and keeps the head up. The player bends at the waist – the back should be at a 45-degree angle – and brings his hands to the front of the body, keeping his chin up and weight on the balls of the feet.

Buzz

As he approaches the ballcarrier, the tackler uses the buzz technique, **widening his base and taking quick, choppy steps with short heel-to-toe strides**. This running style is intended to keep the player balanced and in control, minimizing the risk of injury and allowing him to adjust and change directions easily.

Hit position

Just before the moment of impact with the ball carrier, the tackler drops his hips and takes a downhill power step toward his target. This enables the player to strike in a rising motion. With his head and eyes up, the player **hits the ballcarrier with the front of his shoulder pad** – never the top – with his head positioned at either side.

Rip

The hit should be made with an **ascending motion** and the tackler is taught to throw both arms skyward like a pair of uppercuts. Perhaps most notably, coaches discourage tacklers from wrapping their arms around the ballcarrier, which typically pulls the head down and exposes the crown of the helmet.

Shoot

As the player makes contact, his **power comes from his lower body**. His legs push off the ground, pushing his torso upward. The hips should lead the way and the movement should expose the front of the shoulder pads as the contact point with the ball carrier.

Sources: USAFootball, staff reports

ALBERTO CUADRA AND RICK MAESE / THE WASHINGTON POST

Tackle Progression



Correct & Incorrect Positions

