Heads Up Tackling Progression

1. Breakdown Stance--basic stance for all football movements
   - Feet, Wings, Sink, Hands
   - feet-feet under shoulders
   - wings-arms/shoulders back--helps keep head up and back straight
   - sink--lower hips and back is at 45° angle keeping shoulders back
   - hands-bring hands forward in a ready position

2. Hit position
   - start in breakdown stance
   - lower hips, power step forward and "stomp" lead foot into imaginary hole with "wings" back and hold position-helps increase aggression instead of saying "step"
   - stay in breakdown position for duration
   - keep back at 45° angle and head up, can use calling out #s as in Shoot
   - coach gives command of right foot, STOMP and players execute. do with both feet

3. Buzz and Stomp--teaches players to come under control before contact
   - start in breakdown position with bag/cones 4 yards in front of player
   - player sprints to bag then slows, widens base over the bag, and buzzes feet the length of the bag. buzz should be heel to toe length
   - at end of the bag, player gets in Hit position

4. Rip--teaches double uppercuts instead of wrapping up-keeps head up and provides power from Shoot
   - start in hit position
   - bag is held horizontal, head high, in front of player
   - player shoots up and through bag with double uppercuts and drives feet for 5 steps.

5. Shoot--teaches players that power comes from the hips and also keeps the head up
   - On knees on front of bag on the ground in breakdown position
   - toes pointed back so they don't help with momentum
   - at command, player launches forward onto the bag without rocking back
   - start with hands clasped behind back then again with RIP to help momentum - this shows the benefit of ripping the hands
   - once players have mastered the drill, coach holds up fingers as the players "shoot" and they have to call out the number of fingers held up. This helps teach to keep the head up
Drills

- can group parts--Buzz, hit, and Rip
- use bars to keep players low-2 players hold bar and 3rd player runs under it, in breakdown stance, and holds hit position just past bar
- hold a dummy just past bar and players Hit, Shoot, and Rip on dummy
- use sled- players Buzz to cone 2 yards from sled, coach points to a sled dummy to hit, player stomps, shoots, and rips into proper dummy
- shoot and Rip from knees and/or breakdown stance into tackling dummies.
- target point is shoulder tip to shoulder tip, under the chin.
- when you do drills, don't players line up behind each other, have them line up along the path of the drill so they can watch the others.-helps learn techniques and cuts on players messing around