

1) PC - Player Control*- Evaluated moments just prior to contact*

Excellent - 3	Average - 2	Poor - 1	Did not occur - 0
Player is under control	Player is mostly under control (reaches or leaning into tackle)	Player is NOT under control	NOT under control
Feet are balanced	Feet are NOT balanced	Feet are NOT balanced	Feet are NOT in contact with the ground
Hips are flexed to 45 deg	Hips are flexed to 45 deg	Hips are NOT flexed to 45 deg (too high or too low)	
Head Eyes and Torso are UP	Head Eyes and Torso are UP	Head Eyes and Torso are LOW	Head Eyes and Torso are DOWN
Hands in Holsters	Hands in Holsters	Hands are not in Holsters - extended/out to side	Hands are not in Holsters - extended/out to side

2) HET - Head Eye Torso Position*- Evaluated at initial contact*

a. Head & Eyes Up; b. Torso Vertical; c. Hips are low

Excellent - 3	Average - 2	Poor - 1	Did not occur - 0
Head is UP	Head is neutral and chest remains UP	Head looking down, player bending at the waist	Head is pointed downward (crown is exposed)
Chest UP /OPEN,		Chest points toward the ground (Shoulders fwd)	is UNABLE to achieve breakdown position
Hips are LOW;	Hips are Low	Hips remain HIGH throughout;	
Angle of torso is less than the angle of shin (taller)	Angle of torso is <u>even</u> with the angle of the shin	Angle of torso is <u>Greater</u> than the angle of the <u>shin</u>	Bending primarily at the WAIST
Arms are cocked back and ready to fire	Arms are NOT engaged or ready to fire	Arms are out of position	Arms tucked, leading with the shoulder

3) Strike Zone (SZ)*- Head remains clear**- Makes contact with front of Shldr**[] or Horizontal Tackle*

Excellent - 3	Average - 2	Poor - 1	Did not occur - 0
Head remains clear	Head remains clear/side	Head makes incidental contact	Initiates contact with head, minimal shoulder strike
Makes contact with front of Shldr	Makes contact with TOP of Shldr	Does Not initiate contact with the front of Shldr	
<i>Horizontal Tackle (HT) - Head position</i>			
Head to Back/Near Side (Spirals player to ground)	Head is to Side, but makes contact with opponent	Head to Front/Leading Side	Head is not to the side initiates the contact

4) Ascending Hit /Upward Arm Rips(AR):*- DBL under cuts**[] or Horizontal Tackle*

Excellent - 3	Average - 2	Poor - 1	Did not occur - 0
Rapid/Forceful Hip Explosion	Hips extend, then Arms fire (early)	Partial, Ineffective Hip Explosion	Little to no Hip Explosion
Hip Extending Creates a Rising blow	Does not create a rising blow - Hips stay level	Incomplete Arm Rip	Little to no Arm Rip
Full Arm Firing	Late, Slow or Partial arm RIP; good arm squeeze	Arms fire late, no squeeze	Arms do not effectively fire, or extend
<i>HT - Secures near side hip</i>			
Quickly Secures Torso or Hips	Slowly Secures Torso or Hips	Partially Secures Torso or Hips	Does NOT Secure

5) Leg Drive; (LD):*“Drive for Five”**[] or Horizontal Tackle*

Excellent - 3	Average - 2	Poor - 1	Did not occur - 0
Full leg drive	Legs drive but start late	Legs drive but stop on contact	Legs do NOT drive through contact
Takes about 5 quick steps	only takes one/two steps		Feet leave the ground
Continues all the way through contact			
<i>HT - Spirals to Ground</i>			
Quickly Spirals Opponent to Ground	Slowly Spirals Opponent to Ground	Partially Spirals Opponent to Ground	Does NOT spiral opponent