

Hawk Tackling

Vukovi Tackling Manual

Core Skills

Core skills includes movement, knowledge about strike zone

Tracking

Tracking is closing the distance with the ball carrier maintains the leverage. As we approach making contact we key the **near hip** of the ball carrier.

Drill: Run and Gather

Roles:

- One ball carrier - BC
- One tackler - T
- Coach - C

Description:

1. BC and T are separated for 10-15 yd.
2. BC moving towards one direction parallel with the T. He is changing speed, but no direction.
3. T follow BC to the point of tackle

Coaching point:

- Follow the near hip
- Change footwork depending on BC; use shuffle, lateral, sprint
- Low body level ready to engage the BC
- Eyes through the thighs

Strike Zone

Strike zone is the area between knees and numbers, much like is baseball strike zone. To make sure it's going to be great tackle, eliminate helmet from the tackling and attack with shoulder.

Tackling

Hawk Tackle

Coach Points:

- Eyes through the thighs
- Wrap and Squeeze
- Drive for 5 (when necessary)

Drill: 4 pt Hawk tackle

Roles:

- One ball carrier - BC
- One tackler - T
- Coach - C

Description:

1. T is on knees in front of the standing BC
2. Distance is no more than half an yard
3. On command BC tries to go left or right off T
4. T should wrap and squeeze BC to the point that BC goes to the ground

Coaching points:

- Eyes through the thighs
- Wrap and Squeeze

Drill: Gates

Roles:

- One ball carrier - BC
- One tackler - T
- Coach - C

Description:

1. T standing with no more than 10 yd from BC
2. BC on his on tries to run through gate on left or right side
3. T should track, wrap, squeeze and tackle BC to the ground
4. Speed varies, from half speed to full speed. When working with full speed, use dummy instead of BC.

Coaching points:

- Track the BC
- Eyes through the thighs
- Wrap and Squeeze
- Drive for 5 (if necessary)

Drill: Sideline

Same as Gates, with the different layout of cones to simulate both BC and T coming to sideline.

Drill: Drive for 5

Roles:

- One ball carrier - BC
- One tackler - T
- Coach - C

Description:

1. Use this in Gates and Sideline drills
2. T should track with eyes through the thighs BC, wrap and squeeze him and if he's not going down keep working for 5 more yards.

Hawk Roll Tackle

Profile Tackle

Compression Tackle