



HEADS UP TACKLING

TACKLE PROGRESSION

DEFINITION

STEP 1 **BREAKDOWN**



The foundational starting point for all movements and drills.

STEP 2 **BUZZ**



Technique for coming to balance and regaining breakdown position prior to contact.

STEP 3 **HIT**



Correct body posture at moment of impact for safer tackling. Head and eyes are up using the front of shoulder as point of contact.

STEP 4 **SHOOT**



The opening of the hips to generate power and create an ascending tackle.

STEP 5 **RIP**



With head to the side and out of contact, throw double uppercuts and 'grab cloth' on the back of jersey to secure the tackle.