

Angola Hornet Defense

Youth Tackling Circuits

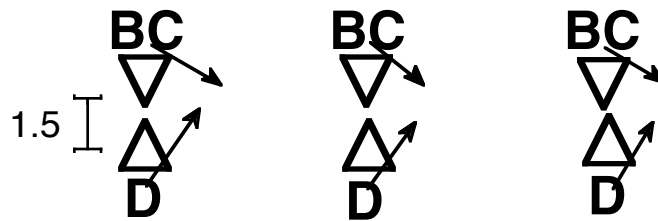
Hawk Tackling

Grade 6

Tackle Circuit #1

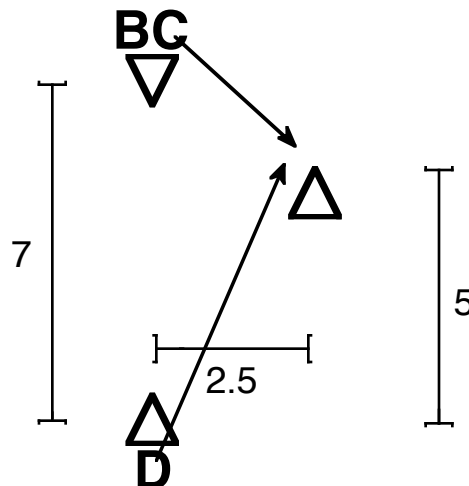
Wrap & Squeeze Drill

1. Can use 1-3 lines
2. Execute Hawk Tackle on Coach
3. Cones 1.5 yds apart
4. Defender on both knees
5. Ball Carrier take 45 step Rt or Lt
6. D lead w/near shoulder
7. Wrap, & squeeze take BC to ground
8. CP: Eyes thru thighs w/face up



Short Angle Tackle Drill

1. Execute Wrap & Squeeze from moving position
2. Set up "short" angle
3. Cones 7 yds apart
4. Players move at 1/2 to 3/4 speed
5. BC & D run to cone at same time Rt or Lt
6. Take BC to ground
7. Drive for 5 if necessary



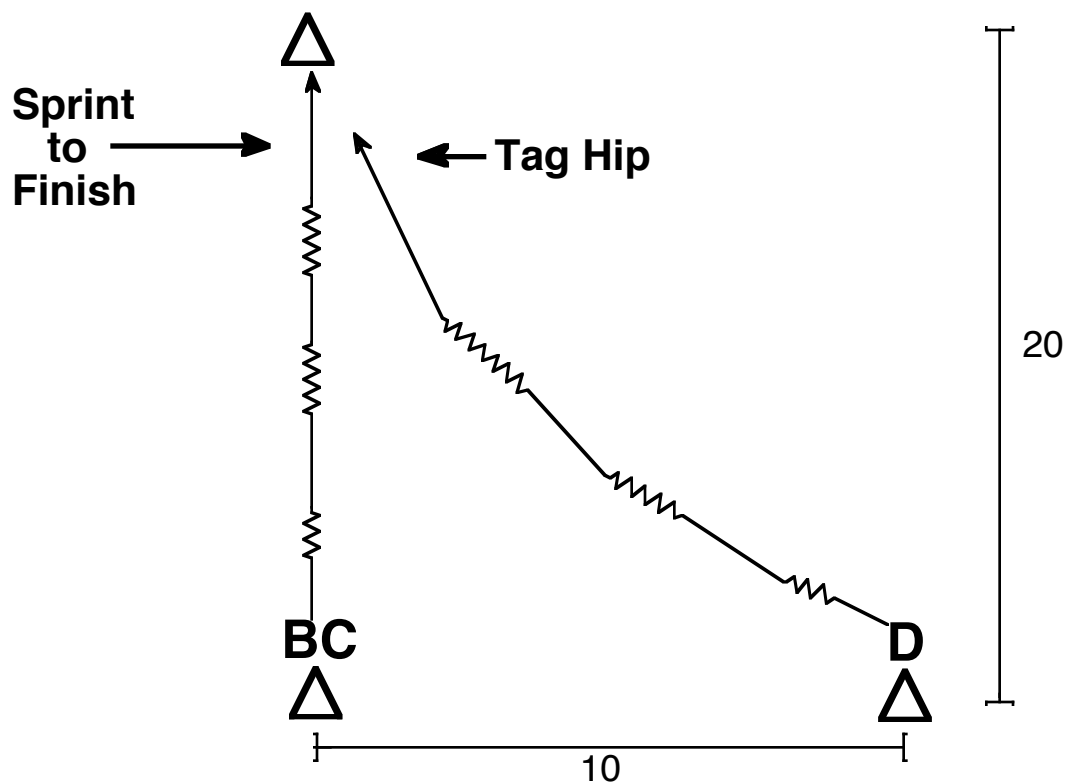
Foot to Foot Roll Tackle Drill

1. Can use 1-3 lines
2. Execute Hawk Roll Tackle when BC is greater than 45
3. Same set up as Wrap & Squeeze
4. D align athletic w/near leg up to near foot BC
5. BC stand still aligned perpendicular to D
6. D lead w/near shoulder
7. Wrap, squeeze, & roll BC to ground
8. CP: Eyes thru thighs w/face up



45 Degree Tracking Drill - Right

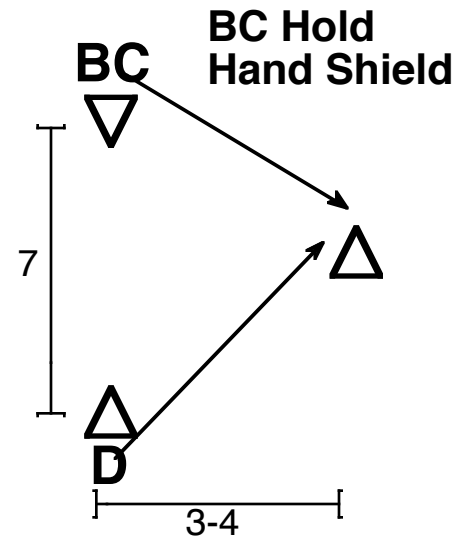
1. Teach D to track near hip of BC & keep leverage
2. D 10 yds from BC
3. Both players run 3/4 or faster on Coach
4. BC slow/settle every 4-6 yds
5. D track near hip (near foot-near hip) settle when BC settle
6. BC sprint final 3-5 yds, D tag near hip



Tackle Circuit #2

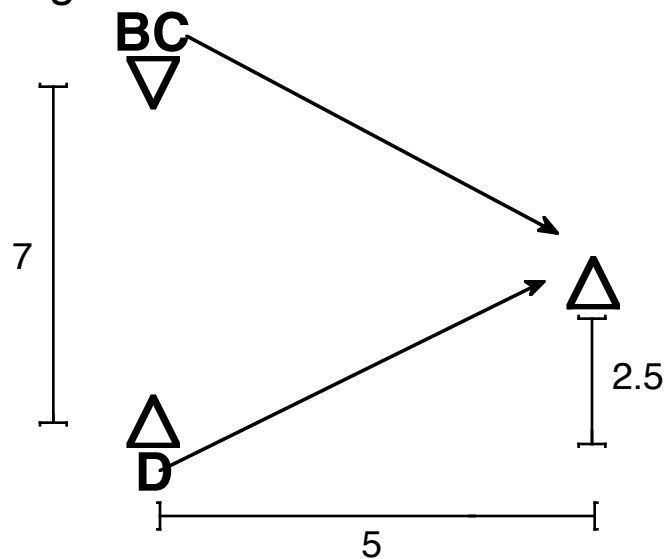
Profile Angle Tackle Drill

1. Use in short space when no time to get to thigh
2. Defensive Line, short yardage, goalline
3. Cones 7 yds apart
4. BC & D run to cone at same time Rt or Lt
5. BC hold hand shield
6. CP: Attack near pec, wrap, drive for 5
7. Do not take to ground



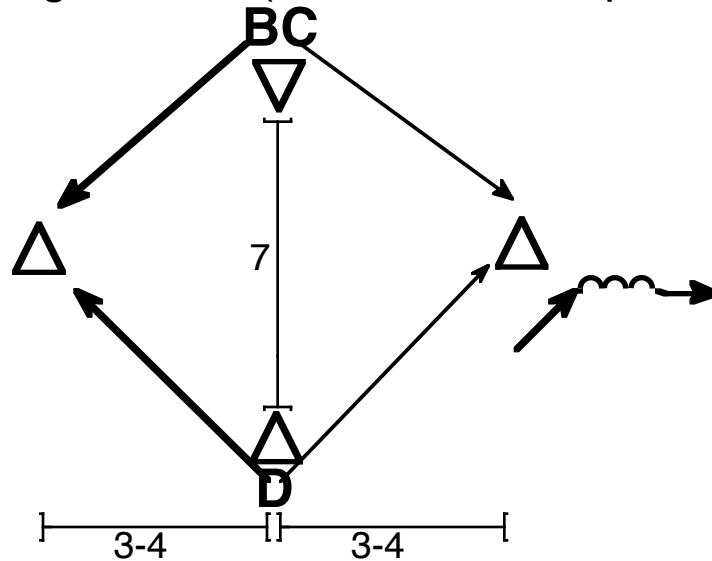
Wide Angle Tackle Drill

1. Execute Wrap & Squeeze from moving position
2. Set up "wide" angle
3. Cones 7 yds apart
4. Players move at 1/2 to 3/4 speed
5. BC & D run to cone at same time Rt or Lt
6. Take BC to ground



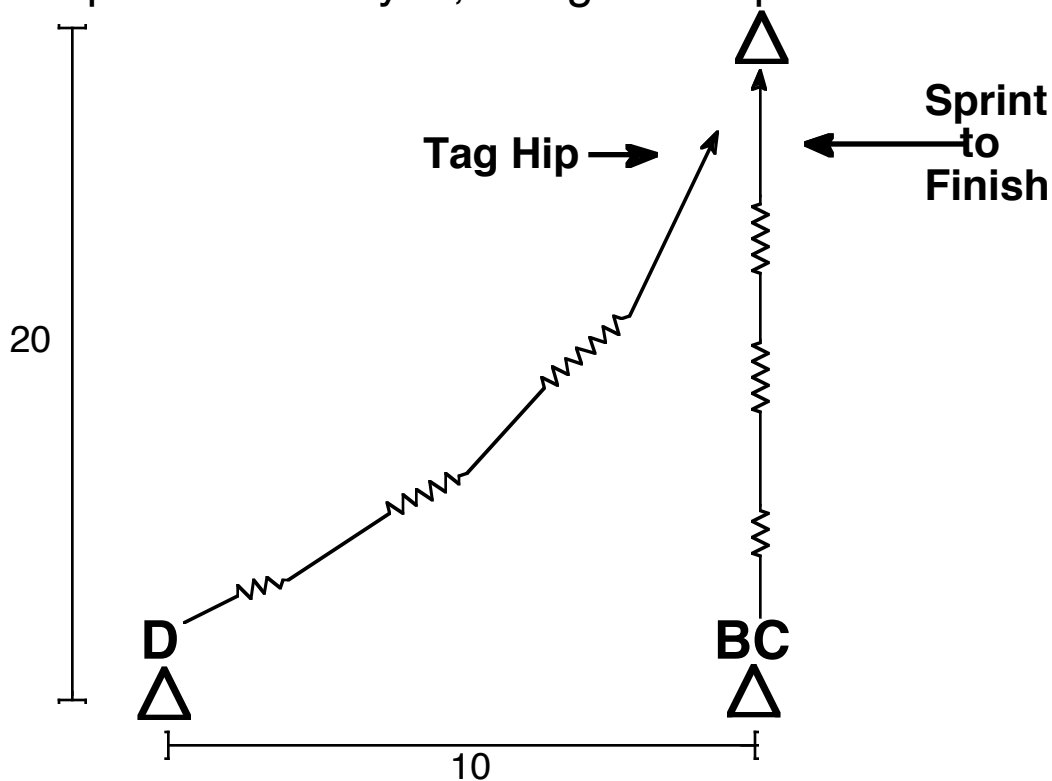
Angle Roll Tackle Drill

1. Combine Angle Tackle and Roll Tackle
2. BC & D 7 yds apart, move at same time on Coach
4. Faster than angle tackle (faster than 1/2 speed)



45 Degree Tracking Drill - Left

1. Teach D to track near hip of BC & keep leverage
2. D 10 yds from BC
3. Both players run 3/4 or faster on Coach
4. BC slow/settle every 4-6 yds
5. D track near hip (near foot-near hip) settle when BC settle
6. BC sprint final 3-5 yds, D tag near hip



*Other Tackling Circuits

Once players have full understanding of each circuit, mix stations as needed.