

EAGLE FOOTBALL #WDE

UNDERSTANDING TACKLING

THE SYSTEM
 BITE THE BALL
 WRAP AND ROLL
 SWEEP THE HEEL

THE SITUATION
 ALLEY TACKLE
 TRAP TACKLE
 VICE TACKLE
 SIDELINE TACKLE
 1 ARM TO 2 ARM

THE SITUATION MAY CHANGE BUT THE SYSTEM STAYS THE SAME

1

EAGLE FOOTBALL #WDE

BITE THE BALL

BALL CARRIER IS BETWEEN OUR 10-2

GET INTO MADDEN CIRCLE
 EYES AT BALL LEVEL
 STRIKE UPPERCUTS - ROLL HIPS THROUGH VIOLENTLY
 "STRIKE ON THE RISE"
 EYES TO THE SKY
 GRAB CLOTH
 KEEP YOUR HIPS IN FRONT OF THE BALL CARRIER
 DRIVE - SEE HOW MANY STEPS YOU CAN GET IN
 "THROUGH NOT TO"

THE SITUATION MAY CHANGE BUT THE SYSTEM STAYS THE SAME

2

EAGLE FOOTBALL #WDE

WRAP AND ROLL

NOT BETWEEN 10 & 2
 CLOSE THE GREEN
 EYES TO LEVERAGE SIDE
 AIM AT HIPS
 SHOULDER SPIKE THROUGH NEAR LEG
 CLINCH - KILL THE ENGINE
 RUN YOUR FEET ALL THE WAY THROUGH
 NO DIVING, ROLL TO LEVERAGE SIDE
 FINISH IN A DOMINANT BODY POSITION

THE SITUATION MAY CHANGE BUT THE SYSTEM STAYS THE SAME

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EAGLE FOOTBALL #WDE

HEEL SWIPE

IF YOU CANT WRAP AND ROLL
 120° ARM
 SWIPE THROUGH ANKLES AND HEELS
 KEEP IT BETWEEN THE GOAL LINES

THE SITUATION MAY CHANGE BUT THE SYSTEM STAYS THE SAME

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APPROACHES

EYES PUT A DOT ON THE NEAR HIP OF THE BALL CARRIER
LEVERAGE WHERE IS MY HELP?
CLOSE SPACE SPACE IS THE ENEMY OF TACKLING

THE SITUATION MAY CHANGE BUT THE SYSTEM STAYS THE SAME

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TRAP

LEVER/FORCE DEFENDER WORKING O/S IN
 DO NOT SHIMMY RUN THRU HIS OUTSIDE THIGH
 IF MISSED BALL MUST BOUNCE INSIDE TO HELP

THE SITUATION MAY CHANGE BUT THE SYSTEM STAYS THE SAME

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EAGLE FOOTBALL #WDE

ALLEY/SIDELINE

PURSING BALL CARRIER INSIDE OUT
 WORKING TO CLOSE THE GREEN ON BALL CARRIER
 AS BALL CARRIER SQUARES UP TO YOU - SHORTEN STRIDE
 ONCE YOU GET IN THE MADDEN CIRCLE - BACK TO THE SYSTEM

THE SITUATION MAY CHANGE BUT THE SYSTEM STAYS THE SAME

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EAGLE FOOTBALL #WDE

VICE

2 PLAYERS WORKING ON 1 BALL CARRIER
 I/S OUT PLAYER IS THE ALLEY PLAYER-O/S IN IS THE TRAP

THE SITUATION MAY CHANGE BUT THE SYSTEM STAYS THE SAME

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EAGLE FOOTBALL #WDE

ENGAGED
 1 TO 2

DESTRUCTING A BLOCK AND MAKING A TACKLE AS
 BALL CARRIER RUNS BY BLOCK
 MUST HAVE A BEND IN THE ELBOW
 "TIGHT HOOK" THEN BRING THE OTHER ARM

THE SITUATION MAY CHANGE BUT THE SYSTEM STAYS THE SAME

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