

U16 Safe Contact Week Practice 1

Profile Tackling


→ **Equipment:** Hand shields, Flags, Footballs

→ **Duration:** 60 minutes




Warm up

- Refer to Warm Up plan


Full profile tackling



Drill name	Equipment	Duration	Description	Visual
Whole profile versus air	None	5 minutes	<ul style="list-style-type: none"> • Tackler walks off 3 steps and turns to face the ball carrier • The ball carrier turns sideways to show the tackler their profile • Have the tackler put their eyes at ball level • Tackler approaches the ball carrier by focusing on their landmark • Once the tackler is close enough to step on the ball carrier's feet, they slip past the ball carrier and performs a "hit up" on air and double time the knees for 10 yards 	

Finish phase




Drill name	Equipment	Duration	Description	Visual
Finish hold	None	5 minutes	<ul style="list-style-type: none"> • Players will get into the clamp finish position and hold the position until the coach releases them 	
Finish march	None	5 minutes	<ul style="list-style-type: none"> • Players will get into the clamp finish position and advance at a marching pace for 10 yards 	
Finish double time knees	None	5 minutes	<ul style="list-style-type: none"> • Players will get into the clamp finish position and advance at full speed by aggressively driving the knees high and wide for 10 yards 	

Strike phase

Drill name	Equipment	Duration	Description	Visual
Hit from knee	None	5 minutes	<ul style="list-style-type: none"> • Player starts on one knee with the chest over the front knee, hands holstered and chin up • On the "hit" command, player will <ul style="list-style-type: none"> ▫ Explosively thrust the hips forward and up (rolling motion) ▫ Perform a violent double uppercut ▫ Claw the hands while squeezing pinkies and elbows ▫ Have the eyes looking through pinkies (sky the eyes) • Players should hold the tense position until the coach releases them 	

Drill name	Equipment	Duration	Description	Visual
Hit from knee double time	None	5 minutes	<ul style="list-style-type: none"> Player starts on one knee with the chest over the front knee, hands holstered and chin up On the "hit" command, player will <ul style="list-style-type: none"> Explosively thrust the hips forward and up (rolling motion) Perform a violent double uppercut Claw the hands while squeezing pinkies and elbows Have the eyes looking through pinkies (sky the eyes) Players will double time the knees for 10 yards 	
Hit on shield from knee	• Hand shields	5 minutes	<ul style="list-style-type: none"> A player will hold the hand shield at belly height while the tackler will be down on his knees, facing the shield The tackler's arms are pulled as far back as possible while keeping a 90 degrees bend at the elbows. The tackler's butt should be back on their heels to ensure that their hips are loaded and their torso should be leaning forward at approximately 45 degrees angle. Eyes and chin up On the "hit" command, player will <ul style="list-style-type: none"> Explosively thrust the hips forward and up (rolling motion) Perform a violent double uppercut Claw the hands while squeezing pinkies and elbows Have the eyes looking through pinkies (sky the eyes) 	

Approach phase

Drill name	Equipment	Duration	Description	Visual
Eyes at ball level	None	5 minutes	<ul style="list-style-type: none"> Have the tackler stand 3 yards from the ball carrier who is showing his profile. The tackler is in a pre-contact position with his eyes at ball level The ball carrier will move his hips up and down and the tackler will mirror the ball carrier's movement to keep his eyes at ball level 	
Profile step off	None	5 minutes	<ul style="list-style-type: none"> Have the tackler stands 3 yards from the ball carrier who is showing his profile On the "hit" command, the tackler will slowly approach the ball carrier until he is close enough to step on the ball carrier's toes. The tackler then performs a "hit up" on air and double time the knees for 10 yards 	
Profile style points	None	5 minutes	<ul style="list-style-type: none"> The tackler positions himself 10 yards away from the ball carrier who is showing his profile Tackler gets in an upright running stance (Silver Surfer stance) than runs towards the defender. When the blocker reaches the recognition zone (approximately 3 yards from the defender), he sinks his hips and when he is close enough to step on the ball carrier's toes, he performs a "hit up" on air and double time the knees for 10 yards 	

Full profile tackling

Game name	Equipment	Duration	Description	Visual
Hand shield profile	• Hand shield	10 minutes	<ul style="list-style-type: none"> Tackler walks off 3 yards and face de player holding the shield The player holding the shield is sideways, showing is profile to the tackler The tackler approaches the shield while keeping his eyes at ball level Once the tackler is close enough to step on the shield holder's toes, he sinks his hips and execute a hit on the bag The tackler finishes with a clamp for 10 yards 	