

Profile Tackling

- ➔ **Equipment:** Cylinder Bags, Cones, Flags, Footballs
- ➔ **Duration:** 60 minutes

Warm up

- Refer to Warm Up plan.

Activity 1

Drill name	Equipment	Duration	Description	Visual
Running through the jungle	<ul style="list-style-type: none"> • Cones • Cylinder bags 	10 minutes	<ul style="list-style-type: none"> • Have athletes run behind the coach. The coach will lead the drill. • The stations go as follows: run through the trees (running through standing up bags without knocking them over), run through the quicksand (breaking down into a pre-contact position and using shimmy steps), monkey walk (run to the cone, gear down, like a profile tackle), and crawl under the vines (crawling on the ground) 	

Activity 2

Drill name	Equipment	Duration	Description	Visual
Superman with uppercuts on bags	<ul style="list-style-type: none"> • Cylinder bags 	5 minutes	<ul style="list-style-type: none"> • Place a few cylinder bags flat on the ground and have the tackler kneel approximately one yard away from it • The tackler should have his hands holstered and their butt back on their heels to ensure that their hips are hinged back and loaded • Eyes and chin up • One the "hit" command, the tackler will: <ul style="list-style-type: none"> ▫ Explosively pop their chest and thrust their hips forward and up (rolling motion) ▫ Sky the eyes ▫ Perform a violent double uppercut movement ▫ The dummies will provide soft landing 	

Activity 3

Drill name	Equipment	Duration	Description	Visual
Race to the endzone	None	10 minutes	<ul style="list-style-type: none"> • Ball carrier is on the 10 yard line, the tackler is next to him a few yards to the left or to the right (make sure to alternate starting side of the tackler) • Ball carrier runs toward the end zone and the tackle has to catch him in a profile tackling approach before he reaches the end zone 	

Game 1

Drill name	Equipment	Duration	Description	Visual
Chinese wall with flag	<ul style="list-style-type: none"> Flags 	15 minutes	<ul style="list-style-type: none"> The players are lined up on one side of the field with 1 player in the middle, acting as the wall. The player in the wall has to stay in their pre-determined zone On the "go" signal, the players will try to cross the field to the other side while the player acting as the wall will try to grab their flags. If a player gets flagged, he then becomes part of the wall. The winner is the last player with his flag 	

Game 2

Drill name	Equipment	Duration	Description	Visual
Ultimate flag football	<ul style="list-style-type: none"> Football Flags 	15 minutes	<ul style="list-style-type: none"> A coin toss determines first possession The offense must avoid defenders and work the ball around the field while attempting to find an open teammate in the end zone An Offensive player is allowed to take only two steps after receiving the ball The offense has 5 seconds to pass the ball The Offensive team must pass, shovel pass, or toss the ball into the end zone <ul style="list-style-type: none"> Teams cannot run ball in to score Once a touchdown is scored, the ball changes possession immediately and play begins at the midfield line All possession changes start immediately from the spot where the ball was dropped or from the midfield line after a touchdown Passing <ul style="list-style-type: none"> All passes can be forward, lateral, or behind the passer 	