

U10 Safe Contact Week Practice 1

Profile Tackling

→ **Equipment:** Cylinder Bags, Hand shields, Cones, 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 	

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
Hit on shield from knee	<ul style="list-style-type: none"> • Hand shields 	10 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) 	

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 	

Full profile tackling

Game name	Equipment	Duration	Description	Visual
Hand shield profile tackle	• 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 	