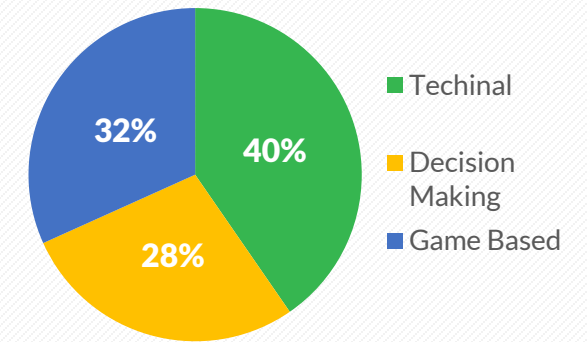


8 DAY TACKLE PLAN

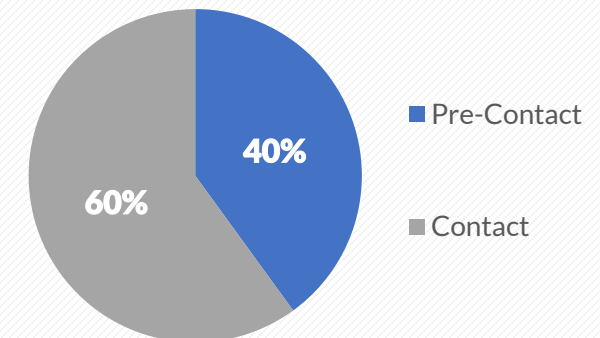
Introduce Players to the Atavus Tackle System by focusing on Technical and Decision-Making Drills. This phase will work on developing strike timing and elements of tracking to build confidence in closing space and leverage angles.

PHASE
1

OVERALL DRILL TYPE

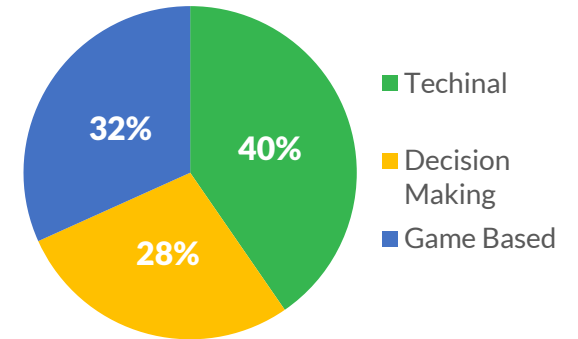


OVERALL SKILL EMPHASIS

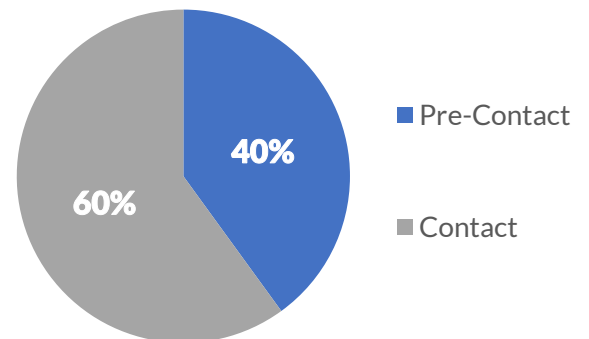


PRACTICE	DRILLS	FOCUS AREAS
1	TEAM CIRCUIT STRIKE PUNCH DRILL STRIKE PUNCH CHOICE PARTNER FLIP GAME	<ul style="list-style-type: none"> • Proper strike timing • Continuously closing space • Tracking near hip to mimic movement • 1v1 Tracking • 2V1 Tracking • Aggressive Finish
2	TEAM CIRCUIT 1 KNEE STRIKE CHOICE 2 STEP STRIKE DRILL SUMO ARM LENGTH GAME	
3	TEAM CIRCUIT CLOSE SPACE DRILL 2V1 LEVERAGE CHOICE 1V1 TACKLE ASSESSMENT GAME	
4	TEAM CIRCUIT 2 STEP STRIKE DRILL 2 STEP STRIKE CHOICE BAG DRAG STRIKE DRILL	
5	TEAM CIRCUIT CLOSE ANGLE DRILL CLOSE ANGLE CHOICE 1V1 CONE GAME	
6	TEAM CIRCUIT STRIKE TIMING DRILL STRIKE TIMING DRILL BAG DRAG STRIKE DRILL	
7	TEAM CIRCUIT SIDELINE TACKLE DRILL 2 SCORE ANGLE GAME 2V1 CONE GAME	
8	TEAM CIRCUIT SUMO CONE GAME STRIKE TIMING CHOICE 1V1 TACKLE ASSESSMENT	

OVERALL DRILL TYPE



OVERALL SKILL EMPHASIS



LEVELS OF CONTACT

COACH FLEXIBILITY

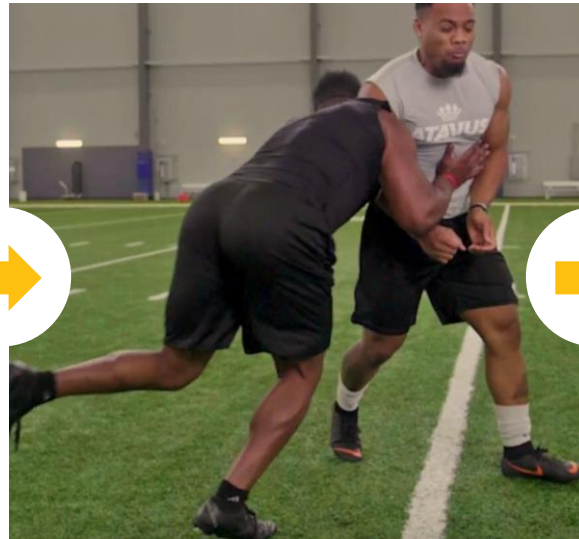
THE 4 LEVELS OF CONTACT HELP BUILD CONFIDENCE



PALMS DOWN

Pre-Contact Focus

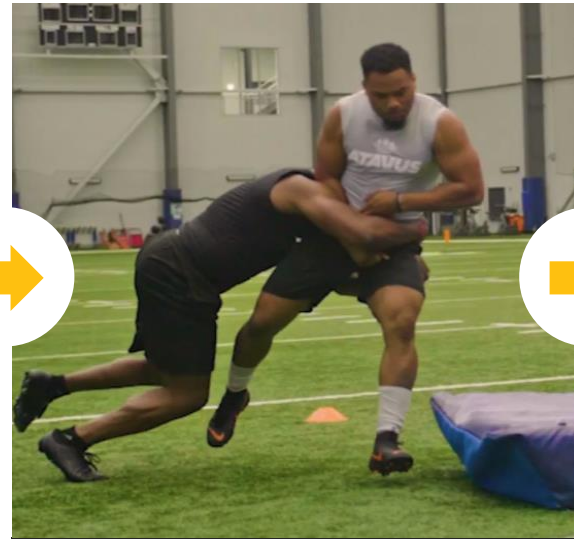
01



DINO STRIKE

Contact Focus

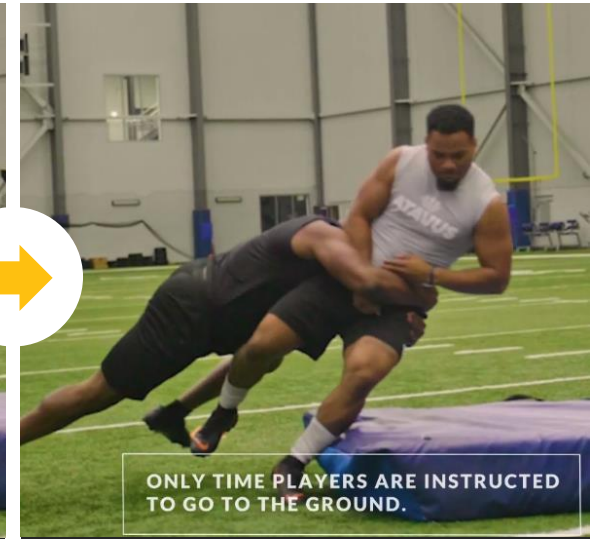
02



THUD

Execute effective and safe contact

03



LIVE

Game-like w/ possible ground contact

04

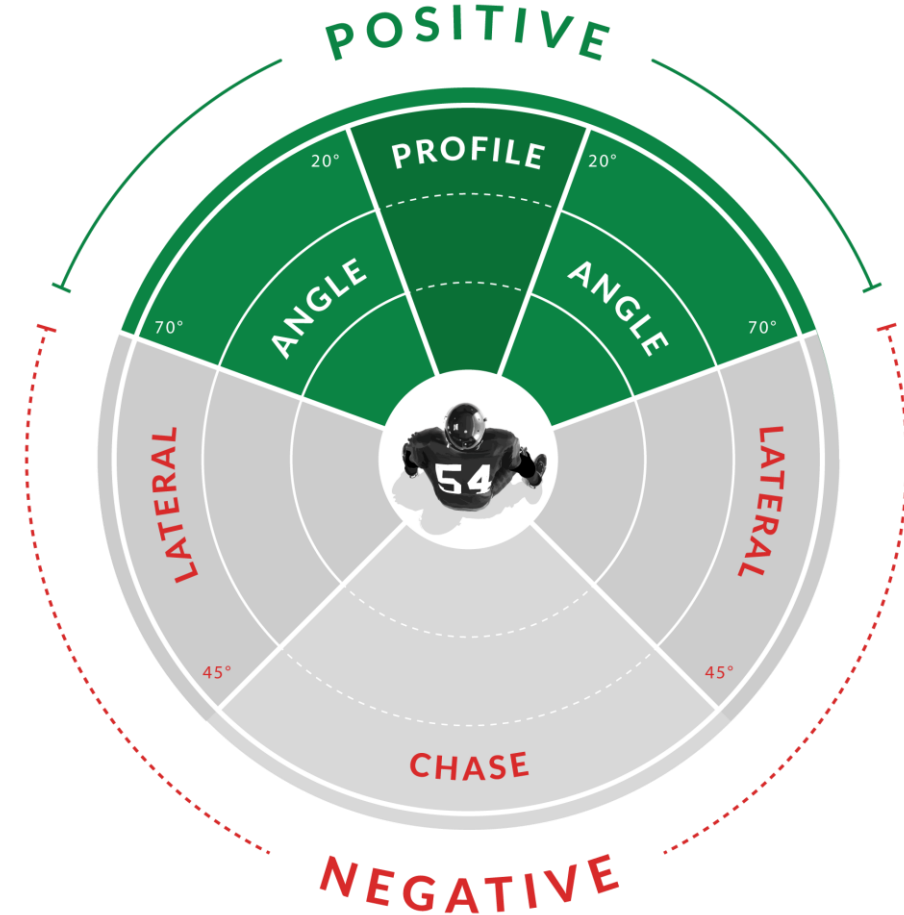


LEVELS OF CONTACT – DETAILS

1. TWO HAND PUNCH – “PALMS DOWN”

- ✓ Lowers pad level and simulates the punch
- ✓ Pre-contact focus
- ✓ Good for introducing drills

*** In negative situations, only use palms down contact.**



LEVELS OF CONTACT – DETAILS

2. DINO STRIKE

- ✓ Hands up and elbows tight to chest. Make contact with hands and shoulder
- ✓ Places emphasis on shoulder contact
- ✓ Use in low-speed drills. Good for introducing strike timing
- ✓ Stay up! Do not go to the ground

*** Only use in positive situations.**

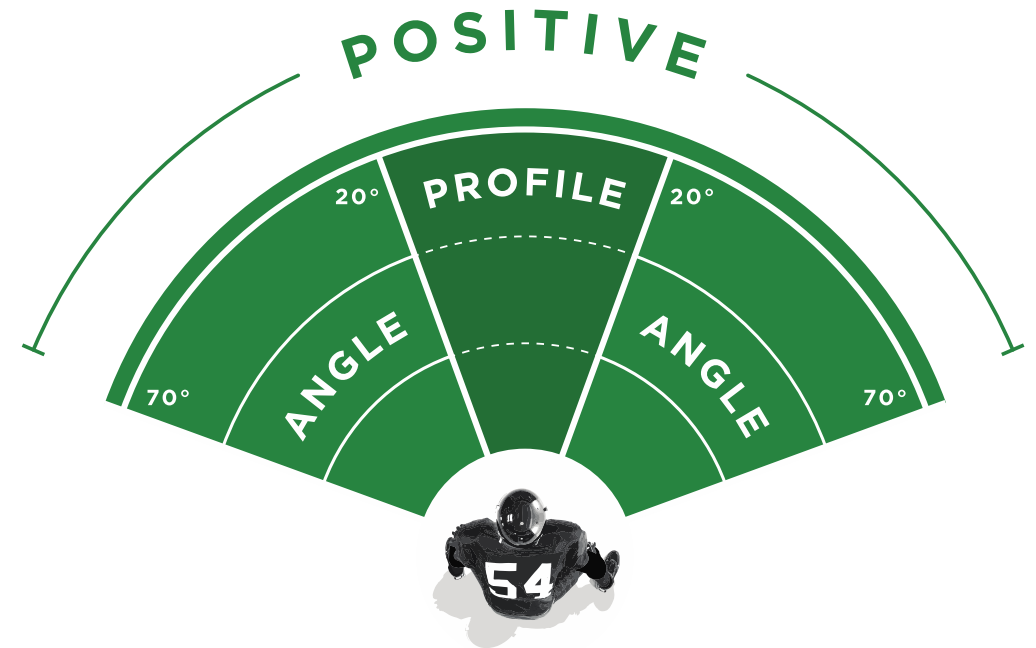


LEVELS OF CONTACT – DETAILS

3. SHOULDER STRIKE – “THUD”

- ✓ Strike using same foot and same shoulder.
Punch to emphasize the wrap
- ✓ Use in low- and high-speed drills. 2nd progression for strike timing
- ✓ Stay up! Do not go to the ground

*** Only use in positive situations.**

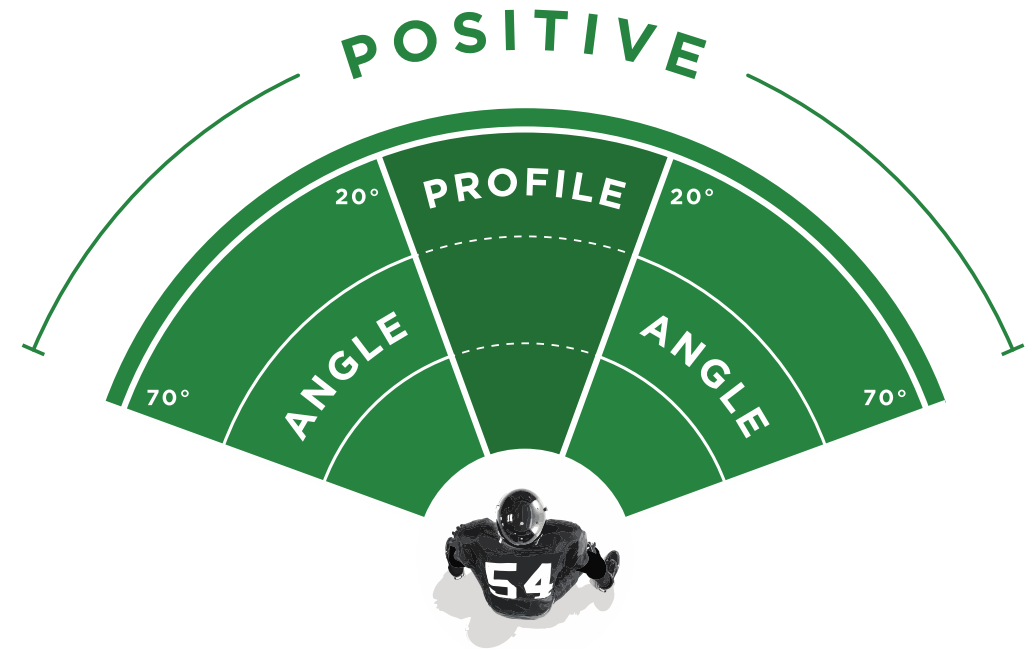


LEVELS OF CONTACT – DETAILS

4. LIVE

- ✓ Recognize situations and execute all elements of the tackle
- ✓ Emphasis strike timing with wrap and leg drive
- ✓ Positive situations allow for live contact—important for game preparation
- ✓ Structure drills for safety and efficiency—use bags, crash pads, tackle wheels, etc.

*** This is the only time tackles go to ground.**



CONTACT FOCUS

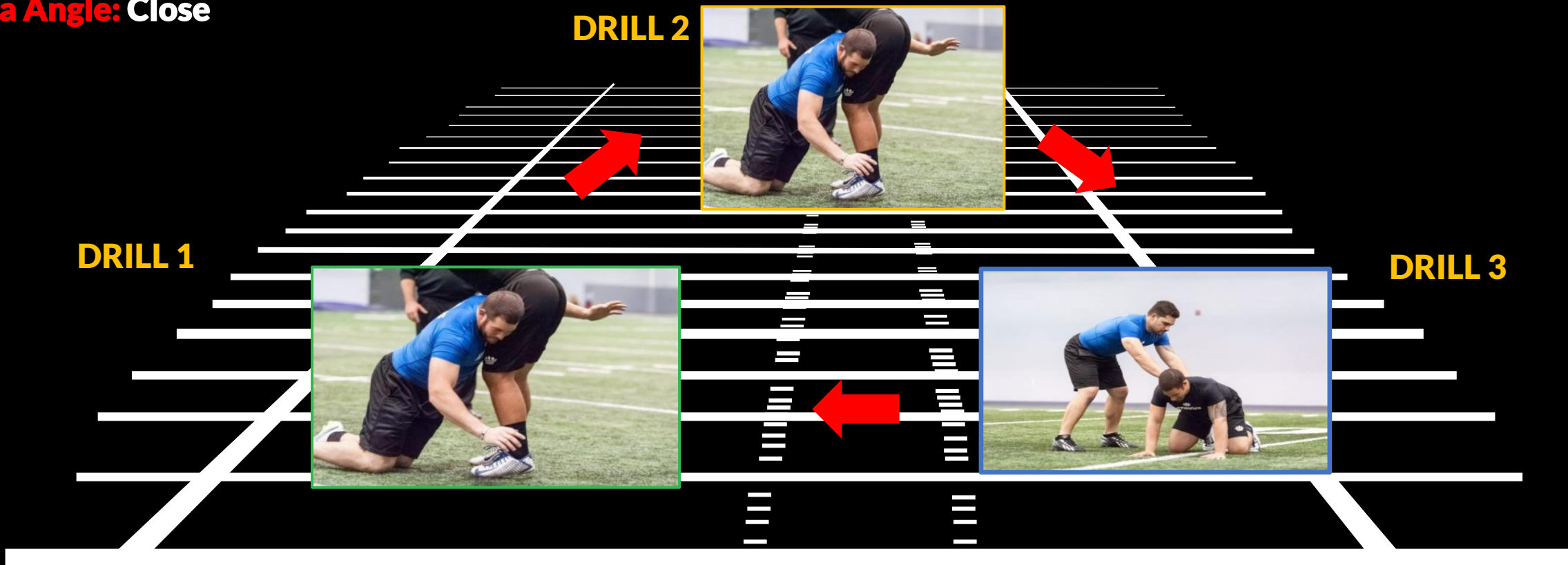
COACHING TIPS:

- **Strike Punch Drill:** Look for an aggressive “jab” punch past the offense.
- **Strike Punch Choice:** Now offense has the option to step either left or right forcing the tackler to problem solve.
- **Partner Flip Game:** Goal is to get a lot of reps and allow for the defender to fail, review afterwards to give players the opportunity to self evaluate their technique.

	DRILL NAME	DRILL FOCUS	DRILL IMAGE
DRILL 1	<ul style="list-style-type: none"> • Strike Punch Drill (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Effective punch • Hip extension 	
DRILL 2	<ul style="list-style-type: none"> • Strike Punch Choice (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Effective punch • Hip extension 	
FLEX DRILL	<ul style="list-style-type: none"> • Partner Flip Game (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Punch • Hip extension • Leg drive 	

TACKLE CIRCUIT MAP

Recommended
Camera Angle: Close



Start Position Groups on 1 of the 3 drills. After 5 mins Groups will rotate to clockwise until each group has completed every drill.

CONTACT FOCUS

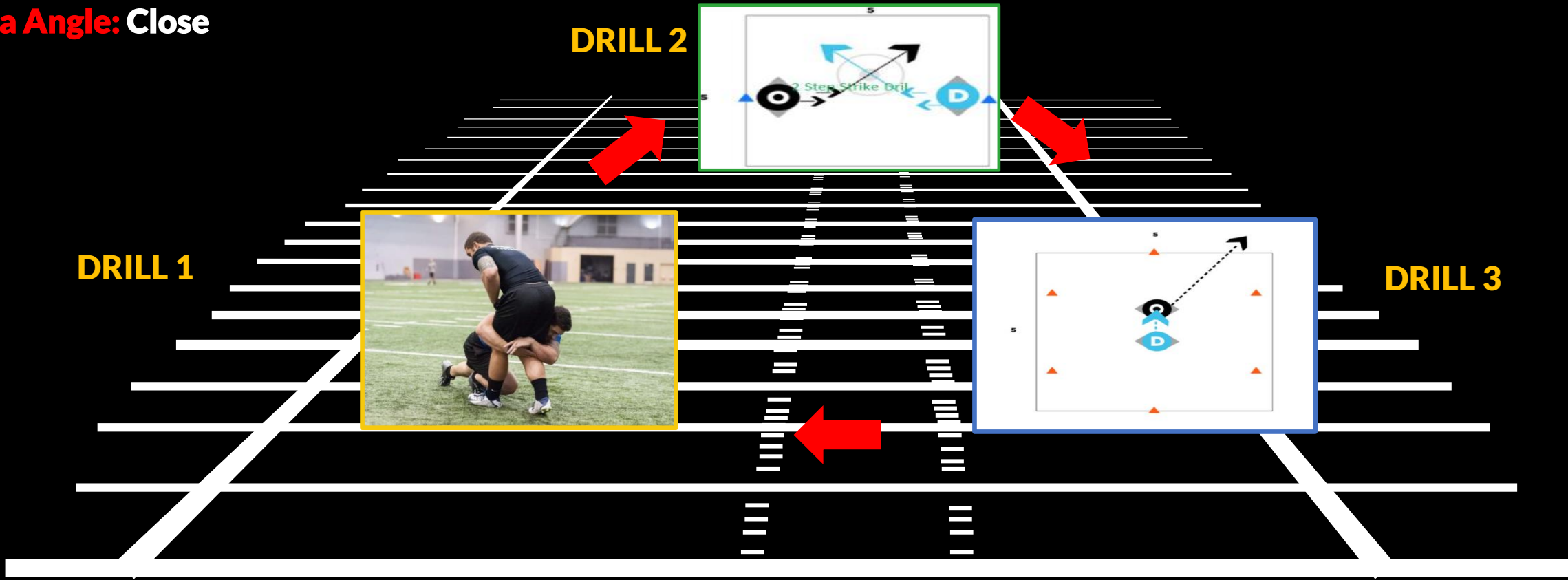
COACHING TIPS:

- **1 Knee Tackle Choice:** Instruct offense to rate the defender's strike on a scale of 1-10 (looking for 8 or above).
- **2 Step Strike Drill :** Focus on effective strike timing and primary shoulder contact.
- **Sumo Arm Length Game:** Focus on the defender's pad level and footwork into contact.

	DRILL NAME	DRILL FOCUS	DRILL IMAGE
DRILL 1	<ul style="list-style-type: none"> • 1 Knee Tackle Choice (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Drive off near foot • Effective pad level 	
DRILL 2	<ul style="list-style-type: none"> • 2 Step Strike Drill (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Strike timing • Drive off near foot • Effective punch 	
FLEX DRILL	<ul style="list-style-type: none"> • Sumo Arm Length Game (Thud) 	<ul style="list-style-type: none"> • Effective pad level • Near shoulder contact • Finish 	

TACKLE CIRCUIT MAP

Recommended
Camera Angle: Close



Start Position Groups on 1 of the 3 drills. After 5 mins Groups will rotate to clockwise until each group has completed every drill.

PRE-CONTACT FOCUS

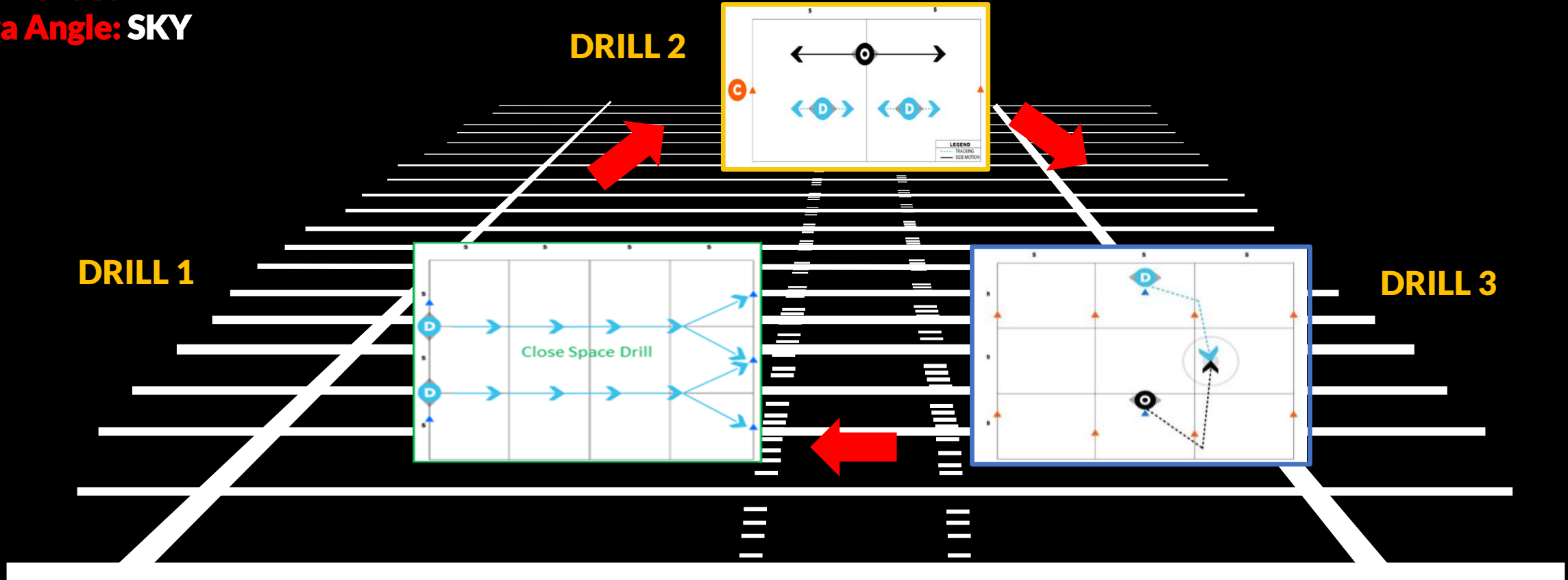
COACHING TIPS:

- **Close Space Drill:** Remind defender to stay on their toes with a base shoulder width apart (Avoid being on heels/hesitating) with proper body position while closing space
- **2v1 Leverage Choice:** Non-Contact Drill, remind defenders to maintain an effective base while tracking the near hip and to focus on the runner's hip to better mimic speed and directional change.
- **Tackle Assessment Game:** This drill evaluates players ability to track in 1v1 situations. Get a lot of reps and correct afterwards!!!
- **Tackle Assessment Game:** Emphasize that the defender is continuously closing space to maximize positive tackle situations.

	DRILL NAME	DRILL FOCUS	DRILL IMAGE
DRILL 1	<ul style="list-style-type: none"> • Close Space Drill (N/A) 	<ul style="list-style-type: none"> • Continuously close space • Effective base • Reacting to visual cues 	
DRILL 2	<ul style="list-style-type: none"> • 2v1 Leverage Choice (N/A) 	<ul style="list-style-type: none"> • Maintaining near hip leverage • Mimicking runner's movement 	
FLEX DRILL	<ul style="list-style-type: none"> • Tackle Assessment Game (Palms Down Tag) 	<ul style="list-style-type: none"> • Closing Space • Tracking the near hip • Footwork 	

Recommended
Camera Angle: SKY

TACKLE CIRCUIT MAP

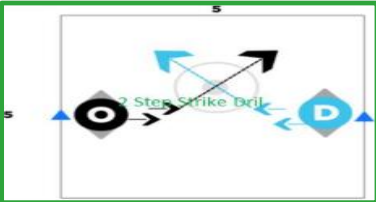
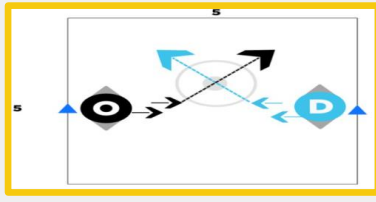
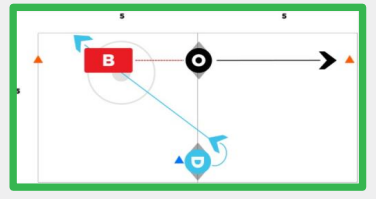


Start Position Groups on 1 of the 3 drills. After 5 mins Groups will rotate to clockwise until each group has completed every drill.

CONTACT FOCUS

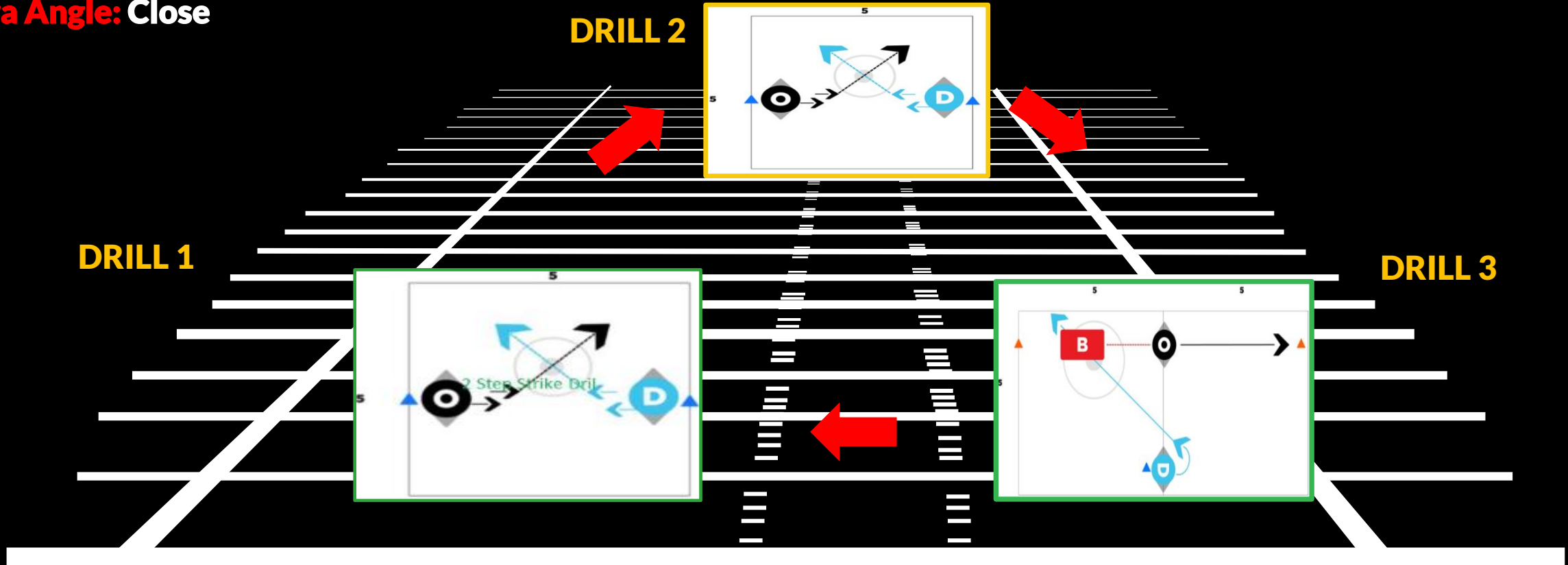
COACHING TIPS:

- **2 Step Strike Drill:** Look for the defenders' knees to be centered over their near footed power step.
- **2 Step Strike Choice:** Instruct offense to rate the defender's strike on a scale of 1-10 (looking for 8 or above)
- **Bag Drag Strike Drill:** This drill emphasizes striking with an aggressive strike and punch from a negative situation. Tackle Wheel work as well, just remind defenders to strike the back side of the wheel to simulate a near shoulder tackle.

	DRILL NAME	DRILL FOCUS	DRILL IMAGE
DRILL 1	<ul style="list-style-type: none"> • 2 Step Strike Drill (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Strike timing • Drive off near foot • Effective punch 	
DRILL 2	<ul style="list-style-type: none"> • 2 Step Strike Choice (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Strike timing • Drive off near foot • Effective punch 	
FLEX DRILL	<ul style="list-style-type: none"> • Bag Drag Strike Drill (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Punch • Wrap and finish 	

TACKLE CIRCUIT MAP

Recommended
Camera Angle: Close



Start Position Groups on 1 of the 3 drills. After 5 mins Groups will rotate to clockwise until each group has completed every drill.

PRE-CONTACT FOCUS

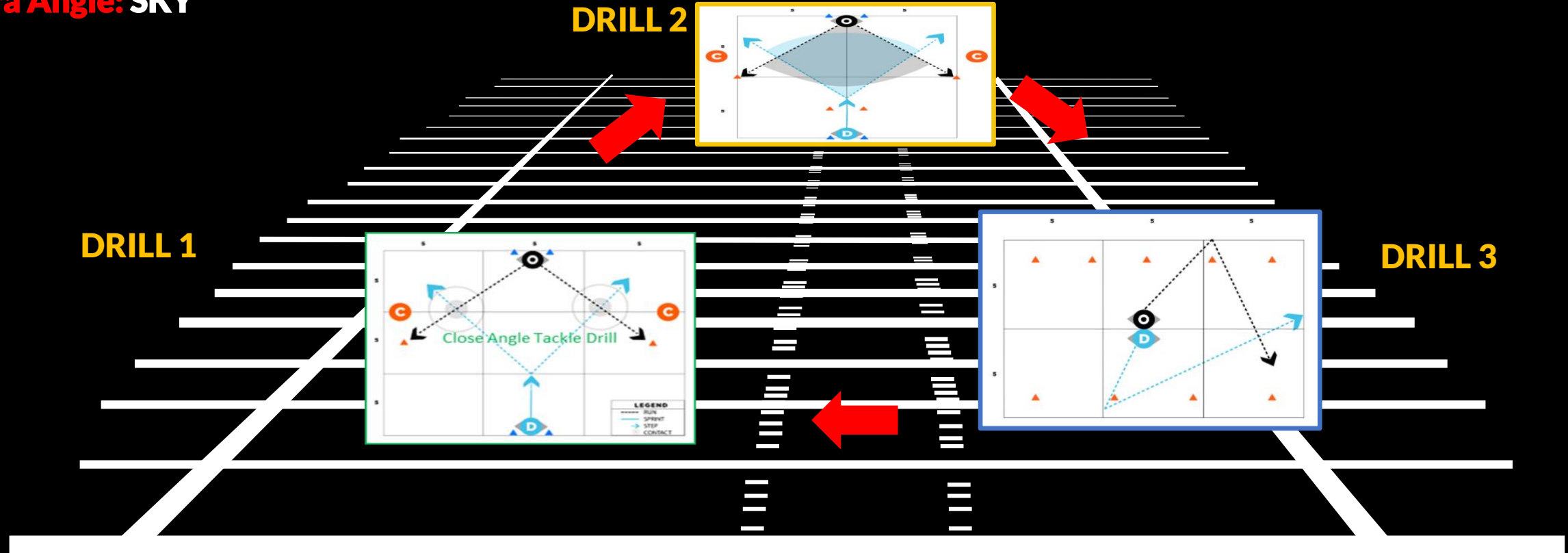
COACHING TIPS:

- **Close Angle Drill:** Remind offense that they can only enter grid once the defender has closed through the shoot.
- **Close Angle Choice:** Remind offense that they can only enter grid once the defender has closed through the shoot. Offense now has the option to go either left or right.
- **1v1 Cone Game:** Look for defender to aggressively close space to tag runner off on the near hip. Encourage players to pick different cones to add unpredictability and better simulate a game like scenarios.

	DRILL NAME	DRILL FOCUS	DRILL IMAGE
DRILL 1	<ul style="list-style-type: none"> • Close Angle Drill (Palms Down Tag) 	<ul style="list-style-type: none"> • Close space • Angles into contact • Footwork 	
DRILL 2	<ul style="list-style-type: none"> • Close Angle Choice (Palms Down Tag) 	<ul style="list-style-type: none"> • Close space • Angles into contact • Footwork 	
FLEX DRILL	<ul style="list-style-type: none"> • 1v1 Cone Game (Palms Down Tag) 	<ul style="list-style-type: none"> • Close space • Angles into contact • Track the near hip • Footwork 	

Recommended
Camera Angle: SKY

TACKLE CIRCUIT MAP



Start Position Groups on 1 of the 3 drills. After 5 mins Groups will rotate to clockwise until each group has completed every drill.

CONTACT FOCUS

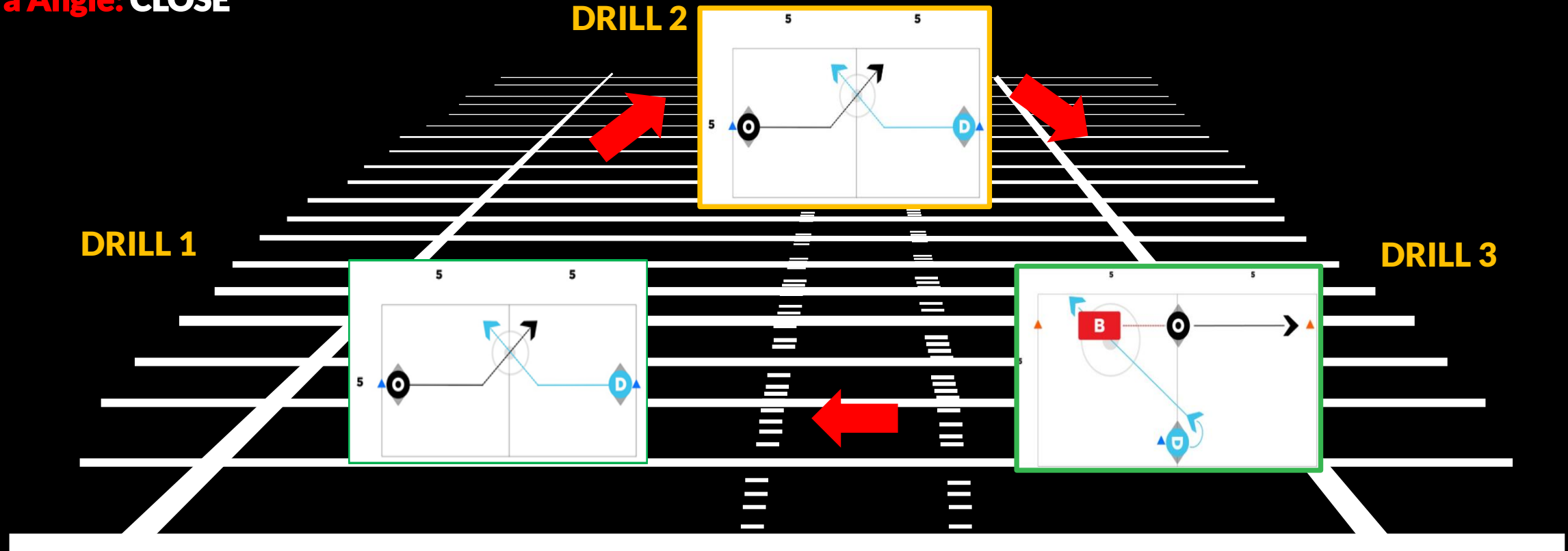
COACHING TIPS:

- **Strike Timing Drill:** Now that the defense is coming from distance, make sure the base is shoulder width apart while coming to balance. This will allow for an effective power step and strike timing into contact.
- **Strike Timing Choice:** Focus on effective strike timing and primary shoulder contact.
- **Bag Drag Strike Drill:** This drill emphasizes striking with an aggressive strike and punch from a negative situation. Tackle Wheel work as well, just remind defenders to strike the back side of the wheel to simulate a near shoulder tackle.

	DRILL NAME	DRILL FOCUS	DRILL IMAGE
DRILL 1	<ul style="list-style-type: none"> • Strike Timing Drill (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Strike timing • Drive off near foot • Effective punch 	
DRILL 2	<ul style="list-style-type: none"> • Strike Timing Choice (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Strike timing • Drive off near foot • Effective punch 	
FLEX DRILL	<ul style="list-style-type: none"> • Bag Drag Strike Drill (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Punch • Wrap and finish 	

TACKLE CIRCUIT MAP

Recommended
Camera Angle: **CLOSE**



Start Position Groups on 1 of the 3 drills. After 5 mins Groups will rotate to clockwise until each group has completed every drill.

PRE-CONTACT FOCUS

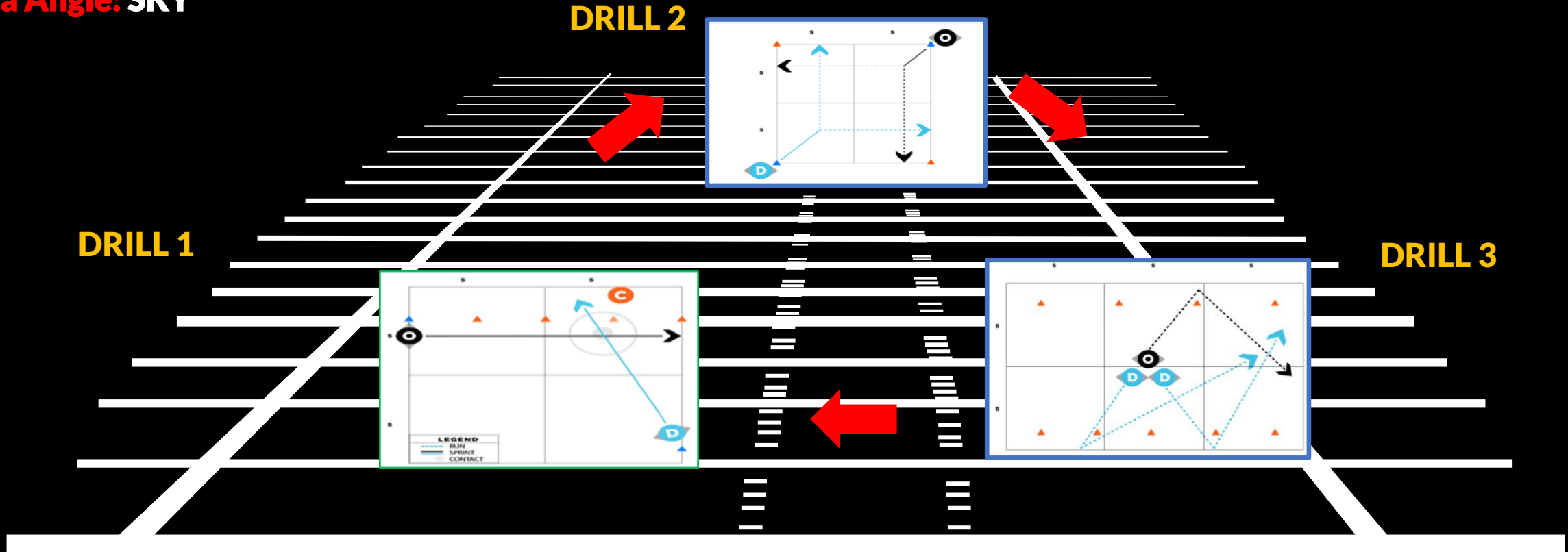
COACHING TIPS:

- **Sideline Tackle Drill:** Great drill to emphasize the importance of tracking the near hip to maximize positive tackle opportunities.
- **Sideline Tackle Drill:** Defenders should maintain a shoulder width base while mimicking the offensive player to better react to speed and directional change.
- **2 Score Angle Game:** This drill is great for putting stress on the defender to close space while taking the correct path for contact.
- **2v1 Cone Game:** Players should work together by closing space and taking proper angles into contact to maintain leverage on runner.

	DRILL NAME	DRILL FOCUS	DRILL IMAGE
DRILL 1	<ul style="list-style-type: none"> • Sideline Tackle Drill (Palms Down Tag) 	<ul style="list-style-type: none"> • Continuously close space • Track near hip/maintain leverage • Effective base • Near shoulder/near foot contact 	
DRILL 2	<ul style="list-style-type: none"> • 2 Score Angle Game (Palms Down Tag) 	<ul style="list-style-type: none"> • Close space • Angles into contact 	
FLEX DRILL	<ul style="list-style-type: none"> • 2v1 Cone Game (Palms Down Tag) 	<ul style="list-style-type: none"> • Close space • Angles into contact • Footwork • 2v1 tracking 	

Recommended
Camera Angle: SKY

TACKLE CIRCUIT MAP

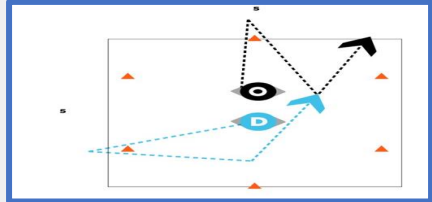
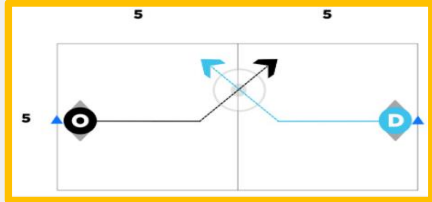
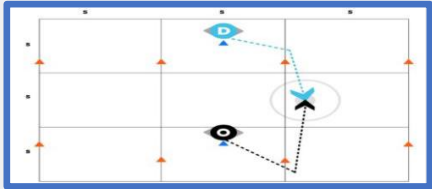


Start Position Groups on 1 of the 3 drills. After 5 mins Groups will rotate to clockwise until each group has completed every drill.

PRE-CONTACT/CONTACT FOCUS

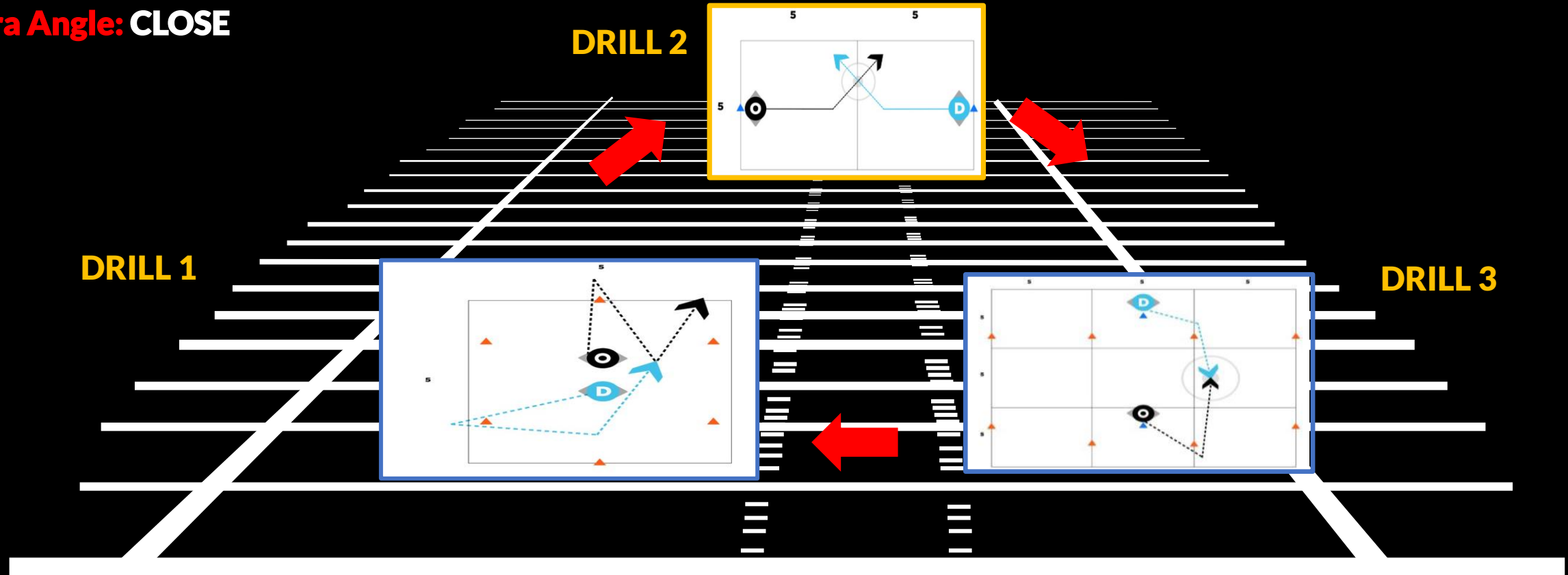
COACHING TIPS:

- **Sumo Cone Game** : Defender and offense will start back-to-back, on “Go” both player will go around one of the six cones. The defender should look to make effective shoulder contact and finish with an aggressive wrap/leg drive to knock the runner out of the grid.
- **Strike Timing Choice**: Focus on effective strike timing and primary shoulder contact.
- **Tackle Assessment Game**: Revisit drill to assess players skill retention and improved confidence in tracking.
- **Tackle Assessment Game**: Emphasize that the defender is continuously closing space to maximize positive tackle situations.

	DRILL NAME	DRILL FOCUS	DRILL IMAGE
DRILL 1	<ul style="list-style-type: none"> • Sumo Cone Game (Thud) 	<ul style="list-style-type: none"> • Track near hip/maintain leverage • Effective pad level • Near shoulder/near foot contact • Effective finish/leg drive 	
DRILL 2	<ul style="list-style-type: none"> • Strike Timing Choice (Thud) 	<ul style="list-style-type: none"> • Near shoulder contact • Strike timing • Drive off near foot • Effective punch 	
FLEX DRILL	<ul style="list-style-type: none"> • Tackle Assessment Game (Palms Down Tag) 	<ul style="list-style-type: none"> • Closing Space • Tracking the near hip • Footwork 	

TACKLE CIRCUIT MAP

Recommended
Camera Angle: CLOSE



Start Position Groups on 1 of the 3 drills. After 5 mins Groups will rotate to clockwise until each group has completed every drill.