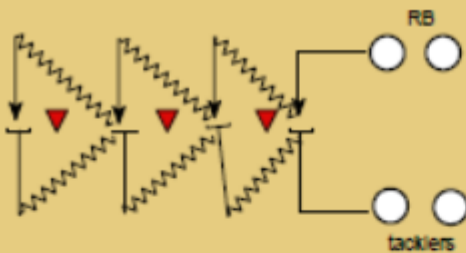


CHAMPIONSHIP

ANGLE STATION

Our favorite drill is the “3-Pop Drill”, which you will need to see on the DVD because it is hard to describe. But as tackler & ball carrier meet in the hole, the tackler gets in good fit position and has to pop his hips in order to lift the ball carrier. The turnover drill teaches players what to do when the RB has the ball in the wrong arm and the ball is between the ball carrier and tackler. That is an automatic strip !!!

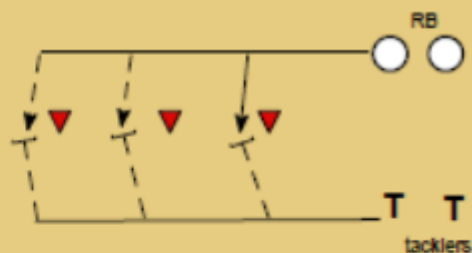
3 POP DRILL (#1)



- 1) On Whistle, move the feet
- 2) Tackler shuffle glide until RB attacks the first hole. Tackler meets RB, Punch, Lift, and Release RB. Don't grab cloth the first two times.
- 3) RB backpedals and attacks the 2nd hole Tackler repeats.
- 4) On the 3rd time, the Tackler Pump knees and grab cloth.
- 5) "SHOW ME"

This drill is not done at full speed.

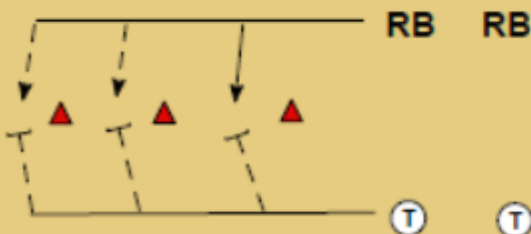
PICK A HOLE (#2)



- 1) On Whistle, move the feet
- 2) Tackler shuffle glide until RB picks his hole Tackler meets RB, Punch, Lift, and "SHOW ME".
- 3) RB does not lower shoulder or cutback

This drill is not done at full speed.

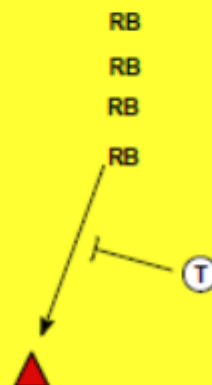
EYE OPENER (#3)



- 1) On Whistle, move the feet
- 2) Tackler shuffle glide until RB picks his hole Tackler meets RB, Punch, Lift, and "SHOW ME".
- 3) RB can lower shoulder & cutback

This drill is at full speed.

BALL STRIP



- 1) On Whistle, move the feet
- 2) RB runs to cone
- 3) Tackler meets RB, wrap with one arm
- 3) Try to strip with other arm

This drill is not done at full speed.

TACKLING

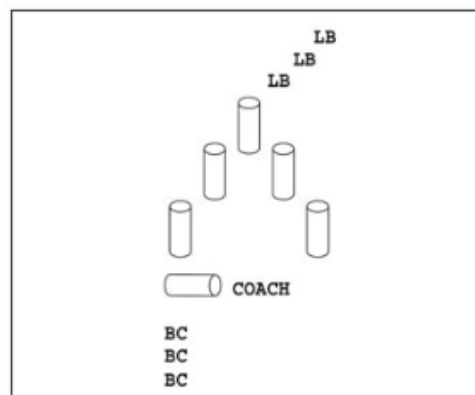
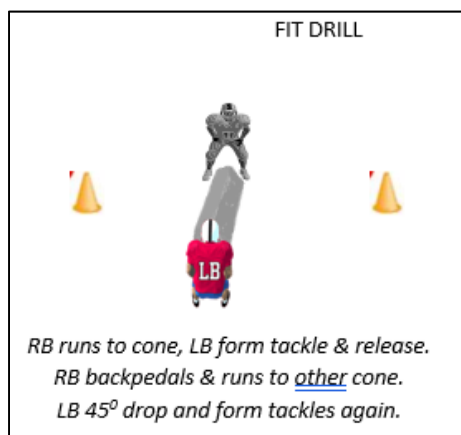
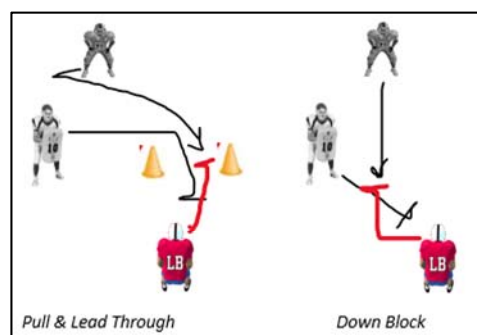
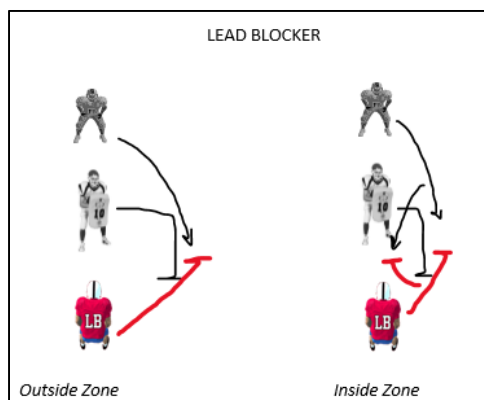
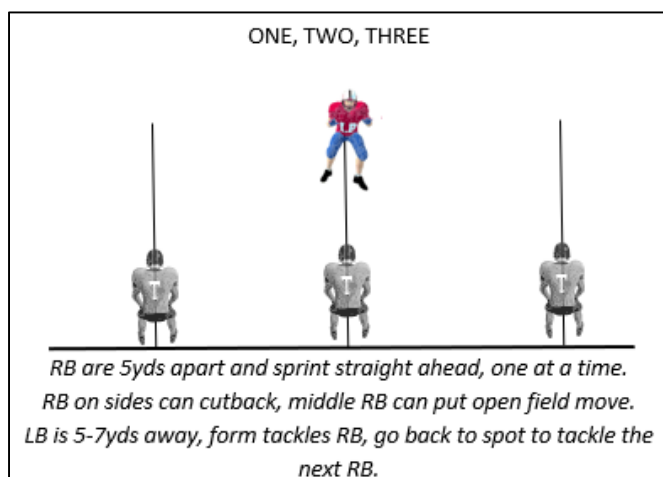


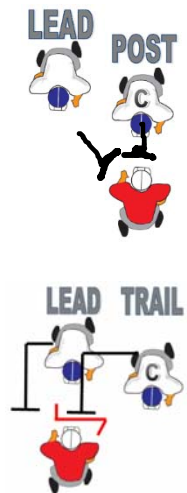
Figure 16-2. Downhill agility drill-rip angle tackle



DOUBLE TEAM BLOCK

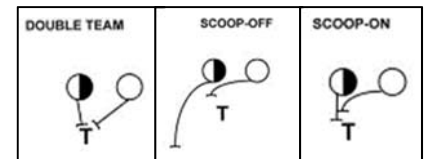
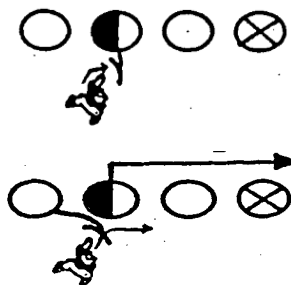
0-TECH	2-TECH	4-TECH	1, 4i-TECH	2i and 3-TECH
Attack shoulder of the post man. When you feel the double team, drop the knee & hip that is closest to pressure, and turn your shoulder into the double team. "Get Skinny" and "Get Your Hat in the Crack" trying to split the double team. If the double team is winning, "Grab Grass" ...fall & make a pile.			Move laterally in direction of blocker's reach step, which will be 2 nd step since 1 st step is weak. Pressure with left arm to stop RT and C from climbing to ILB. Maintain the gap while moving laterally. Do not let backside helmet cross your face. Get your hat in the crack when you feel pressure from the Trail blocker.	

DOUBLE FROM WING	4i -TECH	6i - TECH
Attack outside shoulder of LT. Keep your shoulders square while attempting to turn the LT. Wing down blocks mean sweep to outside, so treat it like crack block. Turn inside shoulder into the wing, go around wing and pursue towards sideline.	Treat Lead blocker as a Reach step. Use a push-and-pull technique – push with the outside hand and pull with the inside hand. Maintain the gap while moving laterally. Do not let backside helmet cross your face. Do NOT go past the outside blocker or RB will cut back. Ends have inside gap on run.	

**COACHING POINTS:**

You don't have to defeat two men. The key is to defeat one man.

ZONE BLOCKING: Do not back door the zone. Goal is to take up two defenders and let the LB run free. Work the hips to the gap and control the gap. The LEAD blocker wants to drive through the number, so that the TRAIL blocker can overtake you. Shoot hands and latch on to the LEAD. Do not let LEAD climb to the second level. When feel pressure from TRAIL, drop inside shoulder, work your hips into him and do not let him overtake you. Make the TRAIL push you into the play. **"RICHOCHET"**

**CUTOFF BLOCK – T and NG**

2/2i-tech attack inside half of Guard; 3, 4i, 4-tech attack inside half of Tackle. When the blocker you are trying to attack steps inside and tries to "turn you out" or cut you off from backfield flowing away from you: Shoot Hands, Lock Out and Separate. Squeeze Down and Condense inside gap, Shed and Escape to pursue down the line.

When blocker in front of you pulls and the next outside blocker attempts to cut you off, usually by trying to chop across the thigh of your outside leg. Push the chop blocker into the ground with hands, Push off the outside leg, and pursue down LOS.

