

Defense—Three Point Tackling Drill

Compiled by **Kent Currie**

Equipment - 1 ball, 3 cones, 1 agility pole, and tackle suits (optional)

Description:

- A single attacker runs from (T) and runs around the Agility pole and runs back to (T) and is met in a tackle by a player from ▲. The defender makes a side on tackle then gets back onto his/her feet and secures the ball. The defender becomes the attacker and runs around the agility pole and runs to (T) and is met in a front on tackle by a player from ▲. Once the defender makes the tackle and secures the ball he/she must run around the agility pole and run back to (T) and is met in a tackle by ▲ who then secures the ball. The drill continues until all players have made a tackle from all angles.

Progressions

- Expand the cones and agility pole wider to allow more room for attackers – this will allow the defender to work on tracking
- Have two support players with the ball carrier - the support players must clean out defender
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Coaching Points:

- Tacklers must have correct head position to ensure safety
- The tacklers must lead in with their shoulders
- The tacklers must have leading foot close to the attacker – load late.
- Chest and shoulder must be moving forward into the tackler
- Leg drive is important when making a tackle – dominate the ball carrier

Diagram:

