

# 3 Way Tackle Drill

## Purpose of Drill:

To teach the focus and square up spinning player

## Drill:

2 Lines of players 2 yards apart

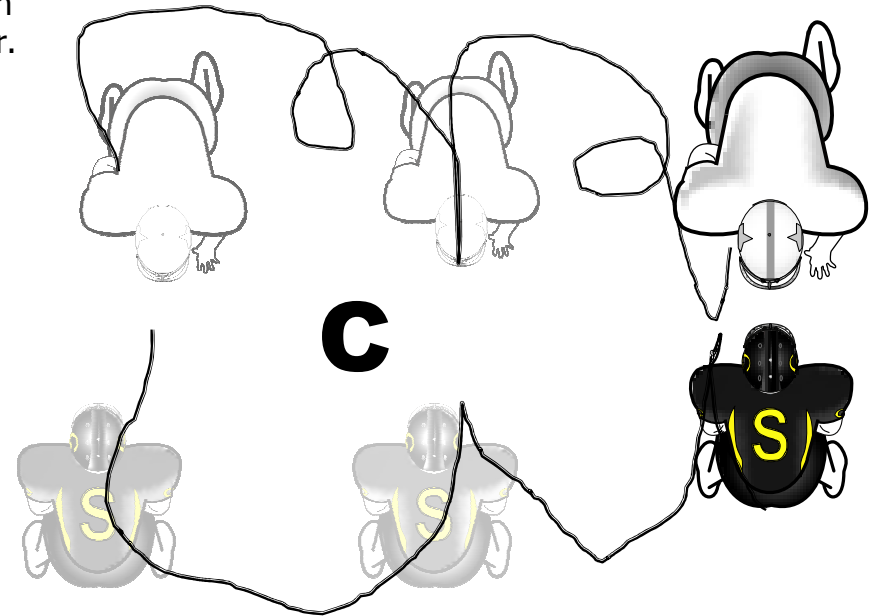
On Coach's command, Defender will wrap up ball carrier,  
Then release allowing ball carrier to go around coach  
forcing defender to spin and wrap up ball carrier.

## Coaching Points:

All position can work this drill.

Make sure players are no farther than 3 yards apart.

Defender must roll hips to lift ball carrier off ground.



Scan this code on your  
Smartphone to watch  
drill on video

