

Score Tackling

Purpose of Drill:

To teach linebacker movement and direction change before making a tackle.

Drill:

- Place 5 bags on the ground, two yards apart, parallel to each other.
- Ball carriers and LBs align on opposite sides of the middle bag.
- Ball carrier begins the drill by running back-and-forth between the outside bags. The LB mirrors the ball carrier's movements.
- On the coach's command of "score", the ball carrier runs up the nearest alley between two of the bags and attempts to get across to the LB's side.
- The LB reacts by filling the hole to tackle the ball carrier. He squares up, attacks, and drives the ball carrier back.

Coaching Points:

- Ball carrier has the option to fake the LB while running between the bags.
- LB keeps his feet moving laterally to square up with the ball carrier.
- LB learns to change direction based on the ball carrier's tempo.

