

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.