



Winning Gaps with Engaged Tackles

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WHAT IS AN ENGAGED TACKLE?

AN ENGAGED TACKLE IS:

- A situation where the tackler cannot get a clean release from a blocker is a small amount of space
- When the force of the blocker is working in the opposite direction of the ball carrier
- The appropriate technique is to put a wedge into the offense in order to prevent a vertical opening



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TYPES OF ENGAGED TACKLES

ONE ARM TEAR OFF

RUNNING ONE ARM

ENGAGED
TACKLES

ONE ARM PULL AWAY

BEND



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MAIN OBJECTIVE

KEEP THE CLOSEST PLAYERS TO
THE FOOTBALL AS A FACTOR
AT THE PLAYER WITH THE FOOTBALL



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MANTRA

We play a **GAP AND A HALF DEFENSE** by **OWNING OUR LEVERAGE** and **BURSTING TO THE BALL.**

We **TAKE OUR SHOT** through the **STRIKE ZONE** to **DENT AND DISRUPT** while **FINISHING ON TOP AND FACING THE GOAL LINE.**

LEVERAGE

BURST

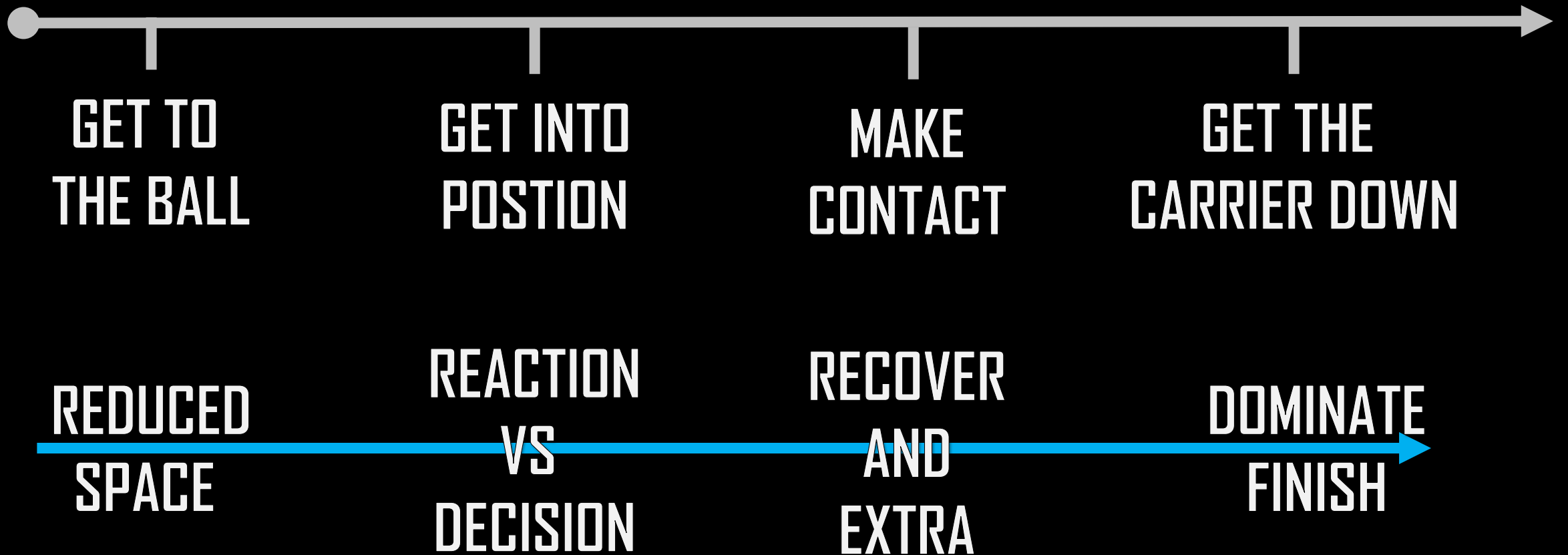
CLAMP

DRIVE

FINISH



SYSTEMS APPROACH TO TACKLING



TYPES OF TACKLES

IN LINE



PHONEBOOTH

- Hairline Below Chin (Strike Zone)
- Burst to Dent
- 2 in Ground
- Clamp

ENGAGED



1 - ARM

- Throw the Hip
- Vertical Punch
- Clamp 1 -2
- KnockEmBack

OPEN FIELD



TAKE YOUR SHOT

- Own Leverage
- Burst Thru Strike Zone
- Stop His Feet
- Clamp and Finish

LAST CHANCE

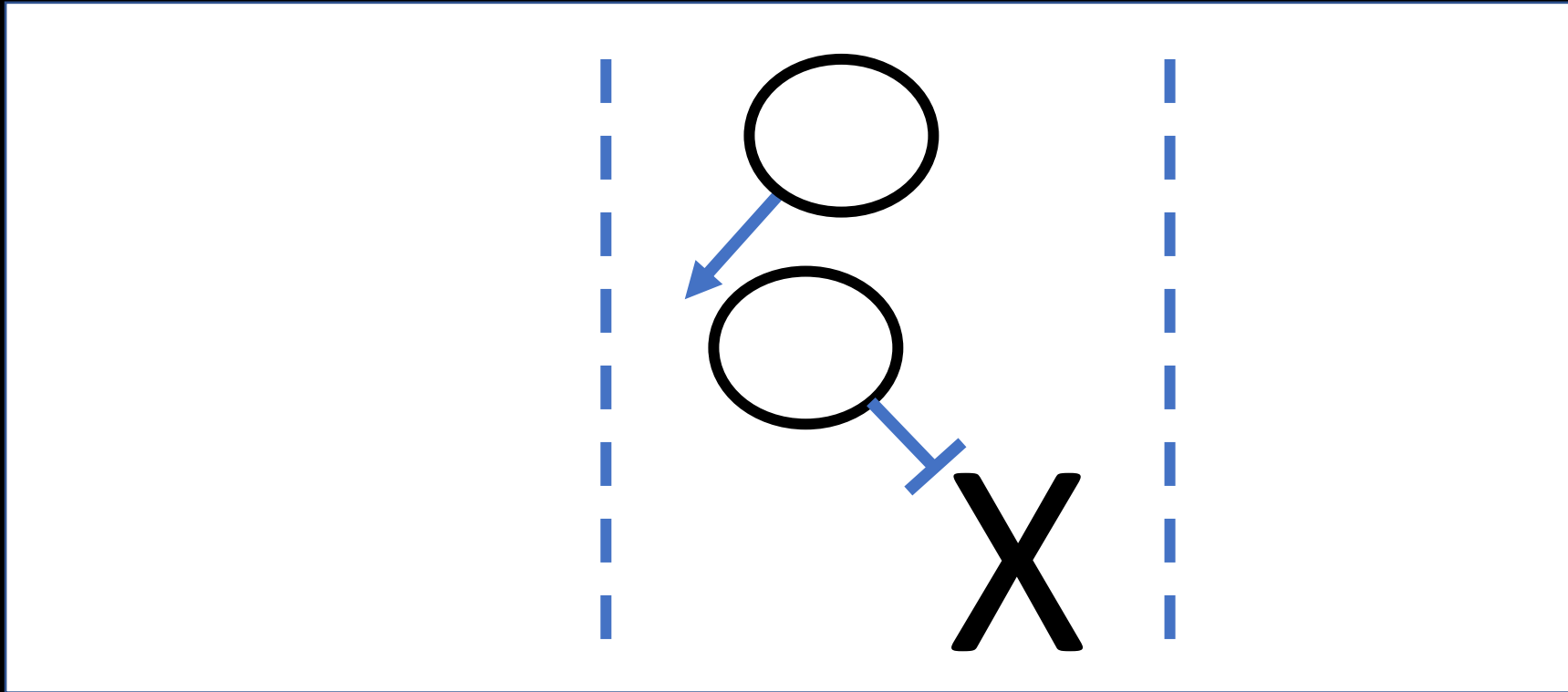


NEXT PLAY

- Get the angle
- Swipe the ankle
- Keep Air in Lungs



WHATS THE CHALLENGE?



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WHATS THE CHALLENGE?

**Blockers Force moving in
Opposite Direction of the Ball**



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WHY WE TRAIN ENGAGED TACKLES?

We train the engaged tackle to:

- Goal of the Defense to Teach the tightest fit possible
- Put in Box Players in the most realistic position possible
- Anticipate Blockers in a Tight Fit – Feel and presume ball
- Not allow blocker to gain leverage in the event that you cannot separate or stack clean



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KEY POINTS FOR CONSIDERATION

- In a perfect scenario we want to tear off clean and get square
- No two systems for engaged tackles are identical
- Relieve pressure with near hand results in potential for more space
- Putting pressure puts blocker at disadvantage area reduces space
- Focus is on generating force off of the tackling arm with violent uppercut



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RECOVERY TACKLING

Recovery Tackling is:

- Fighting back into leverage
- Working through obstruction
- Grip to control
- Balancing out the blocker



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WHY WE TRAIN ENGAGED TACKLES?

Get pressure to
relieve pressure in
normal circumstance

VS

Maintain leverage and
position – put as
wedge in the blocking
scheme - don't allow
scheme to separate



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STUDY OF ENGAGED TACKLES

| YEAR | DEFENSIVE LINE | LINEBACKERS | DEFENSIVE BACKS |
|------|----------------|-------------|-----------------|
| 1 | 71% | 38% | 16% |
| 2 | 72% | 27% | 10% |
| 3 | 68% | 29% | 11% |



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KEY FUNDAMENTALS AND COACHING POINTS

- Make sure it fits your system
- Develop with the position coach
- Use this as a tool
- Focus on the transfer of Power
- Work to keep elbow tight
- Always work to get square
- Work on Angles-Grade on Results



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GAP ONE ARM TACKLE

Key points

- Hold ground on the blocker
- Lean into (Wedge) the blocker
- Vertical Punch and Throw Hip into the Blocker
- Clamp 1 to 2 Arm quickly



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RUNNING ONE ARM (TURN BACK)

Key points

- Plant near foot into the blocker
- Work to throw the far hip and arm
- Re-Establish the midline of the blocker
- Sense potential loss of leverage – Roll Finish



ONE ARM PULL AWAY

Key points

- Fight Away from Pull and Move Upfield
- Actively work to disengage blocker
- Take a Shot on the Move
- Take as much space as possible – moving upfield – with force to the area



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BENDS

Key points

- Continue Bend Progression
- Throw far arm over and anticipate roll
- Work to Collapse Blocker
- Always touch ball when possible



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