



As a compliment to our “Heads Up Tackling” approach, we will once again be teaching a Rugby style tackle advocated by Seattle Seahawks head coach, Pete Carroll which he calls “Hawk Tackling.” The Rugby tackle has NEVER included the head, and they play without helmets and facemasks...the key is to 1) use the shoulder, and 2) keep the head outside the tackle

### **What is it?**

SHOULDER tackling based on the Rugby tackle, with emphasis to take the head out of the tackle. We are a LEVERAGE BASED, SHOULDER TACKLING team.

See it online at: <https://www.youtube.com/watch?v=7HihjPApzCg>

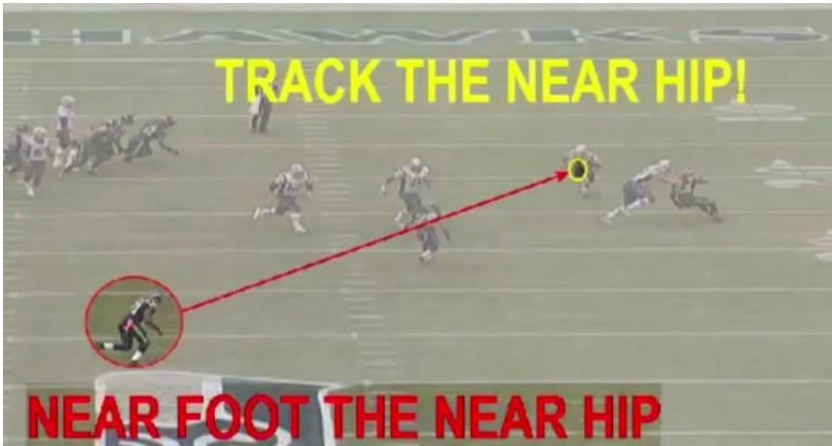
Or, Google “pete carroll hawk tackling”

# TRACKING



## TRACKING

- Closing the distance with the ballcarrier, while maintaining leverage
- **Tackler's Key:** Eyes on the near hip of the ballcarrier; players maintain good tackling posture with shoulders square to the ballcarrier, with **eyes locked on the ballcarrier's near hip**
- Drill: "Run & Gather"



# BASIC HAWK TACKLE



**SHOULDER tackle** with contact point on the **THIGHS**, with the **head OUTSIDE or BEHIND (NOT ACROSS)** the body.

## Coaching Points:

- EYES THRU THE THIGHS
- **NEAR FOOT to ballcarrier ←NEW in 2015**
- WRAP & SQUEEZE (squeeze the thighs through your chest)
- DRIVE FOR 5 (think “take 5 power steps after I wrap him up”)

Recap: 1) TRACK the NEAR HIP; 2) close with NEAR FOOT to ball carrier; 3) WRAP & SQUEEZE the THIGHS  
4) DRIVE FOR 5



## DRILLS:

- From KNEES or 2 POINT stance
- “Diamond” Drill (left)

# HAWK ROLL TACKLE



Basic **HAWK SHOULDER** tackle on the **THIGHS**, with the head **OUTSIDE (NOT ACROSS)** the body, which **FINISHES** with the ballcarrier being **WRAPPED UP** and **ROLLED TO THE GROUND**

## Coaching Points:

- EYES THRU THE THIGHS
- WRAP & SQUEEZE (squeeze the thighs through your chest)
- **ROLL!**

Recap: 1) TRACK the NEAR HIP; 2) TACKLE the THIGHS; 3) ROLL!



## DRILLS:

- From **KNEES** or **2 POINT** stance (top left)
- “**Diamond**” Drill (bottom left)
- Live Track & Tackle vs moving bag (above)



# HAWK LIFT TACKLE

**Basic HAWK SHOULDER tackle** on the **THIGHS**, with the **head OUTSIDE (NOT ACROSS)** the body, which **FINISHES** with the ballcarrier's **OPPOSITE LEG BEING 'HOOKED'** AND **LIFTED UP** (for example, if you are using your **LEFT SHOULDER** to tackle, **LIFT** with you **RIGHT ARM**. Lift him right off the ground.)

## Coaching Points:

- EYES THRU THE THIGHS
- WRAP & SQUEEZE (squeeze the thighs through your chest)
- **HOOK** the "opposite leg with your Off hand
- **LIFT THAT "OPPOSITE" LEG**
- **DRIVE FOR 5**

Recap: 1) TRACK the NEAR HIP; 2) TACKLE the THIGHS; 3) HOOK!; 4) LIFT!



## DRILL:

- Standing Dummy
- ½ rounds behind "ballcarrier" to fall on





# “PROFILE” TACKLE

**Basic HAWK SHOULDER tackle** which makes SHOULDER contact with the NEAR JERSEY NUMBER of the ballcarrier, with the **head OUTSIDE (NOT ACROSS)** the body

## Coaching Points:

- ATTACK THE NEAR JERSEY NUMBER OF THE BALLCARRIER
- WRAP & SQUEEZE
- **DRIVE FOR 5 (STEPS)**

Recap: 1) TRACK the NEAR HIP; 2) HIT THE NEAR NUMBER WITH YOUR SHOULDER; 3) WRAP; 4) DRIVE FOR 5!



## DRILLS:

- Our “Fire In The Hole” drill
- “Diamond” Drill with Shield (or live) (bottom)



# “COMPRESSION” TACKLING



2 or more tacklers converging on the ballcarrier, with each focusing on the NEAR HIP (Hawk Tackle) or NEAR JERSEY NUMBER (Profile Tackle)

## Coaching Points:

- EACH PLAYER ATTACKS THE JERSEY NUMBER OR HIP NEAREST TO THEM
- WRAP & SQUEEZE
- DRIVE FOR 5 (STEPS)

NOTE: ANY TACKLER AFTER THE 1<sup>ST</sup> ONE CAN ATTACK THE FOOTBALL LIKE A SHARK EATING BAIT AND RIP IT OUT, STRIP IT, PUNCH IT, JAM IT...GET THE BALL!

## DRILLS:

- SQUARE DRILL – many variations





# KNOW THE “STRIKE ZONE”

When tackling a defenseless player, always aim to hit him with YOUR SHOULDER between HIS SHOULDERS and ABOVE HIS KNEES; be sure to keep your HEAD OUTSIDE and NOT ACROSS!

THE “PROFILE TACKLE” will ALWAYS be a CLEAN HIT, WITHIN THE “STRIKE ZONE”

## Coaching Points:

- Just like a baseball “strike zone” – knees to armpits

