

Hawk Tackling Drill

A shoulder leverage tackle, contacting the ball carrier on the thighs.

Coaching points:

- Eyes through the thighs
- Wrap and squeeze
- Drive for 5 (when necessary)

Drill 1: wrap and squeeze from the knees



Drill 2: open field angle tackle, slow speed



Hawk Roll Tackle

Shoulder leverage tackles at the thighs, that finishes with the ball carrier being wrapped up at the thighs and rolled to the ground. Run the drill just like the Hawk tackle but instead of a drive at the end incorporate a roll.

This should also start with a from-the-knees introduction then move to open field angle.

Coaching points:

- Eyes through the thighs
- Wrap and squeeze
- Roll



Hawk Profile Tackle

Shoulder leverage tackles that make contact with the near breastplate of the ball carrier (near pec). This is for tackles made above the waist.

Coaching points:

- Attack near pec
- Wrap
- Drive for 5

