

U12 Safe Contact Week Practice 2

Shimmy Tackling

- ➔ **Equipment:** Cylinder bags, Butter bags, Hand shields, Cones, Flags, Footballs
- ➔ **Duration:** 60 minutes

Warm up

- Refer to Warm Up plan

Full shimmy tackling

Drill name	Equipment	Duration	Description	Visual
Whole shimmy tackle versus air	None	10 minutes	<ul style="list-style-type: none"> • Have the tackler stands 3 yards from an imaginary ball carrier • On the "hit" command, the tackler will perform a shimmy approach (short quick 3 inches step) until his chin would be on the ball carrier's chest • Once they get to that position, the tackler drives his back knee forward and up, explodes the hips through the pads, pop the chest, perform a violent double uppercut movement and skies the eyes • The tackler will get into the clamp finish position and advance at full speed by aggressively driving the knees high and wide for 10 yards 	

Perform the drill as per the visual but without a ball carrier

Activity 1

Drill name	Equipment	Duration	Description	Visual
Run through the forest	<ul style="list-style-type: none"> • Cylinder bags • Flags 	10 minutes	<ul style="list-style-type: none"> • Have the teams in 4 corners. Set the bags up so they are sporadic and all over the place. Attach flags to all the bags. Minimum one per bag but put as many as possible. On coaches "go" players will run in to the "forest" and grab a flag off of a bag, if the bag falls, they must put the flag back and fix the bag before moving to the next one. Players can only carry one flag before returning to their base camp. Teams who collect the most flags win. 	

Activity 2

Drill name	Equipment	Duration	Description	Visual
Superman hands behind on bags	<ul style="list-style-type: none"> • Butter bags 	5 minutes	<ul style="list-style-type: none"> • Place a few cylinder bags flat on the ground and have the tackler kneel approximately one yard away from it • The tackler should have his hands behind his back and their butt back on their heels to ensure that their hips are hinged back and loaded • Eyes and chin up • One the "hit" command, the tackler will: <ul style="list-style-type: none"> ▫ Explosively pop their chest and thrust their hips forward and up (rolling motion) ▫ Sky the eyes ▫ The dummies will provide soft landing 	

Activity 3

Drill name	Equipment	Duration	Description	Visual
Tunnel run	<ul style="list-style-type: none"> • Cones • Flags 	10 minutes	<ul style="list-style-type: none"> • 3 lines of cones are set up (getting wider after each repetitions) • A defensive player is positioned on each line • The ball carrier has to run through the cones without getting flagged • Once the ball carrier passes a line of cone, the following defender can advance in a shimmy tackle and flag the ball carrier 	

Activity 4

Drill name	Equipment	Duration	Description	Visual
Bag relay race	<ul style="list-style-type: none"> • Cylinder bags 	10 minutes	<ul style="list-style-type: none"> • Have two teams face each other with one bag at each team. A coach will hold up the bag. • Players will run down and grab the bag, then carry it back to the coach on their side. • After the coach gets the bag, the next person will go and grab the other bag. This goes until all players have gone 3 times. 	

Full shimmy tackling

Drill name	Equipment	Duration	Description	Visual
Sprint shimmy break on hand shield	<ul style="list-style-type: none"> • Hand shields 	10 minutes	<ul style="list-style-type: none"> • The shield holder and tackler should be facing each other approximately 10 to 15 yards between them • On the coach's command, the tackler sprints towards the ball carrier. Once the tackler reaches the recognition area (3 yards away), he will sink his hips and shimmy his feet • Once the tackler is approximately 1.5 yards away, the shield holder will extend the shield to his left or right, • The tackler will mirror the hand shield, close his hips and finish by striking the shield and driving the knees high and wide for 10 yards 	