

Shimmy Tackling

→ **Equipment:** Cylinder bags, Butter bags, Flags, Footballs

→ **Duration:** 60 minutes

Warm up

- Refer to Warm Up plan

Activity 1

Drill name	Equipment	Duration	Description	Visual
Troll bridge	• Butter bags	10 minutes	<ul style="list-style-type: none"> • Choose one player to be "it". They will stand in the middle with their eyes closed. On their "Go" signal, players will start going in circle. When the leader yells "Stop", all players stop. One player who is on the bridge becomes "It". • Players who are running around will sprint. Then when they get to a bag, they will get into their pre-contact and shimmy across the bag (bridge). 	

Activity 2

Drill name	Equipment	Duration	Description	Visual
Bag relay race	• 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. 	

Activity 3

Drill name	Equipment	Duration	Description	Visual
Superman with uppercuts on bags	• Cylinder bags	10 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 holstered 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 ■ Perform a violent double uppercut movement ■ The dummies will provide soft landing 	

Activity 4

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 	

Game 1

Drill name	Equipment	Duration	Description	Visual
Ultimate flag football	<ul style="list-style-type: none"> • Football • Flags 	15 minutes	<ul style="list-style-type: none"> • A coin toss determines first possession • The offense must avoid defenders and work the ball around the field while attempting to find an open teammate in the end zone • An Offensive player is allowed to take only two steps after receiving the ball • The offense has 5 seconds to pass the ball • The Offensive team must pass, shovel pass, or toss the ball into the end zone <ul style="list-style-type: none"> ▫ Teams cannot run ball in to score • Once a touchdown is scored, the ball changes possession immediately and play begins at the midfield line • All possession changes start immediately from the spot where the ball was dropped or from the midfield line after a touchdown • Passing <ul style="list-style-type: none"> ▫ All passes can be forward, lateral, or behind the passer 	