

U16 Safe Contact Week Practice 2

Shimmy Tackling

➔ **Equipment:** Cylinder bags, Butter bags, 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	5 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

Finish phase

Drill name	Equipment	Duration	Description	Visual
Finish double time knees	None	5 minutes	<ul style="list-style-type: none"> • Players will get into the clamp finish position and advance at full speed by aggressively driving the knees high and wide for 10 yards 	
Finish on cylinder bags	• Cylinder bags	5 minutes	<ul style="list-style-type: none"> • Start with the players in a pre-contact position with his hand holstered and chin on cylinder bags • On the "hit" command, 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 	
Finish torque	None	5 minutes	<ul style="list-style-type: none"> • Players will get into the clamp finish position and advance at walking speed driving the knees high and wide for 10 yards while performing a trunk rotation 	

Strike phase

Drill name	Equipment	Duration	Description	Visual
Hit from knee	None	5 minutes	<ul style="list-style-type: none"> • Player starts on one knee with the chest over the front knee, hands holstered and chin up • On the "hit" command, player will <ul style="list-style-type: none"> ■ Explosively thrust the hips forward and up (rolling motion) ■ Perform a violent double uppercut ■ Claw the hands while squeezing pinkies and elbows ■ Have the eyes looking through pinkies (sky the eyes) • Players should hold the tense position until the coache releases them 	

Drill name	Equipment	Duration	Description	Visual
Superman hands behind on bags	• 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 On 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 	
Superman with uppercut on bags	• 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 On 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 	

Approach phase

Drill name	Equipment	Duration	Description	Visual
Step off	None	5 minutes	<ul style="list-style-type: none"> Have the blocker stands 3 yards from the defender On the "hit" command, the tackler will perform a shimmy approach (short quick 3 inches step) until his chin would be on the defender's chest 	
Style points	None	5 minutes	<ul style="list-style-type: none"> The blocker positions himself 10 yards away from the defender Blocker gets in an upright running stance (Silver Surfer stance) than runs towards the defender. When the blocker reaches the recognition zone (approximately 3 yards from the defender), he sinks his hips 	
Time and distance	None	5 minutes	<ul style="list-style-type: none"> The blocker and defender should be facing each other with approximately 15 yards between them On the "hit" command, they both start jogging towards each other. Once the blocker reaches the recognition area (3 yards away), he will sink his hips and shimmy until his chin is on the tackler's chest. The blocker should freeze in a shimmy pre-contact position at the conclusion of the drill The defender is responsible for decelerating and coming to a stop when the blocker starts to shimmy 	

Full shimmy tackling

Drill name	Equipment	Duration	Description	Visual
Sprint shimmy break on hand shield	• Hand shield	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 	