

Shed Tackle

- 1) Position the blocker & Linebacker 5 yards apart, with the LB to one side.
 - 2) The ball carrier is 8 to 10 yards behind the blocker.
 - 3) The drill starts when the blocker fires out to block the LB.
 - 4) The LB reacts to the blocker by delivering a forearm blow or hand shiver. He then disengages from the block.
 - 5) The LB locates the ball carrier and executes a form tackle.
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- The LB must maintain proper position on the blocker.
 - Teach the LB to bend his knees when delivering a forearm blow or hand shiver.
 - Proper form tackle technique involves a correct body position, rolling the hips, and maintaining a good knee bend with proper follow through.