



DB Fundamentals & Drills: Block Destruction & Tackling

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EASTERN MICHIGAN UNIVERSITY

CORNERS COACH

 **@LAMARCUSHICKS**

OBJECTIVES

- **DEVELOPMENT FOCUS: PHYSICALITY**
- **PREVENTS EXPLOSIVES**



PRESS & SNATCH

(WHEN NECESSARY)

- NEAR LEG FORWARD
- BEND KNEES
- EYES BELOW CHIN
- DELIVER THE BLOW
- BENCH PRESS
- SNATCH & RIP



PUSH, GIVE, & SHUFFLE

- VS CUT BLOCKS
- SEE THE CROWN OF THE HELMET
- INSIDE HAND ON SHOULDER
- OUTSIDE HAND ON HELMET
- PUSH DOWN (AND AWAY), GIVE GROUND, SHUFFLE AROUND

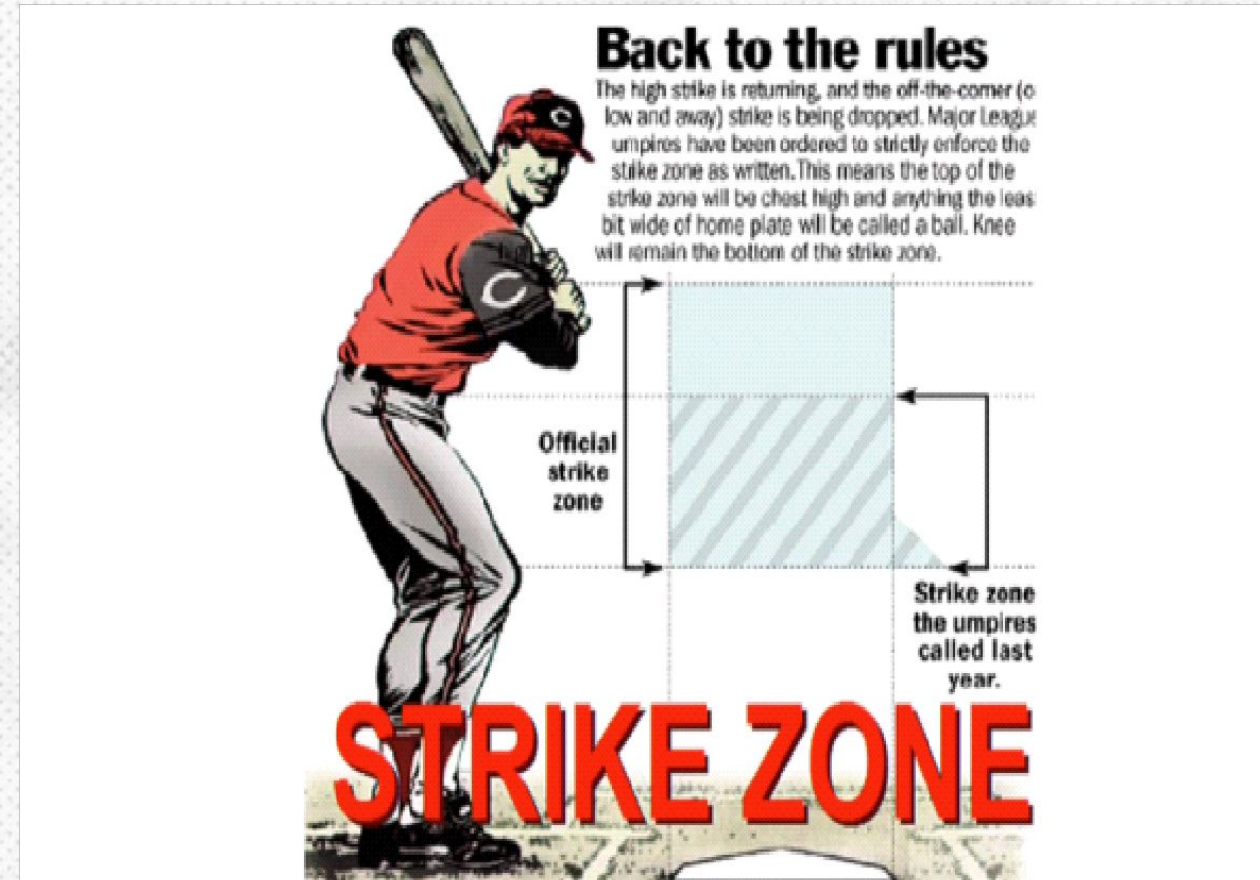
TACKLING

- EYES ON NEAR HIP / HEAD UP
- SPRINT - ELIMINATE SPACE!
- SHIMMY / SHORT STRIDE
- LEVERAGE
- SHOOT & SQUEEZE
- ACCELERATE

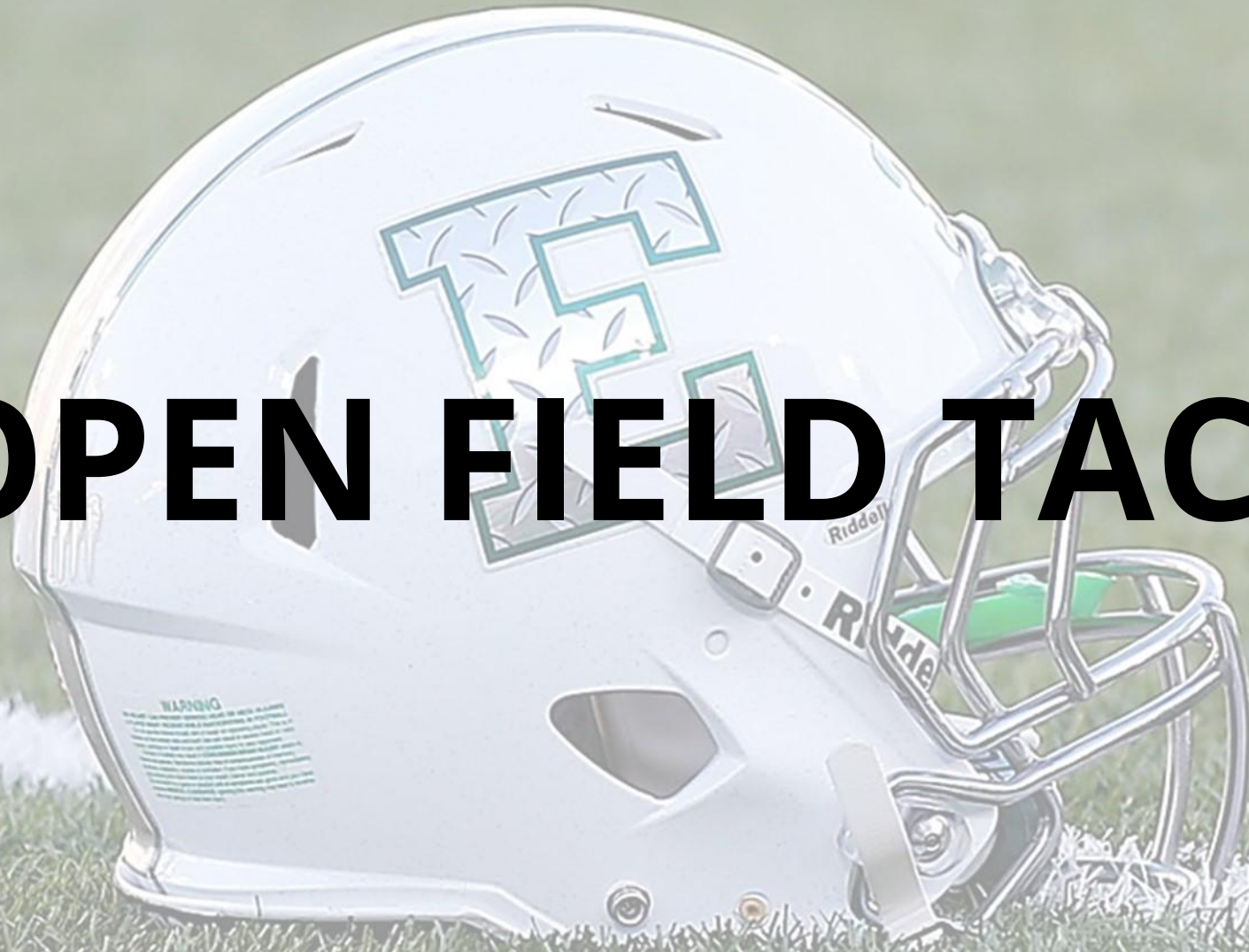


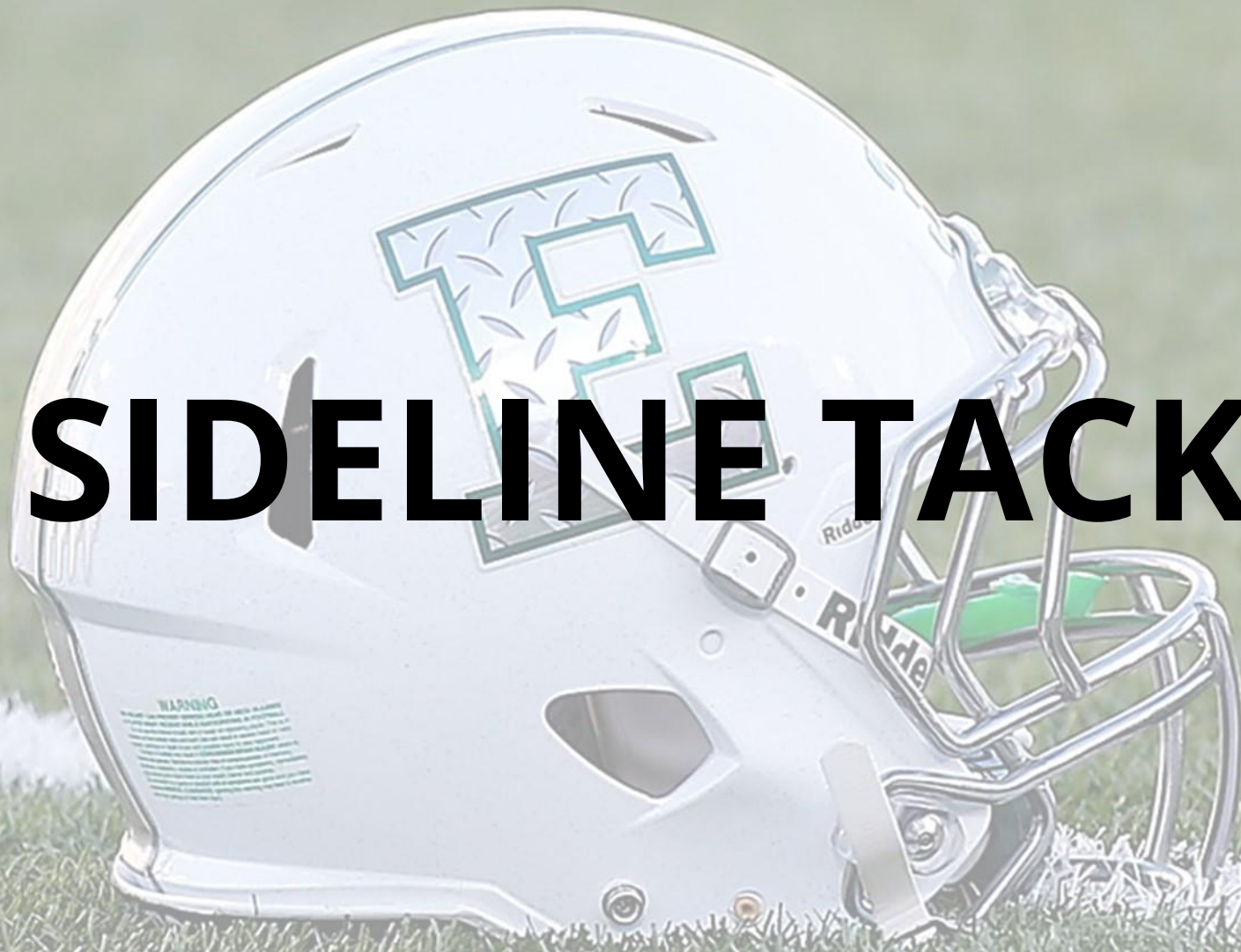
TACKLING

- STRIKE ZONE
- VS DEFENSELESS PLAYER



OPEN FIELD TACKLE





SIDELINE TACKLE