

2011 Laurier Red Storm Peewee – Practice #3

Thursday August 25, 2011

At Laurier HS

During this first week, watch and evaluate all the players in all the drills. Who will fit best into what position? Who are going to be the team leaders? Which atoms from last year look ready to contribute?

We will meet on or about Sept 1 to discuss positions.

600 – warm up lap, Dynamic Stretch (students)
(show and teach the FIT position, sprint etc from the FIT position)

610 – sprints from 3 point stance

620 – water break

625 – Form tackle intro

Pair up, go slow and make sure all players are doing it right – pick a pair or two and watch them. Then we will split up and work with smaller groups to make sure everyone gets lots of reps. The players must become confident and build their skills. Some **will** be afraid, but it is our job to help them overcome that.

655 – water break

700 - intro to defensive systems and positions

710 - tackling circuit – agilities with tackling included, watch match ups and use a quick whistle when needed.

1. Back pedal
Tackler back pedals for 5 yards, runner shuffles sideways between two cones 5 yards apart. On coaches signal – tackler breaks forward and wraps and drives the runner back until the whistle. Key point: Tackler must keep his eyes on the runner.
Add an up down on later reps at the end of the back pedal.
2. Mirror
Tackler mirrors runner between 2 cones, the runner and tackler are 5 yards apart. When the runner steps forward, the tackler comes forward as well, then wraps and drives until whistle.
3. Fill drill
Set up cones 3 yards apart in a straight line to represent holes for a runner to run thru. Runner sets up on one side of cones, near cone / hole #1, tackler on the other side of the cones. Coach signals which hole the runner will go thru, he then runs straight, cuts up in the hole signalled. The tackler tracks he runner and cuts when he cuts – wrap and drive until whistle.

730 – angle tackling drill (all together)

750 – conditioning / relay races

800 – final talk, home

Intro to form tackling

Pair up based on size and experience but keep the pairs 2-3 yards apart – they don't need to take a long running start.

AND SPREAD THE PAIRS OUT – use all the space we have.

We will go thru each stage of the tackle one at a time –

1. step up,
2. fit up,
3. lock up,
4. lift,
5. drive,
6. finish.

Coaching point - EYES TO THE SKIES AT ALL TIMES – KEEP YELLING EYES UP, DO NOT ACCEPT A REP WITH THE HEAD BOWED, ITS NATURAL FOR NEW PLAYERS TO DO THAT BUT WE MUST BREAK THAT HABIT NOW

Step up – right foot splits the runner, head to the ball side (usually the runners right). No leaning, reaching, etc that leads to arm tackles.

Fit up – numbers on numbers, head up on ball side looking over the runners shoulder.

Lock up – reach behind and try to lock your hands together, at least be able to “grab cloth”.

Lift – hip thrust forward

Drive – keep feet moving - tackle thru the runner, not to the runner.

Finish – take him to the ground.

Separate drill for lift technique – see below.

After reviewing each step, we will split up into smaller groups (3 or 4 depending on numbers) and rotate the players thru. Each group will rep the form tackle over and over – straight up and angle.

So, the coaches in that group can go thru the reps, so every coach sees every player and the players get different feedback instead of hearing the same guy over and over.

Lift drill – runner puts his hands behind his back and stands 5 yards from tackler.

They run toward each other, just before contact the runner jumps up, the tackler catches him and carries him back 5 yards.