

WIAA Football Safety Training



► Agenda

- Welcome
- Registration and NFHS Tackling Course
- In Class portion
 - Levels of contact
 - Tackling and Safety
 - 5 Flights system framework
 - Fight to track Fight to prepare Fight to connect
 - Fight to accelerate Fight to finish
 - Key Performance Indicators (KPI)
 - Tackling Points of Emphasis
 - Challenge to take tackling to the next level
 - Blocking - Force Deflection vs Horizontal Push
- On Field portion
 - Review and demonstrate
- Course survey and certification



Registration

We will NOT be accepting checks, cash, or purchase orders for walk ups. Walk ups are welcomed to register online and pay via credit card only. Please have walk ups use the QR Code below to register and show proof before beginning the clinic.





► NFHS Tackling Course

Prior to attending an in person hands on training, coaches must complete the free NFHS Football Tackling Course at the link below. Coaches must bring a copy of their certificate of completion to the hands on clinic to verify with the clinician.

Please use the QR Code below to register and show proof before beginning the clinic.



To "order" the FREE course select "Washington", then click the Order Course button. If you do not have an NFHS account you will need to register for one.

FAQ

Q: How do I find my confirmation email?

A: In your email search bar, search for "Registration Confirmed"

Q: Will WIAA send my certificate?

A: No, certificates are accessed online through your confirmation email.

Q: How do I receive my certificate online?

A: Complete post clinic survey through confirmation email (instructions to access survey listed on registration page).

Q: How do I receive a refund if I can no longer attend the class?

A: Contact Peter Ho (pho@wiaa.com) at the WIAA

Q: How do I transfer my registration to a different clinic?

A: Register for the desired clinic and select PO as payment option. Contact Peter Ho once you have completed these steps (pho@wiaa.com)

Q: Why can't I access my registration or certificate?

A: Most likely due to an outstanding payment. Will need to pay for PO before receiving access.

Q: How do I access my receipt?

A: There is a "Generate Receipt" button found on your registration page.

Q: Are walk-ups allowed?

A: Yes, only if they pay by credit card and present confirmation email

4 Key Coaching Areas:

- 1) Keep the head out of the tackle**
- 2) Progression**
- 3) Teach a tackling plan**
- 4) Use game-like drills**



► Levels of Contact

AIR

BAGS

CONTROL

THUD

LIVE ACTION



Players run a drill unopposed without contact.



Drill is run against a bag or another soft-contact surface.



Drill is run at assigned speed until the moment of contact; one player **is the pre-determined the “winner”** by the coach. Contact remains above the waist, players stay on their feet.



Drill is run at full-speed through the moment of contact; **no pre-determined “winner.”** Contact remains above the waist, players stay on their feet with a quick whistle.



Drill is run in game-like conditions and is the only time that players are taken to the ground.

► Tackling and Safety

Emphasis on: Safety driven KPI's (Key Performance Indicators)

Posture - Boney parts lined up (Ft in the hoop)

Shoulder Strike - Accuracy

Arms Tight - Uppercuts

Stay Square (Square is Strong)

Five Fights - Fight to Track, Prepare, Connect, Accelerate, Finish

Coaches giving Players opportunity to develop "Tool Box"

► Five Fights System Framework

Allows coaches to see exactly where the breakdown in skill occurred so they can address it with their players.

Coaches can also use the core areas to choose drills that will address specific weaknesses.

- a. Tracking-getting to the tackle
- b. Accelerating once in the tackle

► Fight to Track

The ability to get to the ball-carrier with speed – taking into consideration scheme, leverage and blockers – in order to make the tackle.

Video:

[Tracking Run and Gather](#)

► Fight to Prepare

The ability to transition from tracking to the correct body positions with proper foot placement for upcoming contact and the type of tackle being made.

[Near Foot Near Shoulder](#)

► **Fight to Connect**

Winning the initial contact through preparation and proper technique. Defenders can take the advantage from the first touch, leading to a dominant position and eventually, a proper tackle.

[Leverage - Drive for Five](#)

► **Fight to Accelerate**

The ability to generate force through the feet and into the ground, providing sustained pressure along with generating controlled power.

[Drive for Five](#)

► **Fight to Finish**

Taking the tackle to the ground in a dominant fashion and never allowing the job to be left incomplete. Controlling the ball-carrier fully, all the way to the ground.

[The Finish](#)

Key Performance Indicators – Deeper Teaching Points

Key Performance Indicators or KPIs, serve as checkpoints for the coach.

-Are we not tracking the ball carrier?

When it comes to teaching and training tackling, a few risk minimization-focused KPIs must be understood by all coaches and communicated to all players.

-Head is up and the neck is in a strong, neutral position

► Key Performance Indicators

Teaching of body positioning and shoulder contact helps bring this key risk minimization KPI into practice.

Too often coaches allow unnecessary helmet contact in practice instead of demanding accuracy.

Even well-meaning and knowledgeable athletes will display inaccuracy of the shoulders and head putting themselves and their opponents at greater risk of injury.

These physical abilities must be trained and reinforced during practice.

► Tackling Points of Emphasis

Train Multiple tackle heights. The game requires multiple skills. Players are different, have different physical abilities and most IMPORTANTLY different situations require different solution. (Levels 1, 2, 3)

- Train Multiple finishes. Drive, grapple, one arm, roll
- Train at all angles and entries (yes, they are different)

The more realistic the tackling in training the more that transfers.

- Staying on your feet vs going to ground?
- Ball carrier move vs jogging to a cone

► Tackling Points of Emphasis

When not doing tackling and breaking apart into part-type drills make sure everyday you have:

- high speed evasive tracking
- connection accuracy
- high force-no impact battles (grip, clamp, re-grip, re-clamp, etc.)

when splitting things into parts make sure the drills complement each other so that by combining we can “paint the full picture”

► Challenge to Take Tackling to the Next Level

Take it to a “Forensic level”

- Acquisition (without altering or damaging)
- Authentication (that recovered evidence is the exact copy of the original data),
- Analysis (without modifying)

“Be surgeons, not butchers”

“Train it, measure it, reward it”

► Blocking – Force Deflection vs Horizontal Push

CUFF

C - Coil (Posture - powerful position)

U - Un Coil (hips drive hands)

F - Fit (Bridge [Bent], Buckle [shoulder], Pillar [Extend])

F - Finish