

GRANITE BAY

GRIZZ TACKLE

FORM TACKLING PROGRESSION



GRAINTE BAY FORM TACKLING



GRIZZ TACKLE IS A SHOULDER TACKLE – DESIGNED WITH AN EMPHASIS TO TAKE THE HEAD OUT OF A TACKLE. THE GRIZZ FORM TACKLE PROGRESSION WAS INSPIRED BY THE SEATTLE SEAHAWKS SHOULDER LEVERAGE TACKLING STYLE (HAWK TACKLE).

- ❖ TWO TYPES OF GRIZZ TACKLES ARE TAUGHT THROUGH PROGRESSION WITH THE SAME COACHING POINTS:

G 5 COACHING POINTS

- TRACKING NEAR HIP
- HOLSTER - SHIMMY
- EYES THROUGH THE THIGHS
- NEAR KNEE - NEAR SHOULDER
- WRAP AND SQUEEZE
- DRIVE FOR FIVE

G ROLL COACHING POINTS

- TRACKING NEAR HIP
- HOLSTER – SHIMMY
- NEAR KNEE - NEAR SHOULDER
- EYES THROUGH THE THIGHS
- WRAP AND SQUEEZE
- ROLL

- ❖ THE GRIZZ TACKLE TEACHING PROGRESSION: KNEES → 2 POINT STANCE → ANGLE

TEACHING GRIZZ TACKLING PROGRESSION



G 5 TACKLE – KNEES - FIT

- TACKLER ON KNEES - BALL CARRIER IN 2 POINT STANCE DIRECTLY IN FRONT OF TACKLER 1 FOOT AWAY
- **ON HOLSTER COMMAND**, TACKLER WILL **HOLSTER** UP
- **ON HIT COMMAND**, THE BALL CARRIER STEPS DOWN HILL TOWARDS TACKLERS RIGHT/LEFT SHOULDER, THE TACKLER WITH **EYES THROUGH THE THIGHS** – **KNEES ON GROUND SIMULATING SPIKED NEAR KNEE** STRICKS THE UPPER THIGH/HIP AREA OF BALL CARRIER WITH **NEAR SHOULDER** - HEAD BEHIND BALL CARRIER
- **ON WRAP/SQUEEZE COMMAND**, TACKLERS ARMS **WRAP AND SQUEEZE** THIGHS OF THE BALL CARRIER, TACKLER ROTATES HIPS UPWARD
- TACKLER WILL FINISH WITH BALL CARRIERS THIGHS SQUEEZED TO THE CHEST AND HIPS ROTATED UPWARD

SEE NEXT SLIDE FOR VIDEO

G 5 TACKLE – KNEES - FIT



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR

TEACHING GRIZZ TACKLING PROGRESSION



G 5 TACKLE – 2 POINT – FIT

- TACKLER IN 2 POINT STANCE - BALL CARRIER IN 2 POINT STANCE DIRECTLY IN FRONT OF TACKLER 1 YARD AWAY
- **ON HOLSTER COMMAND**, TACKLER WILL **HOLSTER** UP
- **ON HIT COMMAND**, THE BALL CARRIER STEPS DOWN HILL TOWARDS TACKLERS RIGHT/LEFT SHOULDER, THE TACKLER WITH **EYES THROUGH THE THIGHS** SPIKES **NEAR KNEE** AND STRICKS THE UPPER THIGH/HIP AREA OF BALL CARRIER WITH **NEAR SHOULDER** - HEAD BEHIND BALL CARRIER
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G 5 TACKLE – 2 POINT - FIT



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR

TEACHING GRIZZ TACKLING PROGRESSION



G 5 TACKLE – 2 POINT – SHIMMY FIT

- TACKLER IN 2 POINT STANCE - BALL CARRIER IN 2 POINT STANCE DIRECTLY IN FRONT OF TACKLER 3 YARDS AWAY
- ON HOLSTER COMMAND, TACKLER WILL **HOLSTER** UP
- ON SHIMMY COMMAND, TACKLER WILL **SHIMMY** GAINING GROUND ON BALL CARRIER
- ON HIT COMMAND, THE BALL CARRIER STEPS DOWN HILL TOWARDS TACKLERS RIGHT/LEFT SHOULDER, THE TACKLER WITH **EYES THROUGH THE THIGHS** - AT 1 YARD FROM BALL CARRIER SPIKES **NEAR KNEE** AND STRICKS THE UPPER THIGH/HIP AREA OF BALL CARRIER WITH **NEAR SHOULDER** – HEAD BEHIND BALL CARRIER
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G 5 TACKLE – 2 POINT – SHIMMY FIT



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR

TEACHING GRIZZ TACKLING PROGRESSION



G 5 TACKLE – 2 POINT - FULL PROGRESSION

- TACKLER IN 2 POINT STANCE - BALL CARRIER IN 2 POINT STANCE DIRECTLY IN FRONT OF TACKLER 3 YARDS AWAY
- ON HOLSTER COMMAND, TACKLER WILL **HOLSTER** UP
- ON SHIMMY COMMAND, TACKLER WILL **SHIMMY** GAINING GROUND ON BALL CARRIER
- ON HIT COMMAND, THE BALL CARRIER STEPS DOWN HILL TOWARDS TACKLERS RIGHT/LEFT SHOULDER, THE TACKLER WITH **EYES THROUGH THE THIGHS** - AT 1 YARD FROM BALL CARRIER SPIKES **NEAR KNEE** AND STRICKS THE UPPER THIGH/HIP AREA OF BALL CARRIER WITH **NEAR SHOULDER** - HEAD BEHIND BALL CARRIER
- ON WRAP/SQUEEZE COMMAND, TACKLERS ARMS **WRAP AND SQUEEZE** THIGHS OF THE BALL CARRIER, TACKLER ROTATES HIPS UPWARD
- ON DRIVE COMMAND, TACKLER WILL FINISH WITH BALL CARRIERS THIGHS SQUEEZED TO THE CHEST, HIPS ROTATED UPWARD, AND **DRIVE FOR FIVE** STEPS TAKING BALL CARRIER TO GROUND

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G 5 TACKLE – 2 POINT – FULL PROGRESSION



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR

TEACHING GRIZZ TACKLING PROGRESSION



G 5 TACKLE – ANGLE - FULL PROGRESSION

- TACKLER IN 2 POINT STANCE - BALL CARRIER IN 2 POINT STANCE DIRECTLY IN FRONT OF TACKLER 5 YARDS AWAY
- **ON GO COMMAND** BALL CARRIER AND TACKLER **TRACKING NEAR HIP** – RUN ½ SPEED RIGHT/LEFT AT 45 DEGREE ANGLE
- **ON SHIMMY COMMAND**, 3 YARDS FROM BALL CARRIER - TACKLER WILL **HOLSTER** UP AND **SHIMMY** GAINING GROUND ON BALL CARRIER
- TACKLER WITH **EYES THROUGH THE THIGHS** - AT 1 YARDS FROM BALL CARRIER SPIKES **NEAR KNEE** AND STRICKS THE UPPER THIGH/HIP AREA OF BALL CARRIER WITH **NEAR SHOULDER** - HEAD BEHIND BALL CARRIER
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MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR

TEACHING GRIZZ TACKLING PROGRESSION



G ROLL TACKLE – KNEES - FIT

- TACKLER ON KNEES ALREADY IN LEVERAGE POSITION WITH RIGHT/LEFT KNEE SPLITTING CROACH OF BALL CARRIER - BALL CARRIER IN 2 POINT STANCE IN FRONT OF TACKLER 1 FOOT AWAY
- **ON HOLSTER COMMAND**, TACKLER WILL **HOLSTER** UP
- **ON HIT COMMAND**, BALL CARRIER STEPS DOWN HILL TOWARDS TACKLERS RIGHT/LEFT SHOULDER, THE TACKLER WITH **EYES THROUGH THE THIGHS** – **KNEES ON GROUND SIMULATING SPIKED NEAR KNEE** STRICKS THE UPPER THIGH/HIP AREA OF BALL CARRIER WITH **NEAR SHOULDER** - HEAD BEHIND BALL CARRIER
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TEACHING GRIZZ TACKLING PROGRESSION



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G ROLL TACKLE – 2 POINT - FIT



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR

TEACHING GRIZZ TACKLING PROGRESSION



G ROLL TACKLE – 2 POINT – FULL PROGRESSION

- TACKLER IN 2 POINT STANCE ALREADY IN LEVERAGE POSITION WITH RIGHT/LEFT KNEE SPLITTING CROACH OF BALL CARRIER – BALL CARRIER IN 2 POINT STANCE IN FRONT OF TACKLER 3 YARDS AWAY
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G ROLL TACKLE – 2 POINT – FULL PROGRESSION



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR



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G ROLL TACKLE – ANGLE – FULL PROGRESSION

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- **ON GO COMMAND** BALL CARRIER AND TACKLER **TRACKING NEAR HIP** – RUN ½ SPEED RIGHT/LEFT AT 45 DEGREE ANGLE
- **ON SHIMMY COMMAND**, AT 3 YARDS FROM BALL CARRIER - TACKLER WILL **HOLSTER** UP AND **SHIMMY** GAINING GROUND ON BALL CARRIER
- TACKLER WITH **EYES THROUGH THE THIGHS** - AT 1 YARDS FROM BALL CARRIER SPIKES **NEAR KNEE** AND STRICKS THE UPPER THIGH/HIP AREA OF BALL CARRIER WITH **NEAR SHOULDER** - HEAD BEHIND BALL CARRIER
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G ROLL TACKLE – ANGLE – FULL PROGRESSION



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR

DRILLS EMPHASIZING GRIZZ TACKLING PROGRESSION SHIMMY – STICK - STEP



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR

DRILLS EMPHASIZING GRIZZ TACKLING PROGRESSION SPRINT – SHIMMY – STEP



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR

DRILLS EMPHASIZING GRIZZ TACKLING PROGRESSION SPRINT – SHIMMY – STEP : G 5 TACKLE



MOVE CURSER ONTO VIDEO TO BRING UP MENU BAR

DRILLS EMPHASIZING GRIZZ TACKLING PROGRESSION SPRINT – SHIMMY – STEP : G ROLL TACKLE



MOVE CURSER ONTO VIDEO TO BRING UP MENU