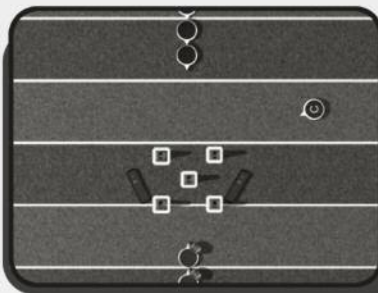
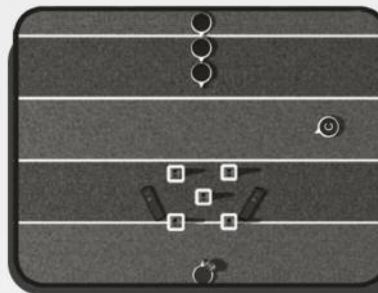


**Sprint Tackle**



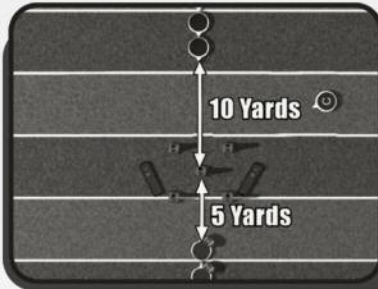
**01** ★

Place 5 cones 2 yards apart



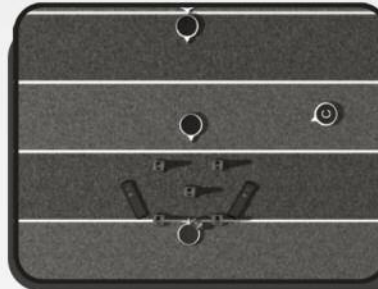
**02** ★

Place 2 dummies on the ground to create a lane for the RB.



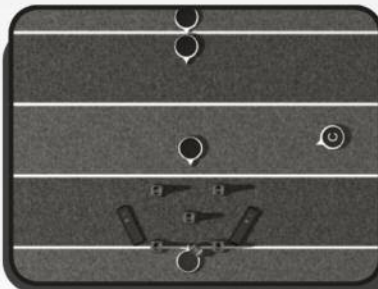
**03** ★

Defender starts 10 yards and RB starts 5 yards from the cones.



**04** ★

Defender attacks cones.



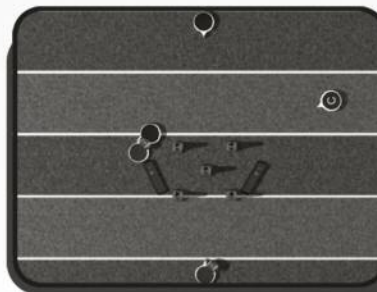
**05** ★

RB runs into the cone area breaking right or left.



**06** ★

Do not allow RB to fake and he should get square and run up field once he picks a side.



**07** ★

Running at full speed, LB attacks under control and executes proper angle tackle.

**Notes:**