



Volume 6

ILB Fundamentals, Teaching Progression, Tackling



1. ALIGNMENT

2. KEY

3. ASSIGNMENT

EXECUTE

FINISH

**THIS SHOULD BE THE
MENTAL CHECK LIST
THAT YOU GO THROUGH
EACH SNAP.**



V - STANCE



FEET

- **Within your framework / weight on instep**
- **This creates instant forward, backward, or lateral movement**

LOWER BODY

- **Slight bend in knees to create low pad level**

UPPER BODY

- **Shoulders over knees, flat back and shoulders square to the LOS**

HANDS

- **Slightly in front of knees ready to disrupt blocks and secure tackles**



ALIGNMENT

- **SCAN**
 - RBs
 - WRs
- **BASE**
 - Both LBs in the box
- **PERFORMANCE**
 - No gap
 - Know where your help is

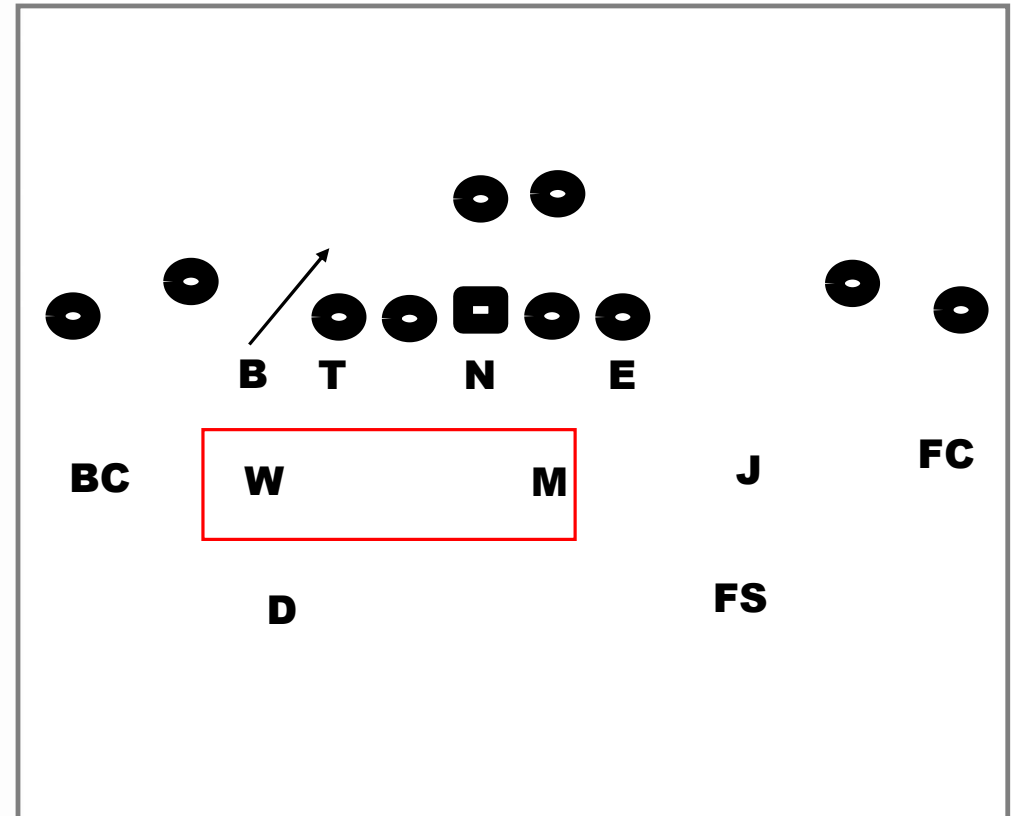


ALIGNMENT

- **MIDDLE OPEN**
 - Find 2 (Will)
 - Find 3 (Mike)
 - Boss (3x1)
- **MIDDLE CLOSED**
 - Find 3
 - Boss (3x1)
- **STRONG ROTATION**
 - Bow

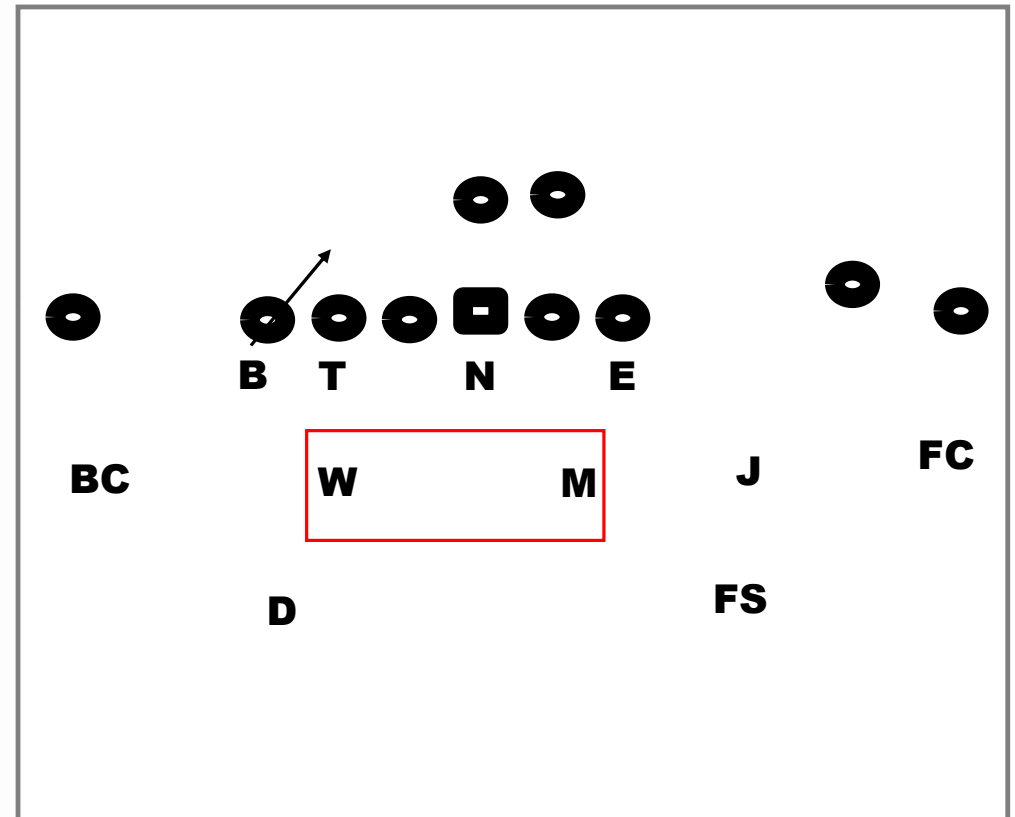


MIDDLE OPEN



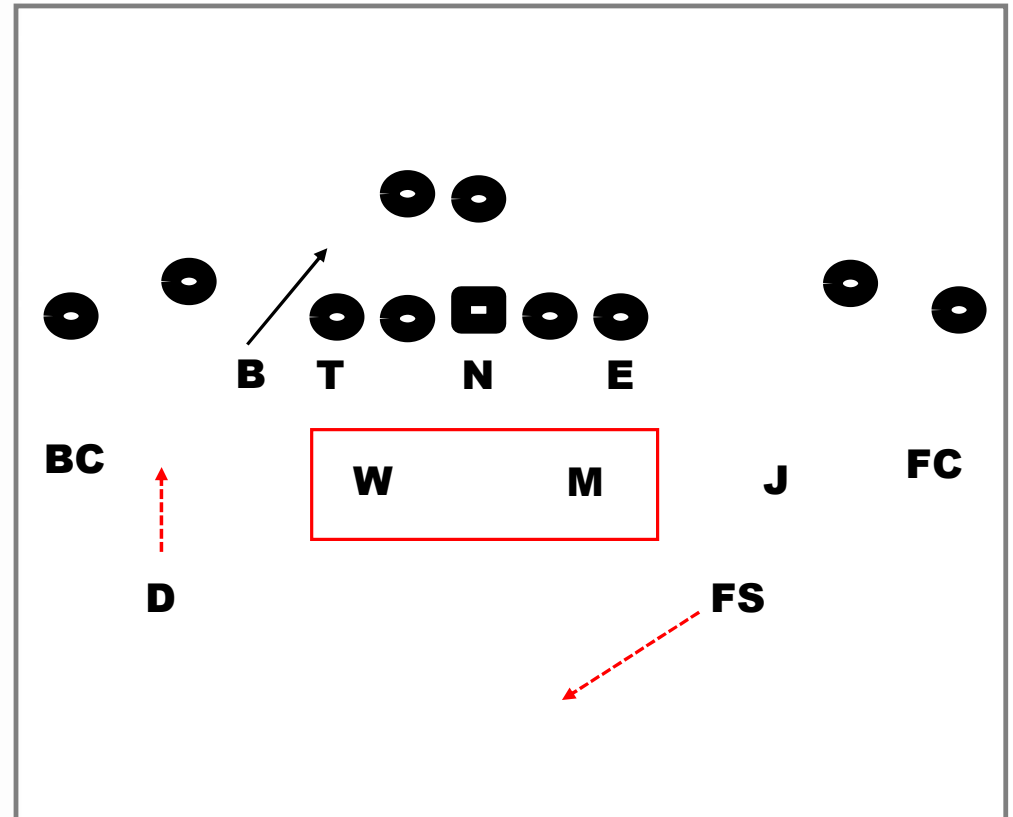


MIDDLE OPEN



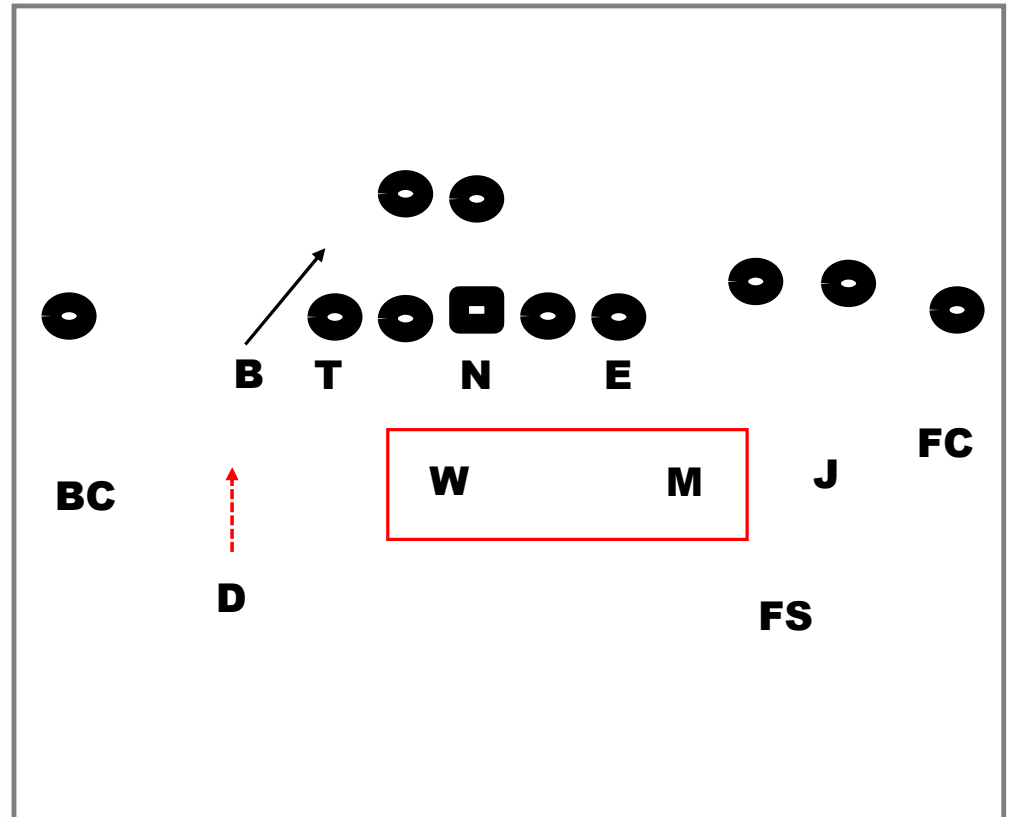


MIDDLE CLOSED



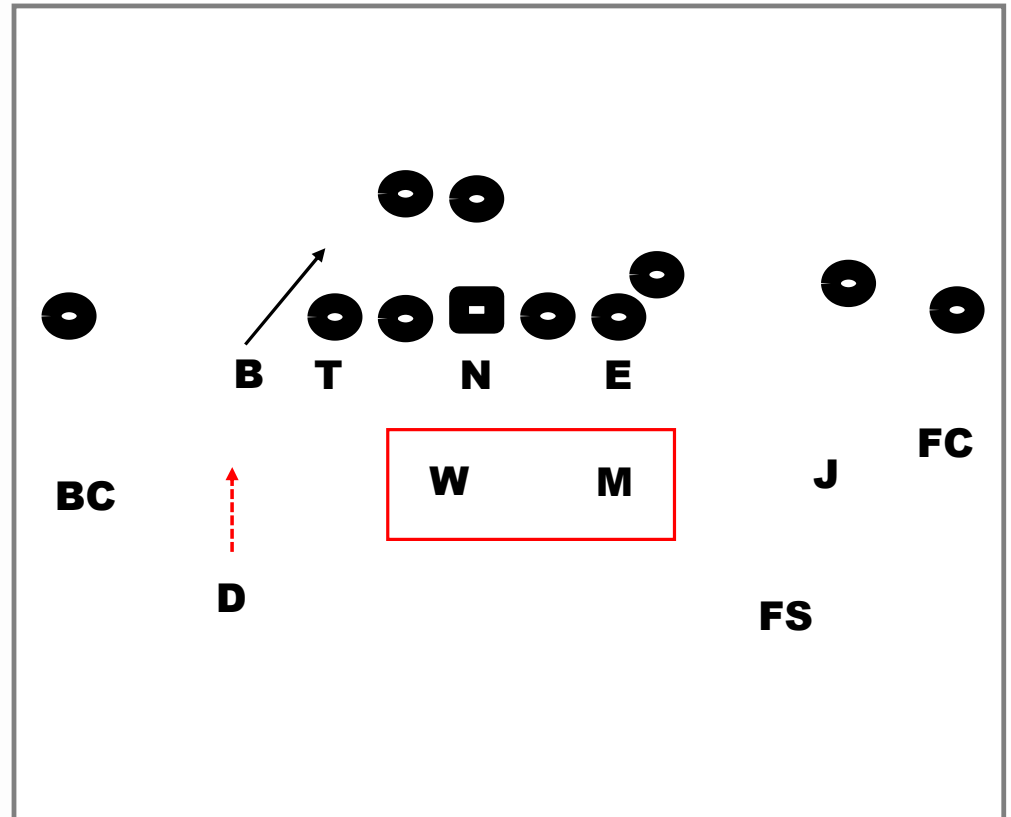


BOSS



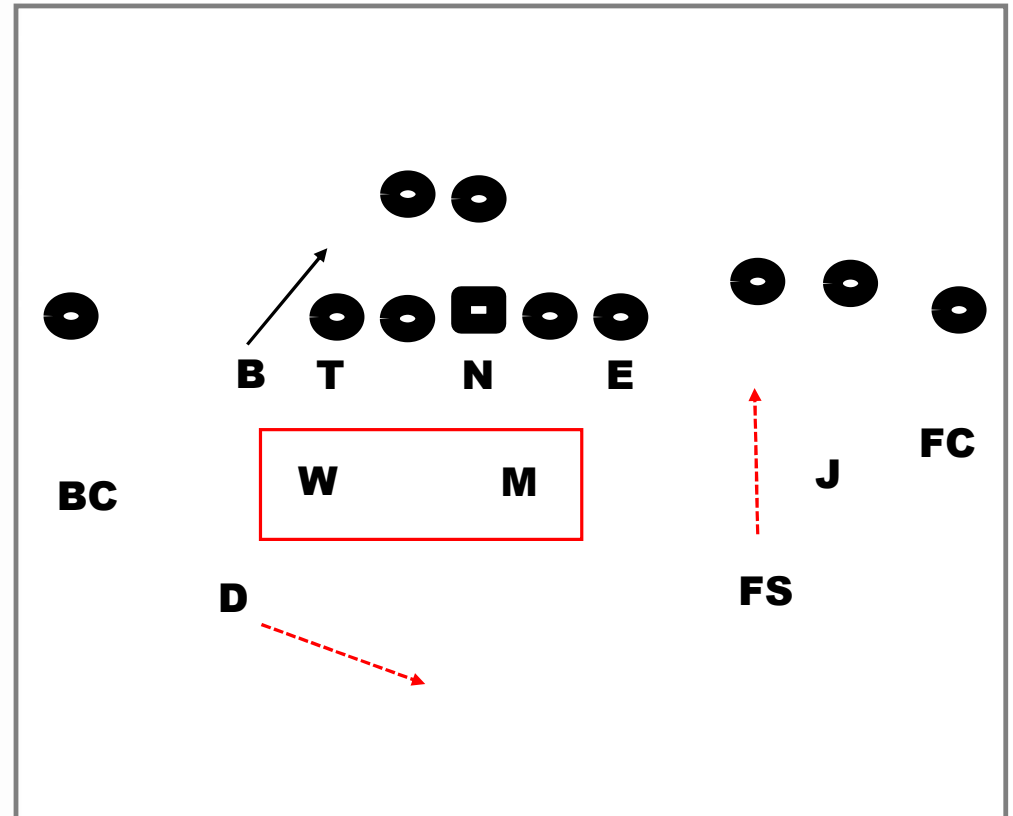


BOSS



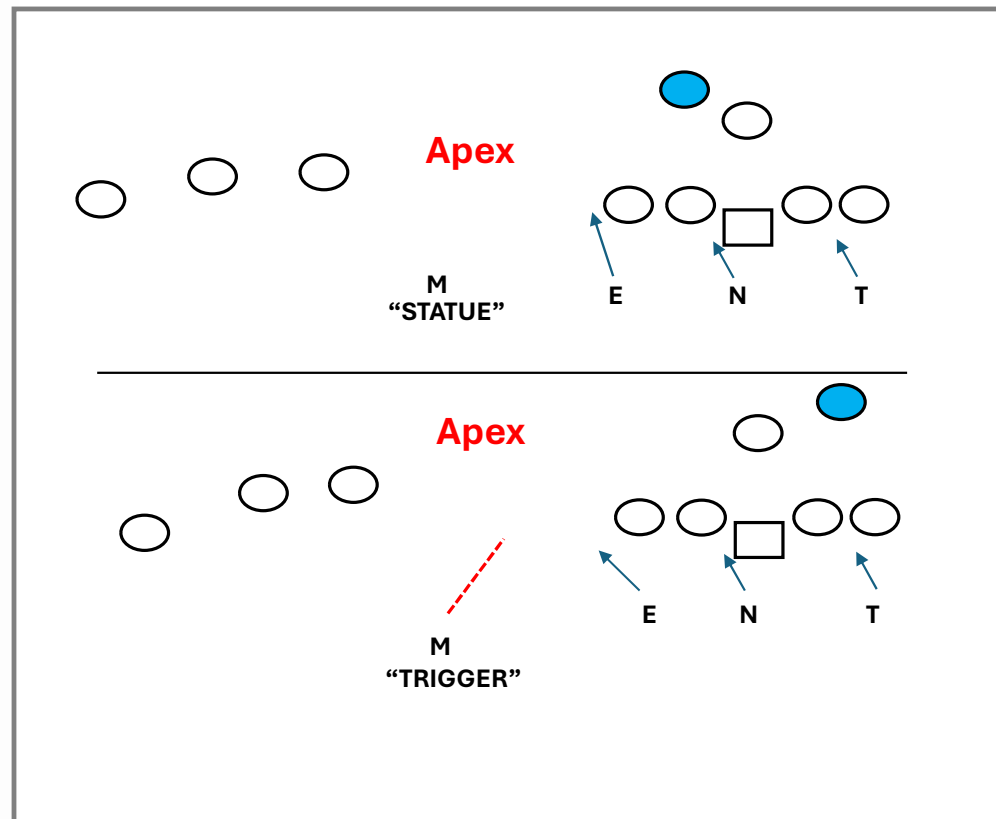


BOW



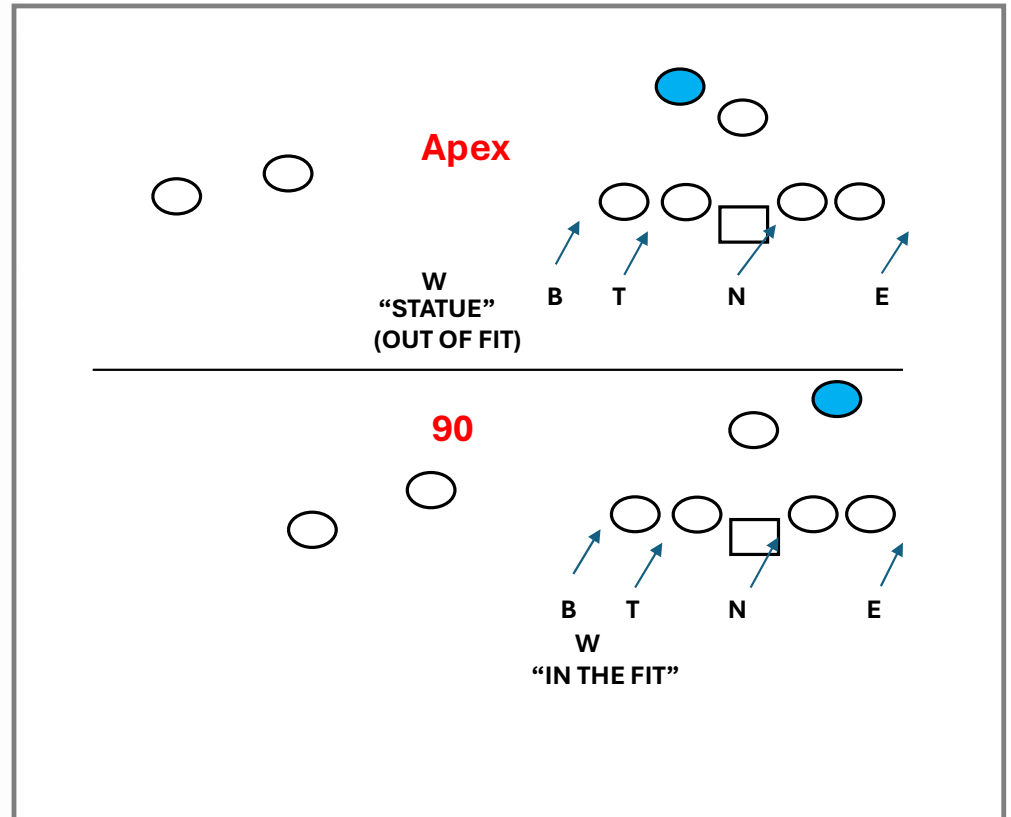


ALIGNMENT





ALIGNMENT

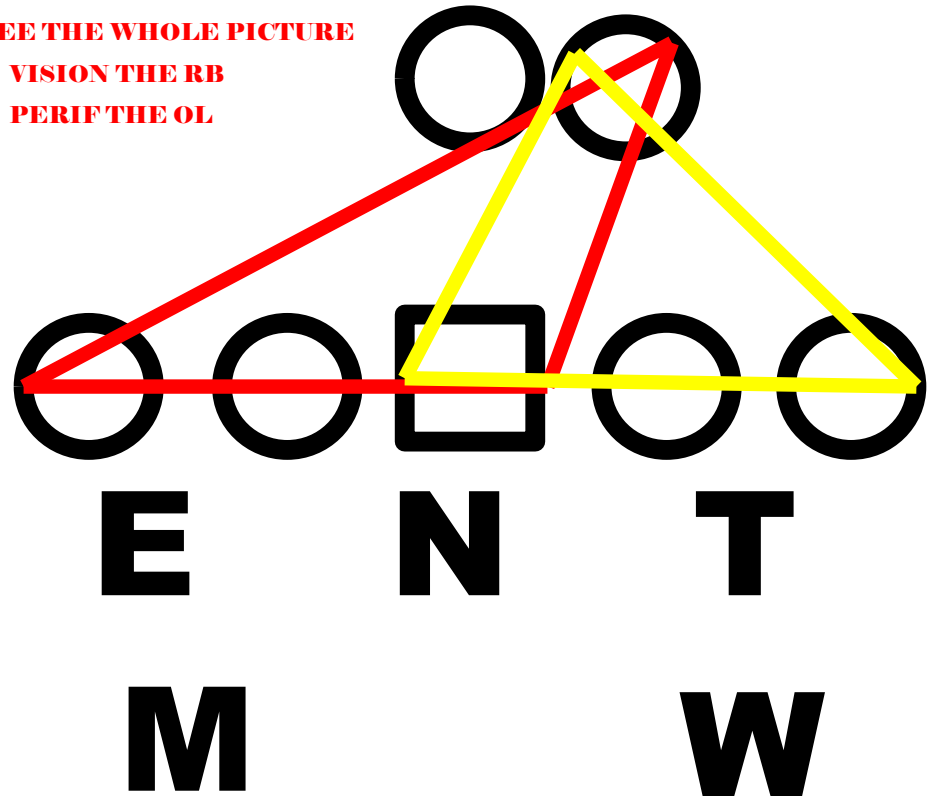




KEY

SEE THE WHOLE PICTURE

- VISION THE RB
- PERIF THE OL





ASSIGNMENT

- **Base Mode**
- **Dent Mode**
- **Stunt Mode**
- **Read Mode**



BASE MODE

- **Maintain Elevation**
 - **Okie Run Fits**
 - **Tite Run Fits**

OKIE RUN FITS



OKIE RUN FITS FIELD →			
1	VS RB IN GUN	VS RB IN GUN	2
<p style="text-align: center;">MIRROR B STACK & TRACK</p>		<p style="text-align: center;">STACK & TRACK MIRROR B</p>	
3	VS RB IN PISTOL	VS RB IN PISTOL	4
<p style="text-align: center;">STACK & TRACK MIRROR B</p>		<p style="text-align: center;">MIRROR B STACK & TRACK</p>	
5	OVERRIDES VS OUTSIDE RUN	OVERRIDES VS OUTSIDE RUN	6
<p style="text-align: center;">LEVERAGE THE RB TRACK THE BALL (INSIDE OUT)</p>		<p style="text-align: center;">TRACK THE BALL (INSIDE OUT) LEVERAGE THE RB</p>	
7	OVERRIDES VS GAP SCHEME	OVERRIDES VS GAP SCHEME	8
<p style="text-align: center;">TIGHT SCRAP AND HIT THE FIRST THING THAT SHOWS TRACK THE BALL TEMPO THE BACK</p>		<p style="text-align: center;">TRACK THE BALL TEMPO THE BACK TIGHT SCRAP AND HIT THE FIRST THING THAT SHOWS</p>	



MIRROR B



STACK THE GAP

O O □
E N
B



EXCHANGE THE GAP

O O □
E N
B



FILL THE GAP

O O □
E N
B



STACK & TRACK

TITE RUN FITS



TITE RUN FITS FIELD →			
1	VS RB IN GUN	VS RB IN GUN	2
<p style="text-align: center;">RB Q RB AWAY = STACK & TRACK RB TO = CUT BACK C</p> <p style="text-align: center;">CUT BACK C STACK & TRACK</p>		<p style="text-align: center;">RB AWAY = STACK & TRACK RB TO = CUT BACK C Q RB</p> <p style="text-align: center;">STACK & TRACK CUTBACK C</p>	
3	VS RB IN PISTOL	VS RB IN PISTOL	4
<p style="text-align: center;">KEEP THE SAME LEVERAGE THAT YOU STARTED WITH RB Q</p> <p style="text-align: center;">STACK & TRACK CUT BACK C</p>		<p style="text-align: center;">KEEP THE SAME LEVERAGE THAT YOU STARTED WITH RB Q</p> <p style="text-align: center;">CUT BACK C STACK & TRACK</p>	
5	OVERRIDES VS OUTSIDE RUN	OVERRIDES VS OUTSIDE RUN	6
<p style="text-align: center;">ATTACK HORIZONTAL RUNS VERTICALLY RB Q RB</p> <p style="text-align: center;">LEVERAGE THE RB TRACK THE BALL (INSIDE OUT)</p>		<p style="text-align: center;">ATTACK HORIZONTAL RUNS VERTICALLY RB Q RB</p> <p style="text-align: center;">TRACK THE BALL (INSIDE OUT) LEVERAGE THE RB</p>	
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CUTBACK C



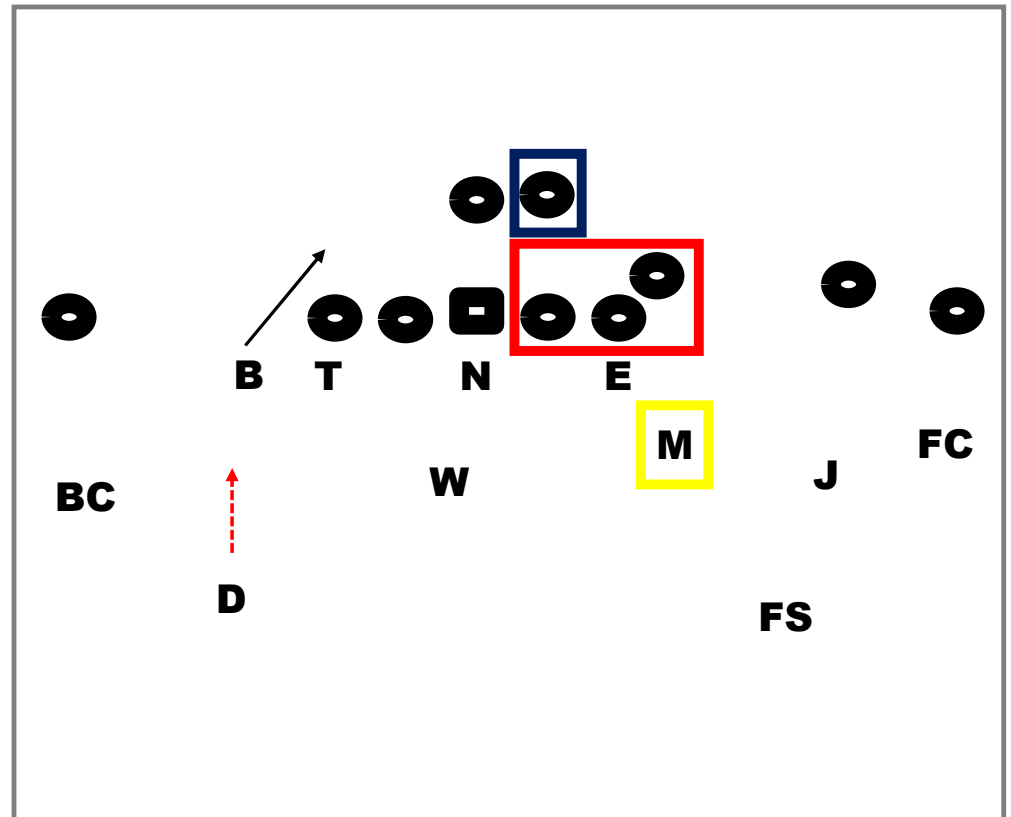
STACK & TRACK



HOT



HOT





OVERRIDES

- **Gap Scheme**
- **Fast Flow**



GAP SCHEME

- **Front Side**
 - **Hit the First Thing that Shows Deep and Thick**
- **Back Side**
 - **Communicate “Pull” and Point**
 - **Tempo & Track the RB**



FAST FLOW

- **Attack Horizontal Runs Vertically**
- **Front Side**
 - **Leverage the Ball Back to Buddy (Not Blocker)**
- **Back Side**
 - **Tempo and Track the RB**



DENT MODE

- **Read Sped Up**
 - **Blitz**
 - **Short Yardage**
 - **Goal Line**



STUNT MODE

- **Read Slowed Down**
 - **DL Stunt**
 - **Twist Games**
 - **Long Stick**

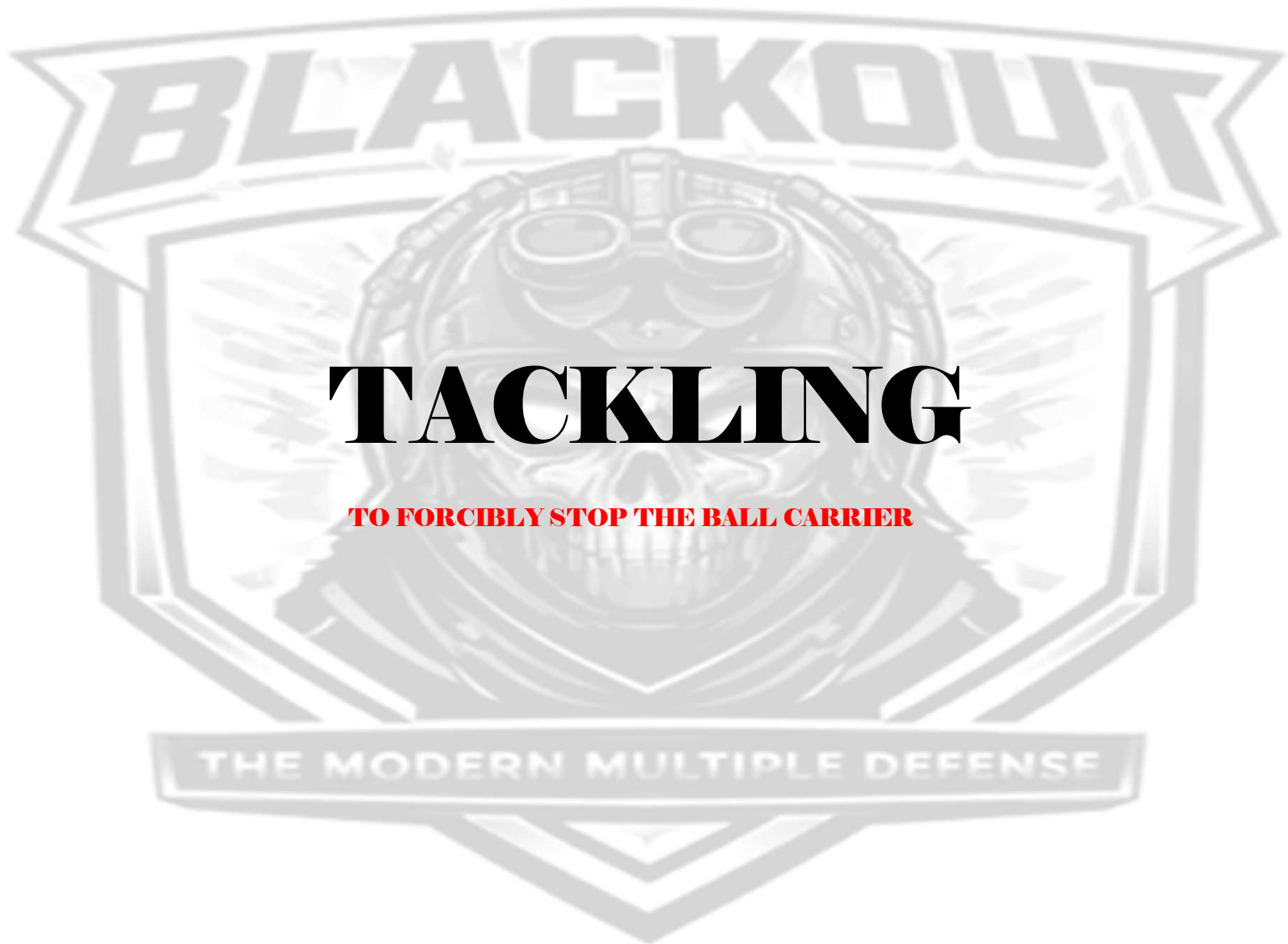
**SOMETHING IS HAPPENING IN FRONT OF
YOU AND GAPS ARE GETTING CANCELED**



READ MODE

- **Edge Pressure**
 - **Read EMOL**
 - **Surf**

SWAP CALLS IN JAM AND JOKER



BLACKOUT

TACKLING

TO FORCIBLY STOP THE BALL CARRIER

THE MODERN MULTIPLE DEFENSE



TACKLING

- 1. Run**
- 2. Shimmy & Coil**
- 3. Shoot**



RUN

- **Attack the Ball**
- **Dominate Leverage**
- **Stay Square to the LOS**



SHIMMY & COIL

- **Shorten your Stride**
- **Bend your Knees**
- **Never Stop Gaining Ground (Take the Extra Step!!!)**
- **Step through the Crotch with Near Foot**



SHOOT

- **Shoot Elbows and Hips will Follow**
- **From the Ground Up**
- **Make Contact with Near Shoulder**



DRILLS

- **Shimmy & Coil**
- **Run Shimmy & Coil**
- **Vice Footwork**
- **Vice Drill**



LEVERAGE

1. DOMINANT

2. AGGRESSIVE

3. PASSIVE



DOMINANT

- **Great Leverage on the Ball**
- **You Own the Near Hip**



AGGRESSIVE

- **Over Run the Ball**
- **Cut When He Cuts**
- **Make Contact Low Cutting the Power to the Engine**
- **Scheme can Create Aggressive Leverage**



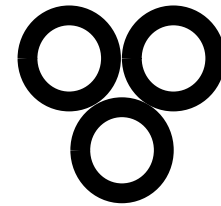
PASSIVE

- **Too Far Inside**
- **Bend and Chase (With a Roll Tackle finish)**



BEND AND CHASE

LB



RB