

GROUND BALL FUNDAMENTALS

DO

- Get low early
- Smaller steps on approach
- Front foot next to the ball on pressure side
- Fingers spread underneath the ball - get nails dirty
- Keep head over the ball



DON'T

- Lift head
- Step around the ball
- Reach
- Squat on the ball



TACKLE FUNDAMENTALS

FRONT ON / SIDE ON

- Get low early
- Smaller steps on approach with split step
- Drive with legs - step inside
- Chest on chest - no daylight
- Hit then stick (Grab lever)
- Use oppo momentum
- Chin on back
- Drop legs

BEHIND

- Focus on hips
- Grab arms at elbow joint
- Drop knees and roll player

TEST THE TACKLE

- Drop and roll
- Fend off
- Elite hand

- Protect and kick
- Shoulder shrug
- Active legs