

TEACHING TACKLING AND TRAPPING THE BALL

Teaching Tackling and Trapping the Ball presents a series of developmental drills that can collectively enhance the ability of a coach to teach tackling techniques. In a step-by-step format that is appropriate for individual, group, and team instruction, the video explains and demonstrates the fundamentals involved in sound tackling. The video also reviews the steps involved in "trapping the ball" - an approach that is based on a concept that supercedes the more traditional theories of pursuit that have been applied when a defender gets to a ballcarrier.



Among the topics covered:

- Footwork
- Body position
- The punch
- Developmental drills
- Two-man trap
- Three-man trap
- Four-man trap
- Seven-man and team trap

About the Coach

Joe Roman has served as the defensive coordinator for almost three decades at three colleges and in the German Football League. In 2002, as the Wolves' defensive coordinator, he helped lead Joliet College (IL) to the National JUCO Championship. In addition to Joliet College, he has held positions at the College of DuPage (IL), Mesa College (AZ), and the Hannover Musketeers (Germany). During his career, his teams have achieved a 74% winning percentage (297-103-1) and have made 17 post-season bowl appearances. He is widely respected as one of the most knowledgeable defensive coaches in the game.

Front cover photo: Jonathan Daniel/Getty Images



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Running Time:
Approximately 110 minutes
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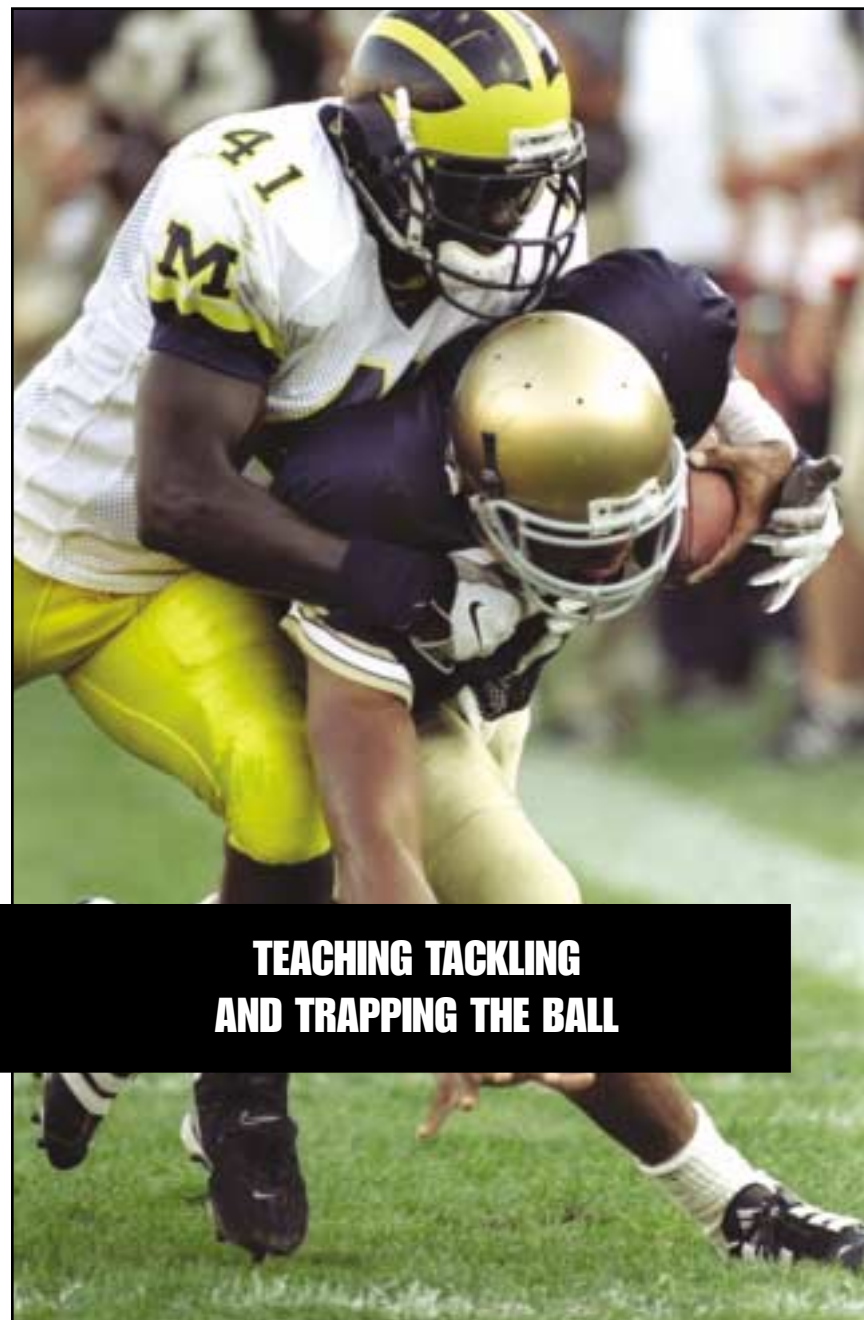
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COACHES CHOICE™ VIDEO 



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Joe Roman