

From Coach Duran our Defensive Back Coach

- **Defensive Back Drills (Lots of diagrams and other great stuff!)**

http://www.glazierclinics.com/coach_resources/football_drills/defensive_football_drills/defensive_back_football_drills

- **Hawk Tackling** (Great video that allows you to teach tackling in a safe manner without contact)

This, along with heads up tackling, is what we use at DR and allows us to practice tackling in a safe environment to ensure that we are strong tacklers but stay healthy throughout the season. (**THE FUTURE OF TACKLING INSTRUCTION**)

<https://www.youtube.com/watch?v=7HihjPApzCg>