

# **TACKLEBAR™ FOOTBALL**

## *Safer Contact. Strong Fundamentals.*

**TackleBar Football is a safer approach to the game** that preserves the tradition and spirit of the sport. Players wear traditional football equipment, plus a TackleBar harness that holds two foam bars across the lower back. The defender must track and engage with proper form tackling technique while wrapping the ball carrier and ripping a bar from the harness. With this approach, players stay on their feet rather than taking the ball carrier to the ground.

*Coaches, directors, and commissioners... YOU are paving the way for a safer game, and TackleBar Football is your partner. We look forward to working with you!*



### **Why TackleBar Football?**

- Decreases injuries by reducing hits and high impact collisions
- Teaches proper shoulder tackling technique
- Ideal transition between flag football and tackle football
- Increases participation



### **TackleBar For Games**

**TackleBar Football is an ideal transition between flag football and tackle football.** Kids get to put on helmets and shoulder pads and experience a safe level of contact, while learning positions, stances, plays, and formations. TackleBar Football allows kids to have the authentic football experience and learn proper fundamentals in a safe and fun atmosphere.

### **TackleBar For Practice**

**Many programs are using the TackleBar harness during practices, scrimmages, and passing leagues to encourage players to utilize proper fundamentals without putting their body through the wear and tear of live tackling.**

# Current medical research recommends children wait until after the age of 12 to begin playing tackle football.

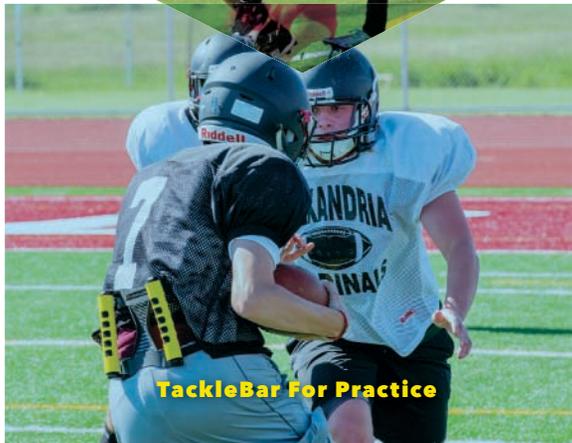
Boston University, September 2017



Flag Football



TackleBar For Games



TackleBar For Practice



Concerned about player safety, I stopped tackling in practices at St. John's in 1971. TackleBar Football addresses these same safety concerns, while still ensuring that players learn the proper fundamentals. TackleBar Football is a safer option for our young players.

**John Gagliardi** – Former Head Coach at St. John's University. 489 career wins-NCAA Record



TackleBar Football seems to be a very good alternative to teach the fundamentals of football, while minimizing/eliminating injuries to players. I see this form of the game a better fit for young players; I do not see the need of starting tackle at such a young age.

**Glen Mason** – Big 10 Network Analyst – Former Head Football Coach: Kent State, University of Kansas, University of Minnesota



Kids who play team sports experience psychosocial benefits including better interpersonal skills and decreased risk of depression. TackleBar Football is appealing because children still experience the joy and benefits of a team sport while their parents worry less about the risks associated with full contact.

**Uzma Samadani, MD, PhD** – Neurosurgeon, Hennepin County Medical Center; Co-author: "The Football Decision"



TackleBar Football encourages more youth to play by taking out the big hits and tackling. We need to be open to new options for our younger players to keep them engaged.

**EJ Henderson** – 9-year veteran Minnesota Vikings, currently Youth Football Manager for the Minnesota Vikings



TackleBar Football is endorsed by the Minnesota Vikings and the Minnesota Football Coaches Association.



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