

WRAP AND RIP

The TackleBar harness teaches proper shoulder tackling technique and skill development. The defender must track and engage with proper form tackling technique while wrapping the ball carrier and ripping a bar from the harness. Players are able to practice proper breakdown, body positioning, and engagement. It's a true simulation of live tackling without putting players through the wear and tear of full contact.



Step 1: Wrap ball carrier around the waist



Step 2: Grab and rip a TackleBar



Step 3: Release ball carrier and raise TackleBar for ref to see