



Regina Minor Football 2000 Inc.

Contact in Practice Policy

1. Coaches must practice blocking and tackling every week by using the principles and techniques of blocking and tackling in Safe Contact
 - a. Principles
 - i. Contact skills must be taught in a progression from simple to more complex throughout the season
 - ii. Contact skills should be taught to cover a variety of game situations
 1. Blocking
 - a. Man run blocking
 - b. Zone run blocking
 - c. Combination blocking (cross, trap, double team, etc.)
 - d. Pass blocking
 - e. Stalk (open field) blocking
 2. Tackling
 - a. Hit up (head-up or angle) tackling
 - b. Profile tackling
 - c. Rugby style tackling
 - iii. Contact techniques can be effectively practiced with no equipment
 - iv. Contact techniques can be effectively practiced with little or no body on body contact
 1. There are many alternatives to body on body contact
 - a. Body on air
 - b. Body on bag (tackling dummy, tackling ring, etc.)
 - c. Body on physio ball or medicine ball
 - d. Body on teammate or coach holding a hand shield or bag
 - e. Body on sled
 - v. There are many contact “tempos” that can be used in practice when players are going against each other (running full or partial scrimmage-type plays)
 1. Shadow – the players use their feet to get into proper relationship with the player they are going against, and use perfect body position to get into a pre-contact body position but make little to no contact with their opponent
 2. Tag – the players close to the line of scrimmage use good pre-contact body position and hand contact, and tacklers use their feet and good pre-contact body position to get to the ball carrier and two hand tag the ball carrier in the hip area



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1. Cross-face/Shimmy -- the players close to the line of scrimmage use good contact body position and hand contact, and tacklers use their feet and good body position to corral the ball carrier by shimmying (ball carrier in traffic) or run across the ball carrier's face (cross-face), shooting hard double uppercuts and machine gunning their legs (open field profile tackle situation).
 3. Thud – full blocking close to the line of scrimmage, and full contact on the ball carrier as defenders get into tackling position but don't take the ball carrier to the ground
 4. Live – full contact with the ball carrier being taken to the ground
- vi. Any body-on-body contact (up to and including live drills) to practice blocking or tackling must be carefully monitored and controlled so that the focus is on skill execution
1. Factors that should be controlled by the coach:
 - a. Size/strength/ability matchups
 - i. Do not put individual players against teammates that are significantly bigger/stronger/more athletic and aggressive than them where they will have an increased risk of getting injured
 - b. Speed
 - i. Do contact drills at a lower speed to focus on perfecting technique and to reduce the intensity of collisions
 - c. Space and distances
 - i. Do drills in confined areas or with less space between players to reduce the intensity of collisions
 - d. Intensity of contact
 - i. Use bags, pads, sleds etc. to reduce the intensity of contact
 - e. Aiming points and techniques for contact
 - i. NEVER allow helmet to helmet contact
 - ii. Insist that players make the effort to use correct techniques for contact at all times



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- f. Players must NEVER be allowed to run into teammates headfirst in contact drills
 - g. Contact drills must NEVER be used to “toughen up the players”, “separate the men from the boys”, “prove who is the toughest”, etc.
 - vii. Making the effort to keep the head out of direct contact MUST be a priority emphasis at all times, whether in practices or games
 - b. Techniques
 - i. Proper pre-contact body positions
 - 1. Tilt stance (tackling)
 - 2. Tilt stance (run blocking)
 - 3. Shimmy stance (pass or stalk blocking)
 - 4. Tabletop stance (rugby tackling)
 - ii. Proper aiming points for contact
 - 1. Blocking – torso (typically the chest plate of the opponent)
 - a. “eyes at hand level”
 - 2. Tackling – “strike zone” (generally knees to armpits)
 - a. “eyes at ball level” (hit up or profile tackles)
 - b. “eyes through the thighs” (rugby tackle)
 - iii. Proper initiation of contact
 - 1. Blocking – first contact with hands/arms
 - a. “hard double jabs”
 - i. “eyes at hand level”
 - b. Younger players may be more successful using a forearm shiver
 - 2. Tackling – first contact with shoulder pads
 - a. “hard double uppercuts” (hit-up or profile tackle)
 - i. “eyes to the sky”
 - b. “hard double hooks (rugby tackle)
 - i. “eyes through the thighs”
 - 2. Training Camp for Atom, Pee Wee and Bantam
 - a. The following are suggestions for coaches to have an effective series of training camp practices



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i. Practice 1

1. Instruction and practice of Safe Contact techniques (blocking and tackling)
2. Skill circuit to teach all basic football skills and to evaluate players' abilities

ii. Practice 2

1. Continue the skill circuit to teach all basic football skills and to evaluate players' abilities
2. Provide opportunities for players to practice Safe Contact blocking and tackling skills in a variety of situations (vs. bags, tackling rings, body)

iii. Practice 3

1. Assign players to their initial offensive/defensive position
2. Focus on specific positional skills (including blocking and tackling)
3. Begin 1 on 1 periods between opposing position groups (OL vs. DL etc.)

iv. Practice 4

1. Continue to focus on specific positional skills (including blocking and tackling)
2. Continue 1 on 1 periods between opposing position groups
3. Begin to install offensive and defensive systems

v. Practice 5

1. Continue to focus on specific positional skills (including blocking and tackling)
2. Continue 1 on 1 periods between opposing position groups
3. Continue to install offensive and defensive systems
4. Begin partial offense vs. defense simulations (1/2 line, inside run, pass skeleton, etc.)
5. Begin limited full offense vs. full defense

3. Coaches in Mighty Mites should follow the practice plan guides in the coach's manual. Coaches have the freedom to change the plans based on athlete needs, but volume and intensity of contact cannot be increased.

4. Coaches in Atom must follow these restrictions for contact in practice (based on three practices in a week):



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- a. Practice 1
 - i. Controlled blocking and tackling drills involving supervised contact are encouraged
 - 1. Team skill circuit
 - 2. Individual position skills
 - 3. 1 on 1 competitive drills up to live tempo (but live reps must be limited to 5 or less)
 - ii. Maximum of five live scrimmage-type (a play where all or part of the offense and defense are going against each other full speed) plays per player
 - 1. There is no limit to the number of scrimmage-type plays that can be run at shadow, tag, or cross-face/shimmy tempo
 - 2. Scrimmage-type plays run at thud tempo should be monitored to prevent excessive levels of contact
- b. Practice 2
 - i. Controlled blocking and tackling drills involving contact are allowed
 - 1. Team skill circuit
 - 2. Individual position skills
 - 3. 1 on 1 competitive drills (but no live tempo competitive drills)
 - ii. Maximum of three live scrimmage-type (a play where all or part of the offense and defense are going against each other full speed) plays per player
 - 1. There is no limit to the number of scrimmage-type plays that can be run at shadow, tag or cross-face/shimmy tempo
 - 2. Scrimmage-type plays run at thud tempo should be monitored to prevent excessive levels of contact
- c. Practice 3/Pre-game practice
 - i. Controlled blocking and tackling drills NOT involving body on body contact are allowed
 - 1. Individual position skills
 - ii. NO live or thud tempo scrimmage-type plays are allowed.
 - 1. Scrimmage-type plays must be done at shadow, tag or cross-face/shimmy tempo



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5. Coaches in Pee Wee and Bantam must follow these restrictions for contact in practice (based on four practices in a week):
 - a. Practice 1
 - i. Controlled blocking and tackling drills involving contact are encouraged
 1. Team skill circuit
 2. Individual position skills
 3. 1 on 1 competitive drills up to live tempo (but live reps must be limited to 5 or less)
 - ii. Maximum of five live scrimmage-type (a play where all or part of the offense and defense are going against each other full speed) plays per player
 1. There is no limit to the number of scrimmage-type plays that can be run at shadow, tag or cross-face/shimmy tempo
 2. Scrimmage-type plays run at thud tempo should be monitored to prevent excessive levels of contact
 - b. Practice 2
 - i. Controlled blocking and tackling drills involving contact are allowed
 1. Team skill circuit
 2. Individual position skills
 3. 1 on 1 competitive drills (but no live tempo competitive drills)
 - ii. Maximum of three live scrimmage-type (a play where all or part of the offense and defense are going against each other full speed) plays per player
 1. There is no limit to the number of scrimmage-type plays that can be run at shadow, tag or cross-face/shimmy tempo
 2. Scrimmage-type plays run at thud tempo should be monitored to prevent excessive levels of contact
 - c. Practice 3
 - i. Controlled blocking and tackling drills involving contact are allowed
 1. Team skill circuit
 2. Individual position skills
 3. 1 on 1 competitive drills (but no live tempo competitive drills)
 - ii. NO live scrimmage-type (a play where all or part of the offense and defense are going against each other full speed) plays



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1. Scrimmage-type plays must be run at shadow, tag, cross-face/shimmy or thud tempo.
 - a. Plays run at thud tempo should be monitored to prevent excessive levels of contact
- d. Practice 4/Pre-game practice
 - i. Controlled blocking and tackling drills NOT involving body on body contact are allowed
 1. Individual position skills
 - ii. NO live or thud tempo scrimmage-type plays are allowed.
 1. Scrimmage-type plays must be done at shadow, tag or cross-face/shimmy tempo