



[TOP](#)

Bearcat Style Tackling; Pixley Style

SEPTEMBER 16TH 2012 BY STAFF WRITER

Bearcat Style Tackling; Pixley Style

One of the instructional times at Day with Bearcat Football included a very detailed instruction from Coach Aaron Pixley on the importance of the proper technique of tackling. "If the other team doesn't score, they can't win" is a philosophy often driven into the minds of players on all levels. The importance of defense begins with the proper techniques of tackling.

There have been several changes that have been instituted into the game of football to protect athletes from neck and head injuries. Direct contact of a helmet to helmet hit always draw extreme scrutiny.

"We always want to keep our kids safe," noted Pixley to the group. "So we really preach the proper technique in tackling. It's one of the most important skills a young player can learn."

Coach Pixley demonstrated to the athletes of the Dexter Park and Rec Little League Football program the exact way he would like them to perform a tackle.

"I want you (little league players) to know how to tackle through the ball carrier," finished Pixley. "Not to simply hit them and stop your forward progress. To do that, you have to learn to ignite your feet and drive through the runner."

Using his senior wide receiver, Chase Young, Coach Pixley demonstrated each step to the proper tackle in detail to the little league athletes on hand at the Day with Bearcat

Football.

The steps were as follows:

- **The First Step is to always get yourself in a good athletic position with your arms drawn back ready to fire forward.**
- **Second Step, with your head up, you put your head across the body of the ball carrier and put your face mask on the football.**
- **Third, you violently rip your arms upward, through and around the ball carrier.**
- **You continue your momentum through the runner by drawing in your arms, rolling your hips over and through them, while taking small powerful driving steps with your feet.**

The step by step pictures are an excellent way to learn and envision the property technique and steps to the "**Bearcat Tackle; Pixley Style.**"

/images/2012 Article Pics/Sports/DPR LL Football/DPR Pixley Tackling.png

LAST UPDATED ON SEPTEMBER 16TH 2012 BY STAFF WRITER

<https://showmetimes.com/Blogpost/undj/Bearcat-Style-Tackling-Pixley-Style>

[Go to post](#)

More from ShowMe Times:



SUBSCRIBE TO "SPORTS"

ShowMe Gold Sponsors