



BokSmart

WINNERS PLAY SMART



TACKLE

USE THESE TECHNIQUES TO LIMIT THE RISK OF INJURY TO BOTH THE TACKLER & BALL CARRIER

LIKE A BOK

1. Step in close and lead with your arms
2. Head up, face up and eyes open
3. Do NOT drop your head!
4. Place your correct shoulder onto the ball carrier

5. Place your head and neck on the side or behind the ball carrier, and NOT in front
6. Tackle above the hips and below the chest
7. Wrap him up and pull him in tight
8. Drive through the contact with the legs

WITH BLITZBOK SUPERSTAR
SEABELO SENATLA

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