

High School Athletes Now Certified in Tackling

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By [Nick Walters](#) Aug 14, 2018



Westwood Warriors practicing ahead of tackling certification. (Photo: Jeff Power)

The art the tackle has been under fire in the game of football, especially over the last few years with new studies and findings on concussions. In response to recent rule controversy, the UIL has implemented a policy requiring all coaches to become certified in teaching tackling.

With the game evolving daily, so too does the way we have to play it. This certification allows coaches, officials, fans, and most importantly players to have a better understanding of what an acceptable and safe tackle is.

[#txhsfb](#) is back! Dealing with normal high temps & new tackling instructions after [#UIL](#) made Texas 1st state to require football coaches take tackling certification course to make game safer. Hear [@MISD_Athletics](#) Midlothian Heritage's take on [@CW33](#) NewsFix at 5 & 9. pic.twitter.com/ZpuVPo2W9K

— Brian Sandler ([@_BrianSandler](#)) [August 6, 2018](#)

Westwood head coach **Anthony Wood** told us he and other coaches across the state are on board for UIL's new tackling initiative.

Westwood HC Anthony Wood supports UIL's new tackling certification rule.

"The helmet is there for PROTECTION.

For safety. It's not used as a weapon." [@WWHSWarrior](#) [@coach_awood](#)
pic.twitter.com/NAqGIA5M5n

— The Old Coach (@TheOldCoach) [August 11, 2018](#)

"Any time you can get our coaches all to be on the same page on the techniques and forms we want our kids to use. Anything to make the game safer, I think it's only a bonus," said the 13-year Westwood head coach.

Wood stressed that a crucial responsibility placed on a coach is to have their team physically and mentally prepared for a matchup, reducing the chances of a severe injury to an individual.

The UIL is the first governing body in the in the country to have mandatory tackling certification. With Texas being the juggernaut in football it is, other states will be soon to follow. Training began in July 2018 just weeks away from the beginning of the fall practice in hopes of it being fresh on coaches minds when reporting back to their teams.

"The UIL Legislative Council passed a rule in October that will require every Texas high school and junior high school football coach to become certified in teaching tackling as a part of the official UIL Coaches Certification Program." <https://t.co/2QI01H0HfV>

— DFW GRIDIRON CLASSIC (@DFWGRIDIRON) [March 28, 2018](#)

With fall camp well underway it's the perfect time to start teaching players the right technique to make the transition that much easier for them and get them practicing good habits. Some will resist the change at first, as we all do, but practice in that Texas heat will drill just about anything into you. The dog days of August will show not only which players and coaches can adapt, but how effectively safer these new methods can be.

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