



BokSmart
WINNERS PLAY SMART



TACKLE

LIKE A BOK

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



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

CHRIS BURGER
PLAYERS FUND
PETRO JACKSON
Rugby's Caring Hands



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#VISIONZERO
ONE IS ONE TOO MANY