



GRAY TACKLE SYSTEM JUNIOR LEVEL 1 WRAP + ROLL LOW BAG

US Pat. Pending (US15334190; US 29/599933)

UK patent pending (GB1608971.6; GB1617949.1); UK Registered Design (GB6001234)

BACKGROUND & TRAINING EFFECT

The Wrap & Roll Low Bag (Junior) is part of the 'Gray Tackle System' and can be used in isolation or as part of the full tackle system. This piece of equipment has been specifically designed to isolate accurate Level 1 body height and the immediate tackle follow-up technique of strong arm wrap and dynamic roll. The training aid will also bring about consistent body shape and after the tackle a strong finish within the collision area. Training with this piece of equipment helps you achieve and maintain accurate body height, strong arm wrap, dynamic roll, reaction speed & balance.

TECHNICAL INFORMATION

The Wrap and Roll Low Bag (Junior) contains an inner core tube which is embedded within the foam casing. This inner core tube is filled with dry sand which creates a chain reaction within the tube when contact on the bag is made. Due to the reaction of the sand within the core, if the bag is not gripped properly with strong arm wrap, the player will lose control of the bag.

Junior Wrap + Roll L1 Bag Sizes

USA, Canada & South America: 23.62in (h) x 13.19in (d). Weight: 37.4lbs

UK & Europe: 600mm (h) x 340mm (d). Weight 15kg

KEY COACHING POINTS

- As a coach get your player to approach the bag from different angles and speeds - do not always give the player a straight approach to the bag i.e. hit ground and up, hit ground and roll then back to feet, get the player to come off a block then make the hit... never make it easy!
- You can work on a straight tackle or fatigue the player first then carry out the tackle so that this puts the player's skills under more pressure.
- Make sure the player drops height from 6-10ft (2-3m) away from the bag, eyes on target - do not encourage a late drop. If you hit the low bag too high you will go over the top of the bag.
- Keep eyes on the target all the way through the initial hit, strong arm clamp and initial shoulder contact. The player must remember that the harder they hit the bag the faster the chain reaction will take place making the bag unstable – don't lose the bag...!
- As a coach, make sure the player is entering the tackle at the correct height, inside foot up and inside shoulder making contact with the bag first. Within the tackle make sure the player's head is correctly placed and is tight to the bag.
- The player can add in a dynamic roll once the bag has been tackled, working core and arm strength. Always finish the tackle off - do not roll out of the tackle before it is completed.