

# COACHING THE TACKLE

THEME: TACKLE THE BALL NOT THE MAN

## COACHES

(1) Focus Points – What is the tackle?

What do the rules allow?

What habits do players have?

(2) Key Elements – **DELAY**: Hold up the attacking momentum.

**3 D's**                    **DENY**: The space. Close out opportunities. “Get in their Face.”

**TO DEFENCE**   **DISPOSSES**: Work the Ball. Win possession then move to development.

## PLAYERS

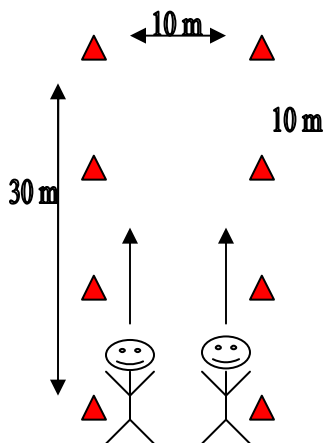
WARM UP: Focus on Feet – Distribution of Weight. Balls of Feet. “Boxer Stance”

Engage Hands – On/Off and In/Out. No pulling, dragging or “Hands In”

Back Pedal – Maintain Balance. Centre of Gravity. Work the Hips/Shoulder.

## DRILLS

### 1) MIRROR MOVEMENTS



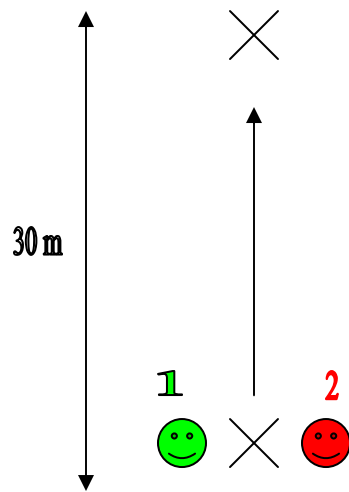
**PAIRS OF PLAYERS - 30\*10m APART**

**TRACK & MIMIC MOVEMENTS**

**ALTERNATE BETWEEN BOXES FOR LEAD PERSON**

**DEVELOP DRILL BY INTRODUCING BALL**

## 2) SIDE TACKLE: NEAR HAND



PAIRS – TWO PLAYERS SIDE BY SIDE NAMED 1 & 2

START ON SIGNAL –  $\frac{3}{4}$  PACE

WORK NEAR HAND TACKLE

HAND IN/OUT

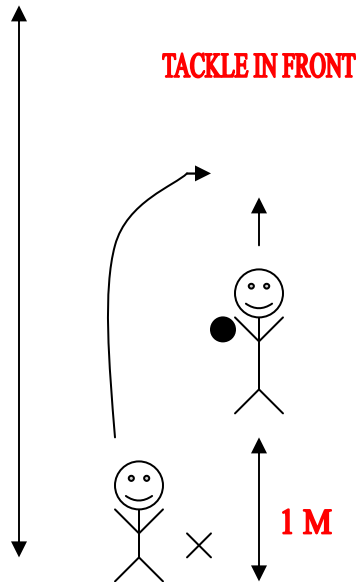
WORK THE BALL

IF DISPOSED – RETRIEVE AND RESTART

ALTERNATE

**DEVELOPMENT:** ALLOW ATTACKER TO FEINT, DUMMY, CRISS-CROSS,  
CHANGE HANDS AND SIDES.

### 3) GET FROM BEHIND



PAIRS

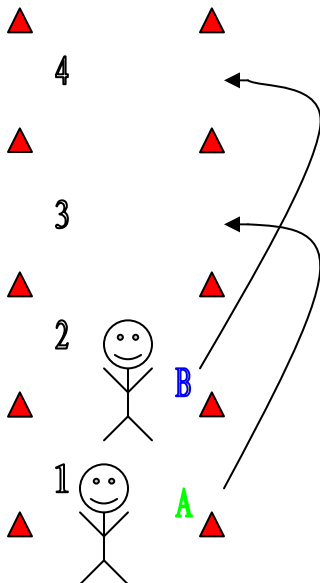
PLAYER WITH BALL 1 M ADVANTAGE

TACKLER NEEDS TO CUT OUT RUN (DELAY)

GET CLOSE, SHRINK SPACE (DENY)

WORK THE BALL (DISPOSSES)

### 4) TEAM TACKLING – RECOVERY OF GROUND



4 \* 10M

2 DEFENDERS - A IN ZONE 1 TO 3

B IN ZONE 2 TO 4

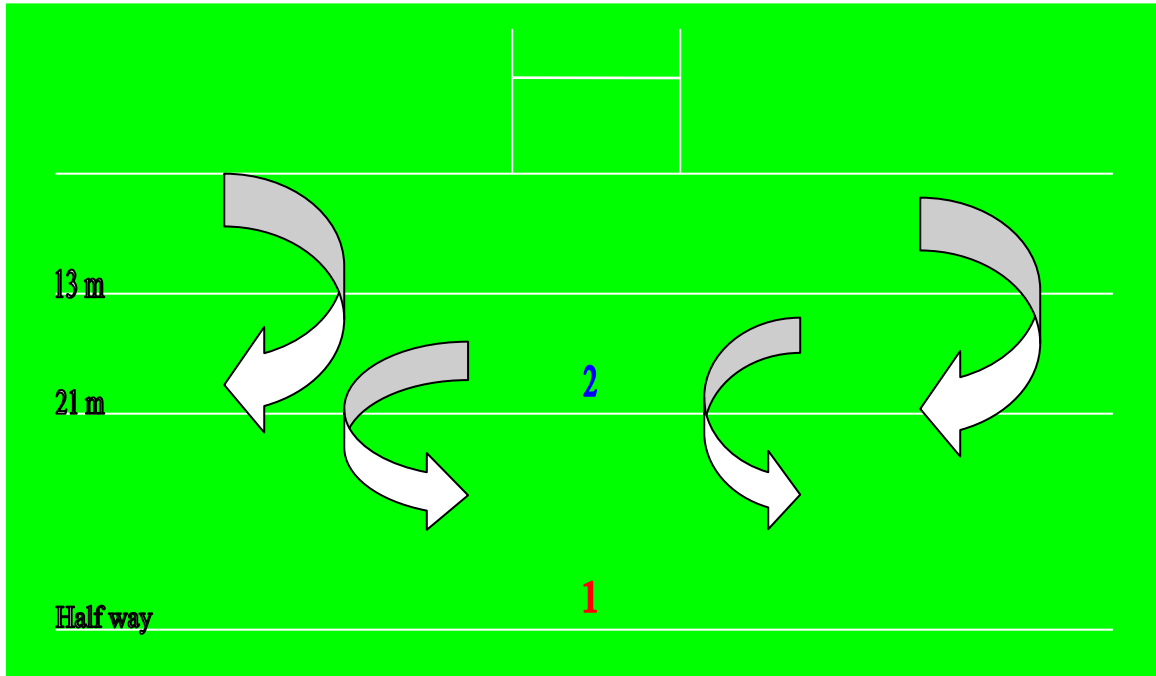
WHEN A IS BEAT IN DEFENDER GETS BACK TO COVER IN 3

WHEN B IS BEAT IN 2 DEFENDER GETS BACK TO COVER IN 4

WORKRATE

DEVELOP 2 V 2

## 5) DEFENDING THE ZONES



### DEFENSIVE ARCS:

1. HIGH AND NARROW
2. BROAD AND FLAT

COACHING POINTS – CONCEED SPACE ON FLANKS BUT KEEP AWAY FROM GOALS.

CLOSE SPACE ON CORNER FORWARDS BUT INVITE CLOSER SHOTS.

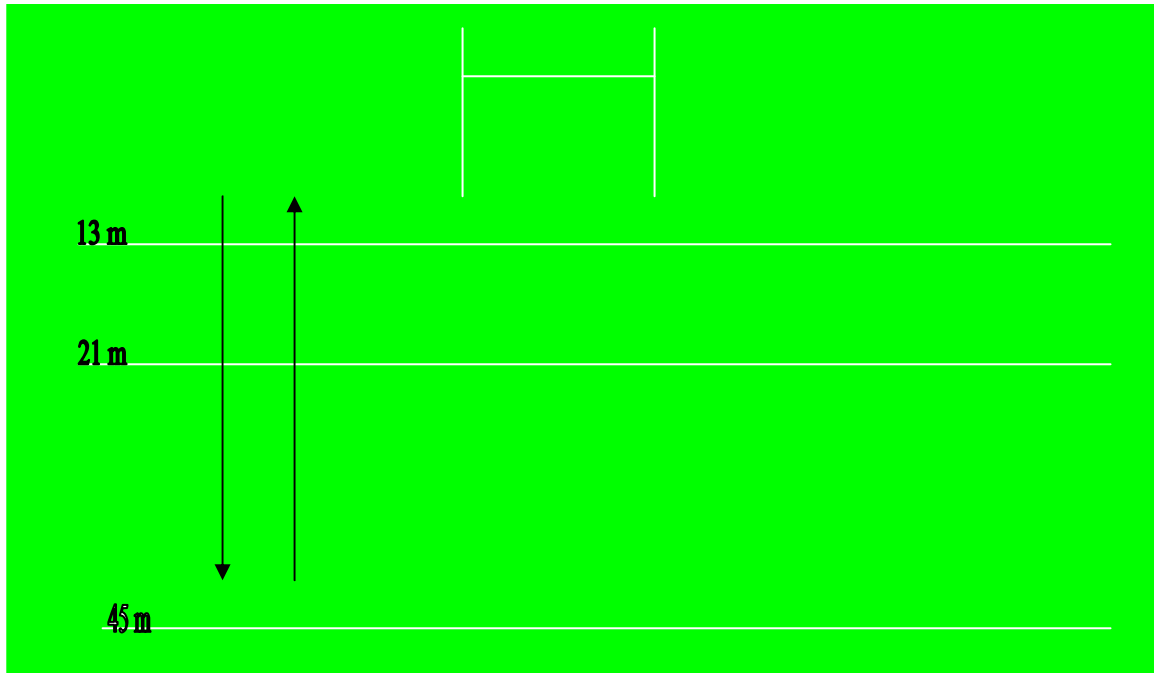
SMALL GAME

6 V 6

1 V 1 FEEDERS

DEVELOP BOTH APPROACHES. COMPARE AND CONTRAST.

## 6) HALF WAY ATTACK



### Rules:

Game to half way line and back.

2 points for clean dispossession.

1 point for score.

Team losing possession must have advanced to half way before attacking.

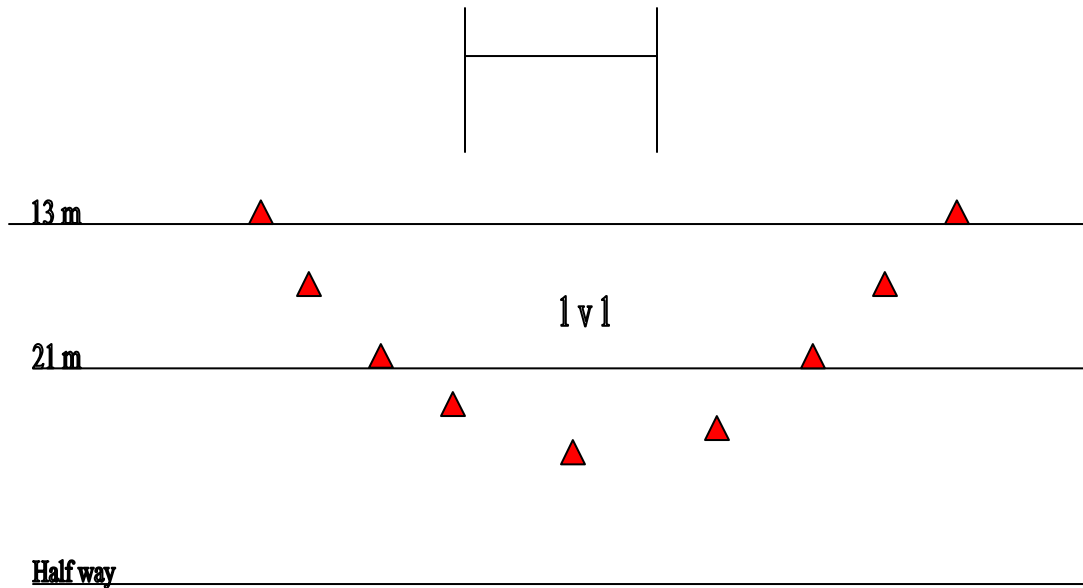
Both attackers and defenders must tackle effectively.

N.B. Working out move to flanks.

Working in move to centre.

Link to drill number 5.

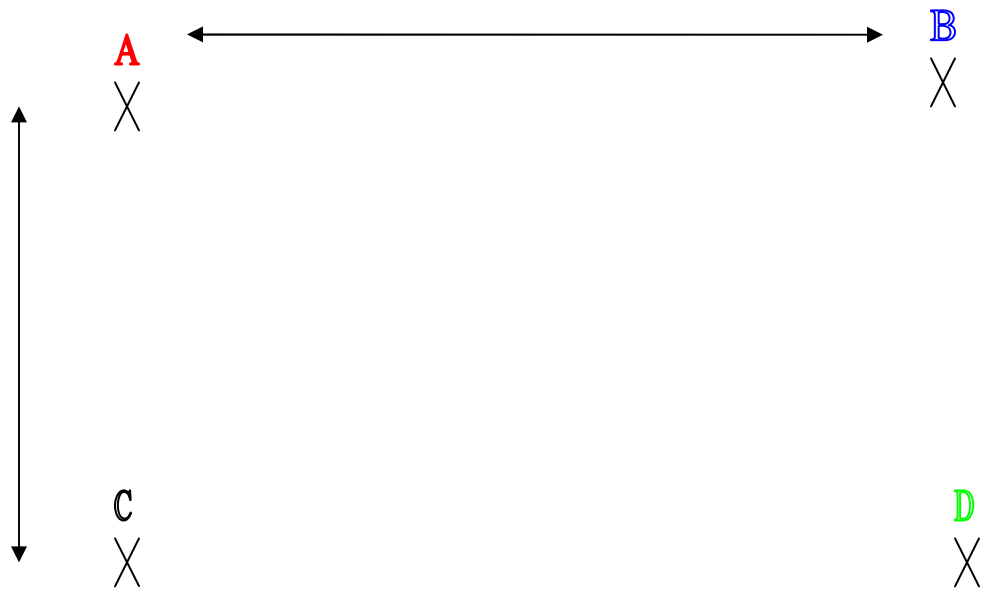
## 7) KILLER HEARTRATE



### **RULES:**

- WORK 1 V 1
- FORWARD OUT AND RETRIEVE BALL
- BACK WILL PREVENT SHOT
- FOCUS ON QUICK FEET MOVEMENT
- TRY NOT TO FOUL
- 1 MINUTE MAX PER PAIR

## 8) PRESSURE COOKER



### RULES:

- COACH CALLS COLOUR FOR BLOCKER TO MOVE TO.
- BLOCKER MOVES IN.
- FINGERS/HANDS
- DON'T TURN HEAD
- STEP IN AND CLOSE SPACE.