

# ‘Coaching the Tackle’ – Paddy Linden

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Theme: Tackle the ball not the man

### 3 D’s To Defending

**DELAY:** Hold up the attacking momentum.

**DENY:** The space. Close out opportunities. “Get in their Face.”

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

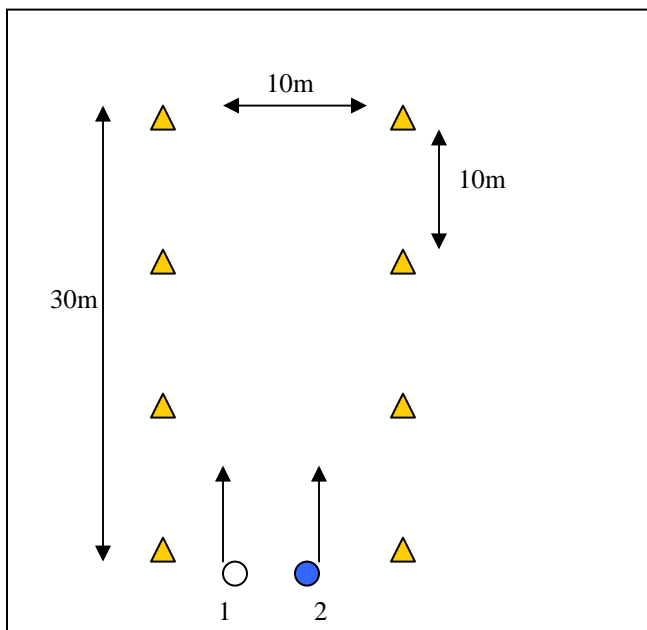
### **Warm Up:**

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.

### **1) Mirror Movements**



Grid 30m x 10m

Pairs of players

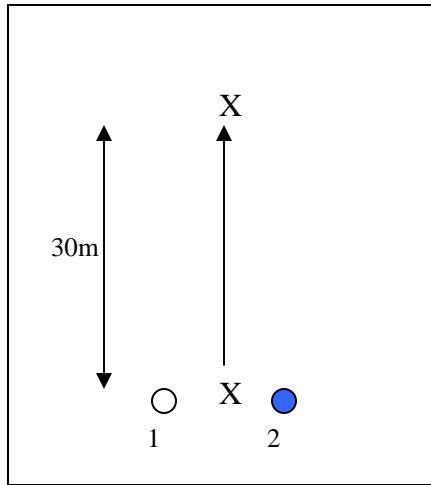
Track and mimic movements

Alternate between boxes for lead person

Develop drill by introducing a ball

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### 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

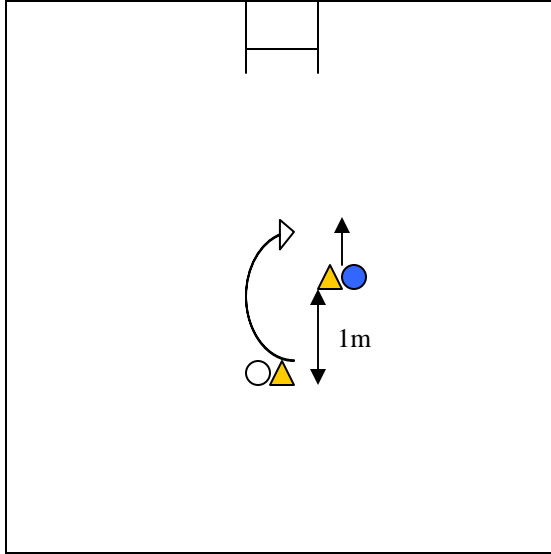
If Dispossessed – Retrieve and Restart

Alternate tacklers

**Development:** Allow attacker to Feint, Dummy, Criss-Cross, Change hand and Sides.

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### 3) Get From Behind



Pairs

Player with the ball with 1m advantage

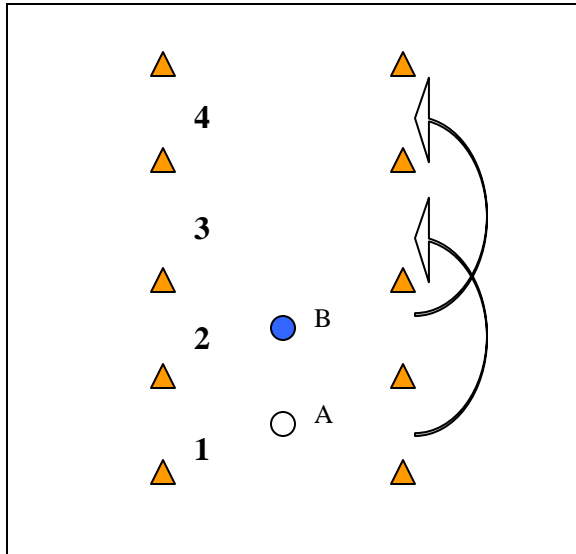
Tackler needs to cut out run (Delay)

Get close, Shrink space (Deny)

Work the Ball (Disposes)

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### 4) Team Tackling – Recovery of Ground



4 x 10m Grids

1 Attacker v 2 Defenders (A+B)

-When A is beaten in 1, A gets back to cover in 3

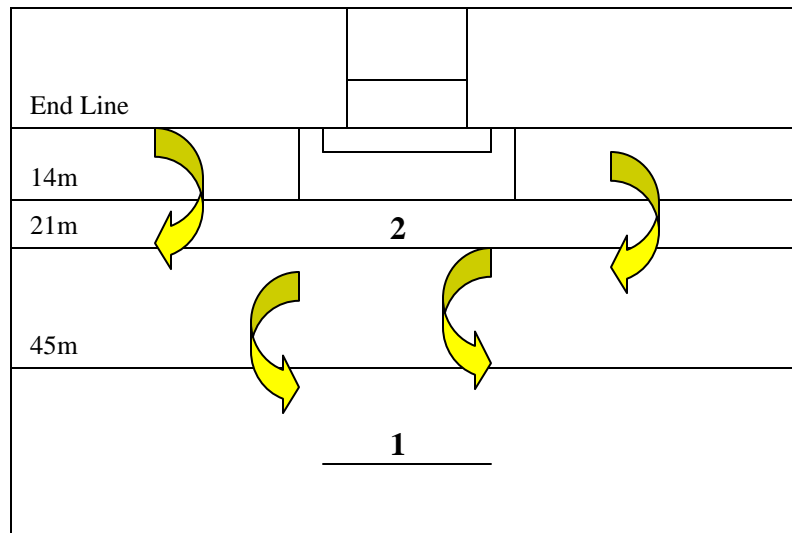
-When B is beaten in 2, A gets back to cover in 4

Work rate is essential

Develop: 2 v 2

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### 5) DEFENDING THE ZONES



#### **Defensive Arcs:**

1. High and Narrow

2. Broad and Flat

Coaching Points – Concede Space on Flanks but keep away from goals

Close space on Corner Forwards but invite closer shots

Small Game 6 V 6

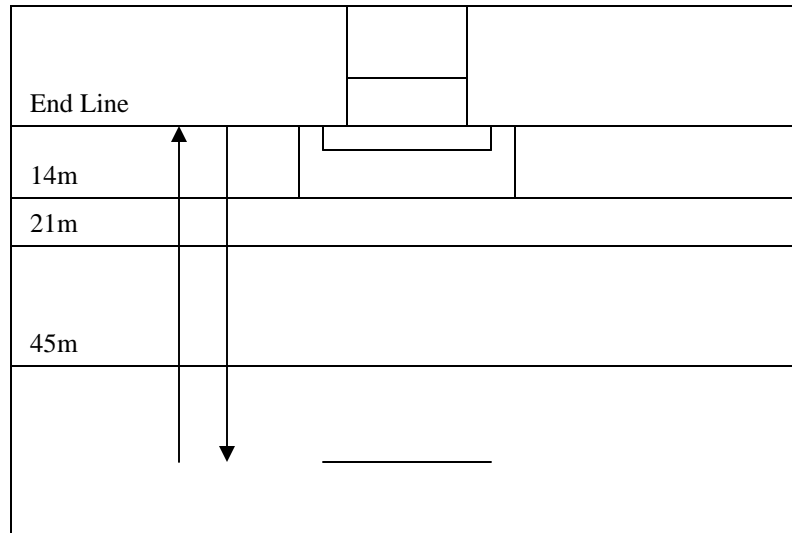
1 V 1 Feeders

Develop both approaches.

Compare and Contrast

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### 6) Half Way Attack



#### **Rules:**

Game to halfway 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.

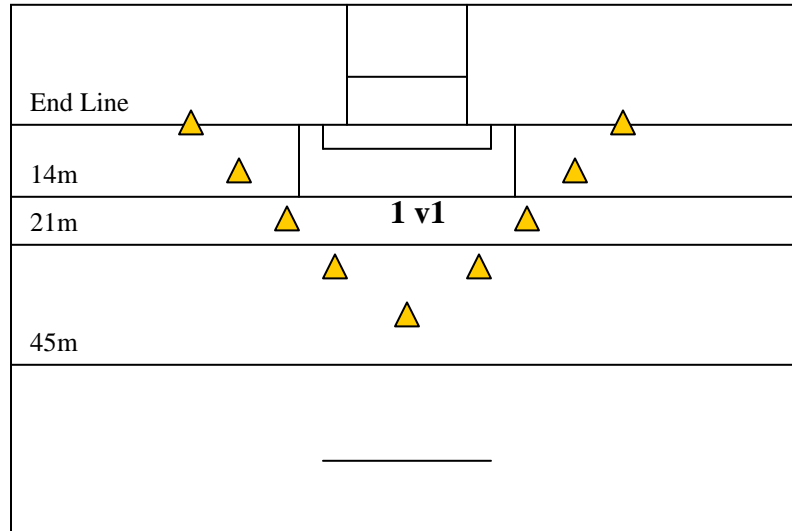
Working out move to flanks.

Working in move to centre.

Link to drill number 5.

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## 7) Killer Heartbeat



### Rules:

Work 1 V 1

Forward out and retrieve ball

Back will prevent shot

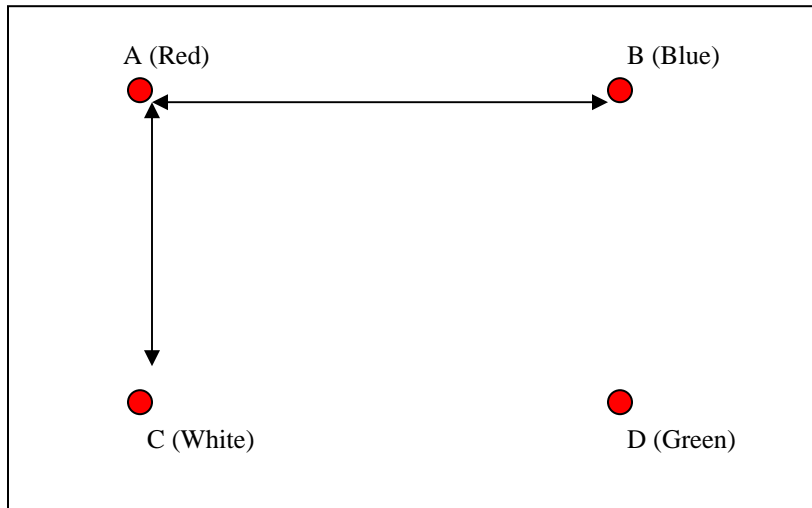
Focus on quick feet movement

Try not to foul

1 Minute Max per pair

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### 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