

THE TACKLE



The Near Hand Tackle



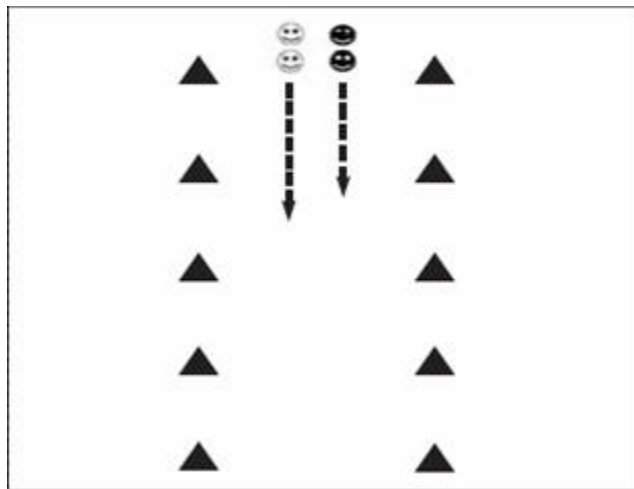
Key Points

- Move alongside or level with the opponent.
- Eyes on the ball.
- When the opponent's far leg is forward step across their space with the near leg
- Shouldering the opponent flick the ball away with the hand nearest the opponent when the ball is free in the solo or bounce
- Knock the ball away from the opponent to gain an advantage
- Recover the ball to win possession

Practice the Technique

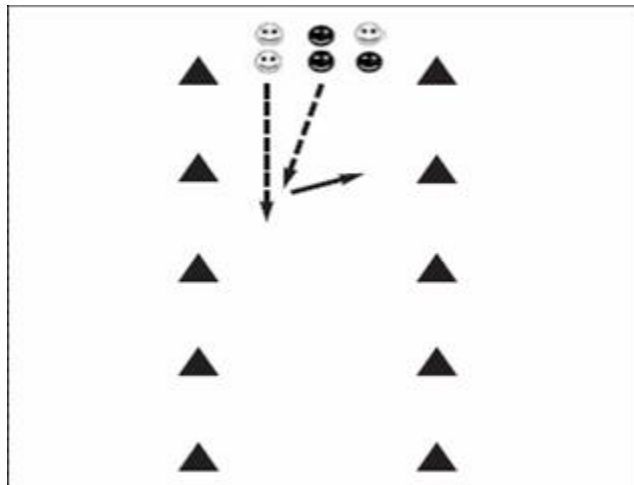
Drill 1 – Basic – Pairs

- Divide the group into pairs.
- Mark out a channel approximately 5 metres wide using cones.
- Each pair start walking side by side through the channel with Player A attempting to step across and execute the near hand tackle on an imaginary ball.
- Change roles after a number of attempts.
- To progress the drill as soon as the component elements have been practiced introduce a ball.
- In this case encourage Player A to toe tap or solo the ball on every stride to afford the tackling player a number of chances to practice the tackle.



Drill 2 –Intermediate-Tackle in 3's

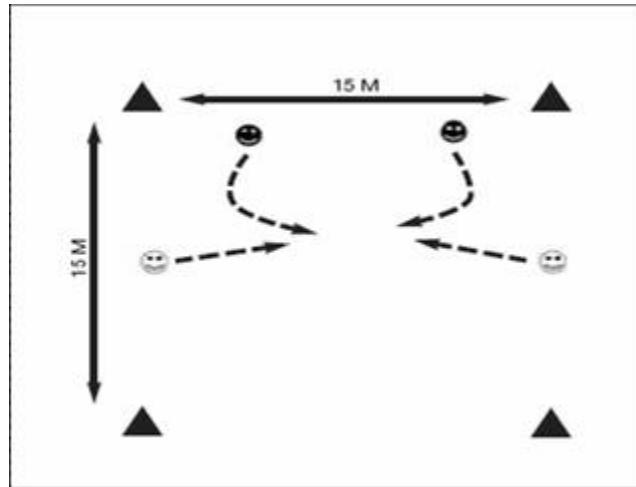
- Divide the players into groups of 3.
- Mark out a channel approximately 5 metres wide using cones.
- This drill is designed to improve the timing of the tackle.
- Player A on the right of the group solos forward.
- Player B in the middle attempts to perform the near hand tackle and knock the ball to Player C in the process.
- Change roles after a number of attempts
- To adapt the drill Player B is in possession and Player C attempts to perform the near hand tackle and knock the ball to Player A.
- Increase the pace of the drill as the proficiency of players improves.



Develop the Technique

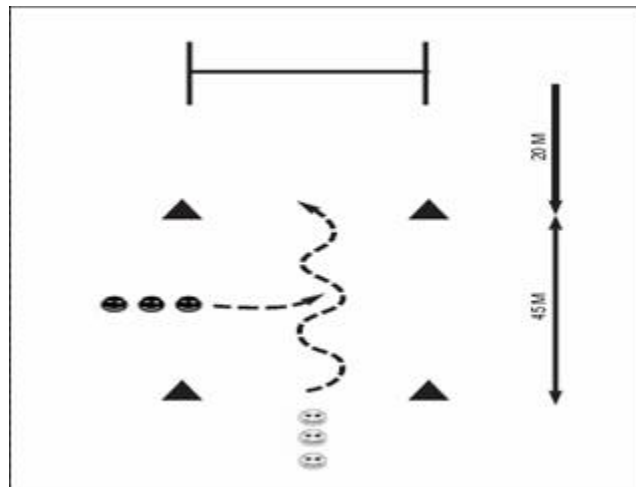
Game Play Drill 1

- Mark out a grid 15m x 15m
- Two Players with a Ball each enter the grid from one side
- Two tackling players enter the grid from each adjacent side
- The players in possession continue to solo around the grid as the tackling players attempt to perform the near hand tackle
- After a set time reverse the roles



Game Play Drill 2

- Mark out a channel using cones from approximately 45 to 20m out from goal and approximately 10m wide
- Divide the players into defenders and attackers
- The attackers line up at the beginning of the channel each with a ball
- The defenders line up to the side of the channel
- In turn each attacker and defender enter the channel.
- The attacker attempts to get past the defender to take a shot at goal from the end of the channel
- The defenders may only use the near hand tackle to dispossess the attacker



The Shoulder Charge

Key Points

- Move into position alongside the opponent
- Keep the upper arm tight to the body flexing the elbow to bring the forearm out and across the torso
- Planting at least one foot on the ground
- Shift the body weight towards the opponent, charge the opponent side to side.

Practice the Technique

Drill 1 – Basic – Walking Side to Side Charge

- Players pair off and stand approximately one meter from their partner side to side
- On the whistle both players step towards each other and perform the side to side charge in a slow and controlled manner
- The players switch sides after a set number of goes to practice the charge from the other side
- As the players become comfortable in the contact situation and more competent at the technique increase the distance between them and allow them to walk into the charge
- As they develop further increase the pace to a jog
- It is important to ensure that the players are matched equally and that each takes due care when performing the technique

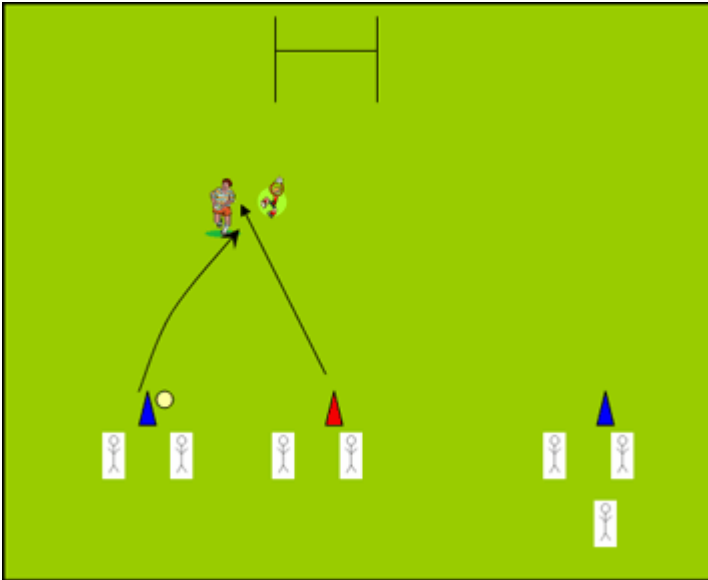
Drill 2 –Intermediate-Tackle Bag Charge

- Mark out a zig zag formation using 6 cones, each approximately 5m apart
- One player holding a tackle bag is positioned at each of the 4 middle cones
- These players must hold the tackle bag correctly using a sturdy grip, keeping it high for protection and with one foot forward to brace themselves
- The remaining players line up at one end of the formation
- Each player in turn jogs through the formation practicing the side to side charge with the right and left shoulder at each alternate tackle bag
- Rotate the players after a set time

Drill 3 – Intermediate – Jog and Charge

- Place two cones 5 meters apart
- Divide the players into pairs, one of each pair lined up behind each cone
- Place a further cone 5 meters in front and between the players
- On the whistle each pair jog forward and perform the side to side charge at the cone before returning to the back of the line
- As the players become more competent place a football 3 to 5 meters beyond the front cone
- The players must contest a side to side charge at the cone to gain an advantage to win possession of the ball
- As the players develop further this drill may be adapted by removing the front cone so that the players are required to time and synchronise the side to side charge without any guidance

Basic Drill: Basic Tackling Drill



Set up

- 3 groups of 3.
- Groups at A & C (i.e. outside cones) are kickers.
- Groups at B (i.e. middle cone) are the blockers.
- On a signal one kickers at a time runs to make a kick for goal.
- One blocker runs to attempt a block on a kicker.

Aims

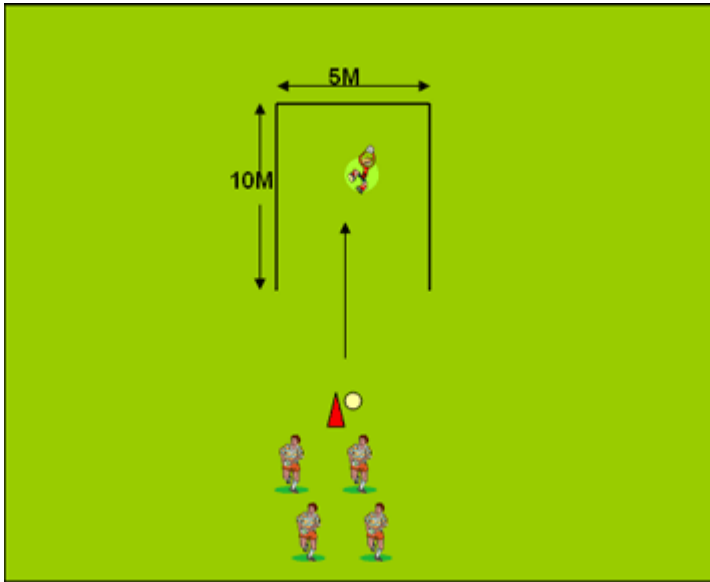
- Develop tackling skills namely the block down.
- Improve anticipation and reactions

Equipment

- Cones
- Ball & Bibs

Taken From www.dublingaagamesdevelopment.ie

Intermediate Drill: Intermediate Tackling Drill



Set up

- Divide into groups of four or five.
- Mark out a funnel 5metres wide and 10metres in length
- Defender stands in the funnel. Attacker runs into the funnel soling the ball.
- Defender attempts to dispossess the attacker before they reach the end of the funnel.
- Attacker may not run outside of funnel.
- Switch defender after 4-5 attempts.

Aims

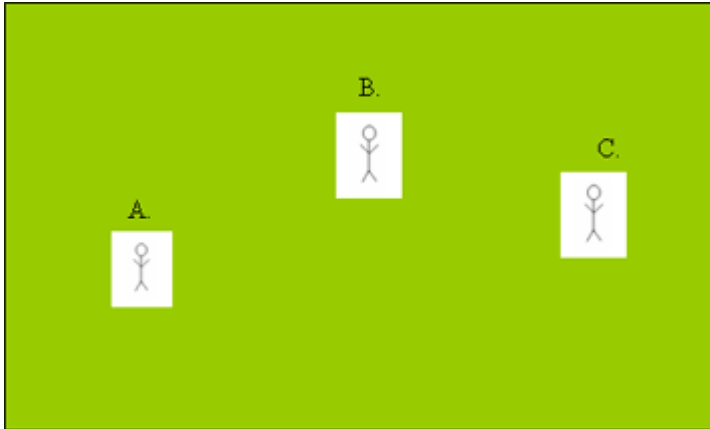
- Improves carrying skills.
- Develop good body position in the tackle.

Equipment

- Cones
- Ball & Bibs

Taken From www.dublingaagamesdevelopment.ie

Advanced Drill: Tackle Drills



Set up

- Player **A** attempts to touch player **C**
- Player **B** tackles to delay the touch by keeping between both players.
- Change positions after 30 secs

Variations;

- Player **A** must touch a designated body part. Eg.Touch players **C** left shoulder.
- Player **A** whilst soloing must touch Player **C**. Player **B** cannot attempt to dispossess Player **A**.

Aims

- Delay, Dispossess.
- Shadow player in Possession

Equipment

Cones (to mark out 10m grid)

Taken From www.dublingaagamesdevelopment.ie