

3 Players

Front-on Tackle Activity

Objective – To develop basic tackle technique of the front-on tackle. Develop player’s awareness of safe tackle technique whilst developing confidence in contact.

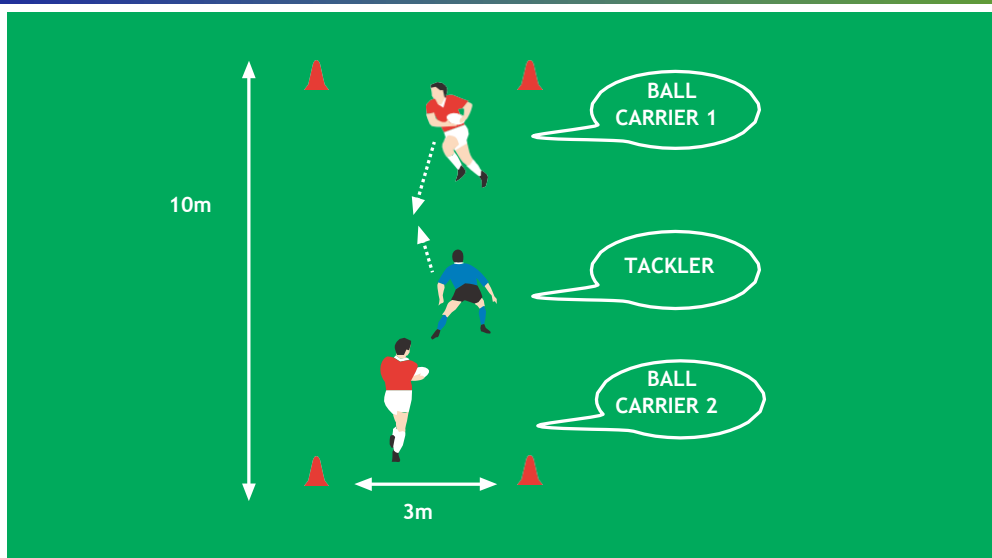
Equipment needed:

- Balls: 2
- Cones: 4

Suggested time allocation:

- 15 minutes

Set-up Diagram:



How to play:

- Three players - two attackers (with ball) and one tackler (blue player).
- Narrow channel to force the front-on tackle - blue player to make four tackles before changing roles.
- Tackler to follow key factors.
- Once tackle is made on ball carrier 1, tackler rotates 180 degrees to face ball carrier 2 - repeat tackle.
- Ball carriers aim to reach other side of grid without being tackled.

Difficulty:

- Widen / narrow grid to allow ball carrier more / less space to evade tackler. This makes it harder/easier for the tackler to get close to attacker.
- Reduce length of grid to reduce the space between start and finish line of the ball carrier.
- Less space means the ball carriers speed is reduced.
- Ball carrier uses evasive skill to beat defender who has to work harder to make an effective tackle.

Coaching points/Key factors:

1. Use effective footwork to enable correct tackle technique - position to one side of the ball carrier.
2. Ensure head and neck muscles are engaged and that head is kept to the side of ball carrier.
3. Sight correct contact area (eye to thigh).
4. Adopt low, strong body position to ensure correct tackle height (must be below waist).
5. Select correct shoulder to tackle with to ensure head is protected - keep head close to opposition backside (cheek to cheek).
6. Make tight contact with shoulder on thigh (boulder shoulder).
7. Clamp arms round opposition legs (band of steel).
8. Dynamic small steps (leg drive) until player successfully brought to ground.
9. Ensure tackle is completed (i.e. attacker is brought to ground).
10. Work hard to get back on feet and back into the game