

7 Players

Grid Tackles (Tackle Mania)

Objective – Developing basic technique of all types of tackle

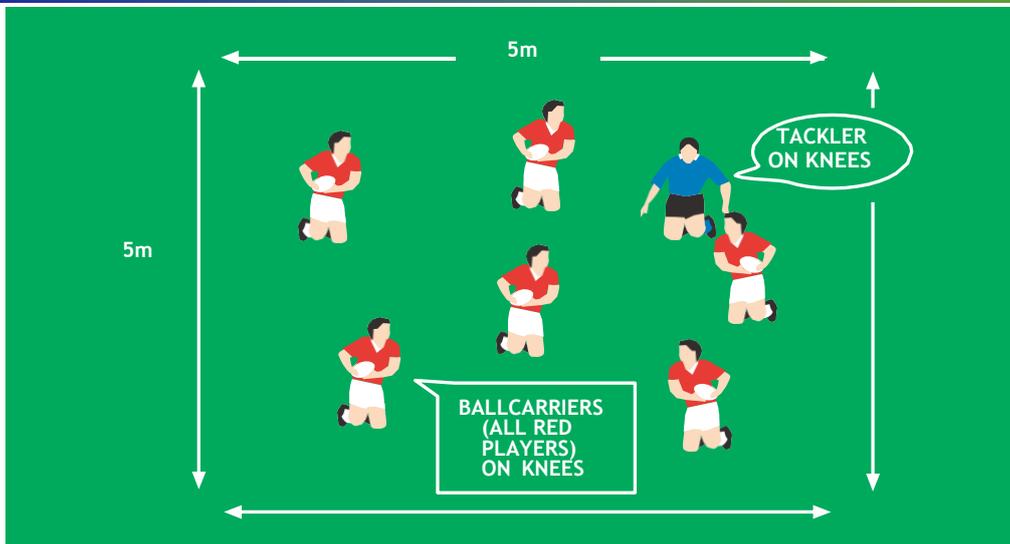
Equipment needed:

- Balls: 6
- Cones: 1 stack
- Bibs: 1/2

Suggested time allocation:

- 15 minutes

Set-up Diagram:



How to play:

- All seven players (one tackler and six attackers) inside 5m x 5m grid.
- All players on knees.
- Ball carriers to each have a ball to emphasise handling skills in the tackle.
- Ball carriers try to evade tackler (staying on knees).
- Tackler attempts to make as many tacklers as possible in 30 seconds.
- Once tackled, ball carriers present the ball and then get back to knees.

Coaching points/Key factors:

1. Sight correct contact area (eye to thigh).
2. Adopt low, strong body position to ensure correct tackle height (must be below waist).
3. Select correct shoulder to tackle with to ensure head is protected _ keep head close to opposition backside (cheek to cheek).
4. Make tight contact with shoulder on thigh (boulder shoulder).
5. Clamp arms round opposition legs (band of steel).

Difficulty:

- Add in second or third tackler or increase number of ball carriers.
- Progress to players on feet.
- Change focus to ball presentation.