

## 3 Players

## Rear Tackle Activity

**Objective** – To develop basic tackle technique of the rear tackle. Develop players' awareness of safe tackle technique whilst developing confidence in contact.

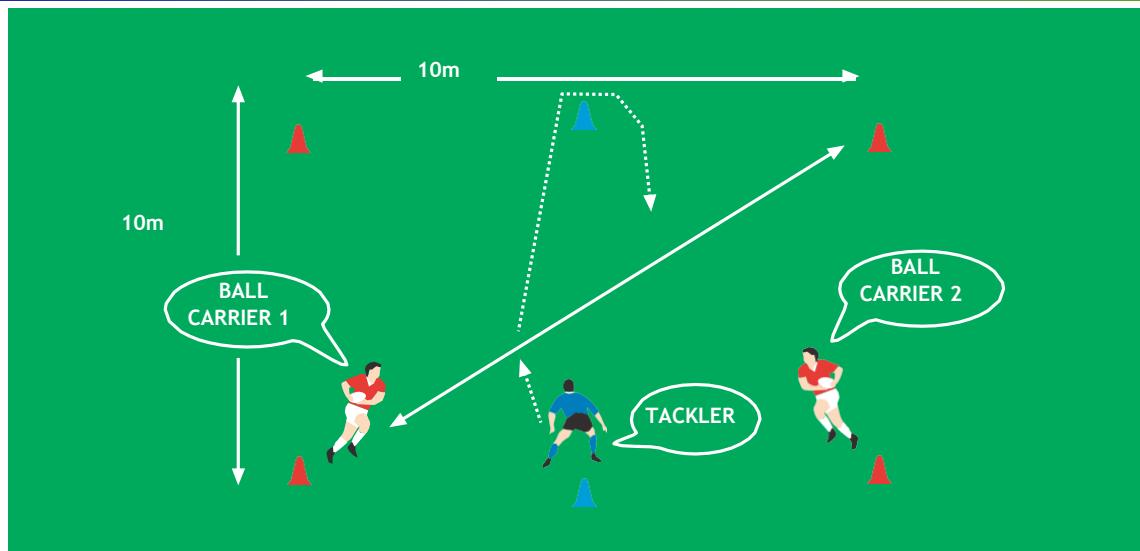
### Equipment needed:

- Balls: 2
- Cones: 6

### Suggested time allocation:

- 15 minutes

### Set-up Diagram:



### How to play:

- Three players - two attackers (with ball) and one tackler (yellow player).
- Ball carriers start on red cone and aim to reach opposite red cone without being tackled.
- Tackler must start on blue cone and attempt to tackle ball carrier before they reach their opposite cone.
- Only one ball carrier runs at once - once ball carrier 1 has been tackled, tackler runs round other blue.
- Ball carrier 2 starts their run once tackler runs round blue cone.

### Difficulty:

- Change angle of ball carrier's run by moving cones to different place.
- Start so that the ball carriers can only walk - this can be used when introducing the tackle.

### Coaching points/Key factors:

1. Get close to ball carrier using effective footwork.
2. Target and make contact with the shoulder on the ball carrier's waist.
3. Adopt low, strong body position to ensure correct tackle height (must be at waist height or below).
4. Select correct shoulder to tackle with to ensure head is protected - keep head close to opposition backside (cheek to cheek).
5. Make tight contact with shoulder on waist/backside.
6. Squeeze the arms tight while sliding down the ball carrier's legs.
7. Bring to ground with tight grip round lower legs (band of steel).
8. Ensure tackle is completed (i.e. attacker is brought to ground).
9. Work hard to get back on feet and back into the game.