

16 – 20 players

Sharks and Fishes (tackling)

Objective – To develop individual tackle technique, evasion / invasion skills and basic defensive principles (go forward, ready position).

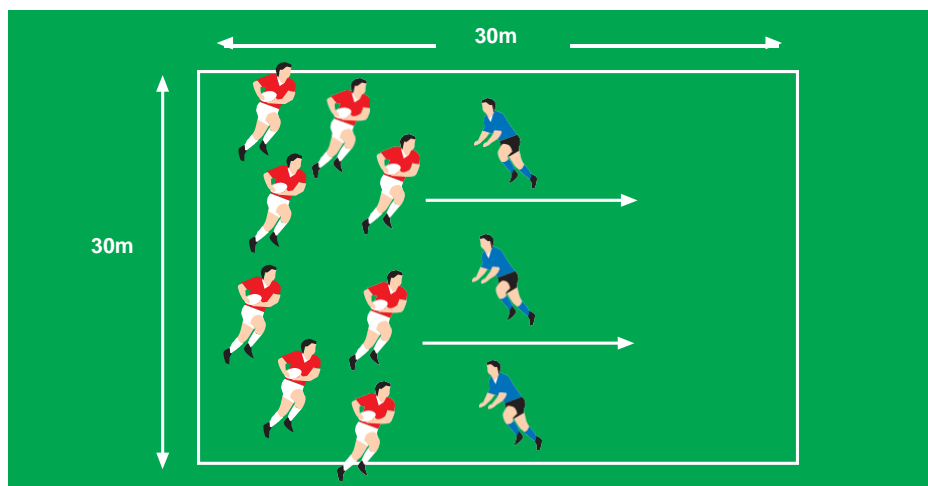
Equipment needed:

- Balls: 1 ball per player
- Cones: 1 stack

Suggested time allocation:

- 10 – 15 minutes

Set-up Diagram:



How to play:

- On the coach's call, attacking players (fish) must run to the line opposite without being tackled by a selected defender (shark).
- Fish should carry a ball each.
- If tackled, the player then joins the defending (sharks) team.
- Attackers try to reach the opposite side of the pitch to the safe zone.
- Defenders should work in a defensive line to isolate and tackle players.
- This continues until the last attacking player has been caught.
- There should be no double tackling.

Difficulty:

- The coach can select more defenders depending on the size / ability of group. The size of the area can also be increased or decreased to either allow more space or increase pressure on players.
- Attacking players should all carry a ball to encourage ball familiarisation.
- This game can be used to develop all types of tackle.
- Defensive principles can also be added in for defending players, e.g. go forward in defence, working as a defensive line, communication.

Coaching points/Key factors:

Individual tackle technique

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).
6. Dynamic small steps (leg drive) until player successfully brought to ground.
7. Ensure tackle is completed (i.e. attacker is brought to ground).
8. Work hard to get back on feet and back into the game.

Evasion and Invasion skills

1. Side-step.
2. Change of pace.
3. Change of direction.

Defensive principles

1. Move forward.
2. Ready position.