

## 6 -20 Players

## Sharks and Fishes (on knees tackle)

**Objective** – To develop basic tackle technique

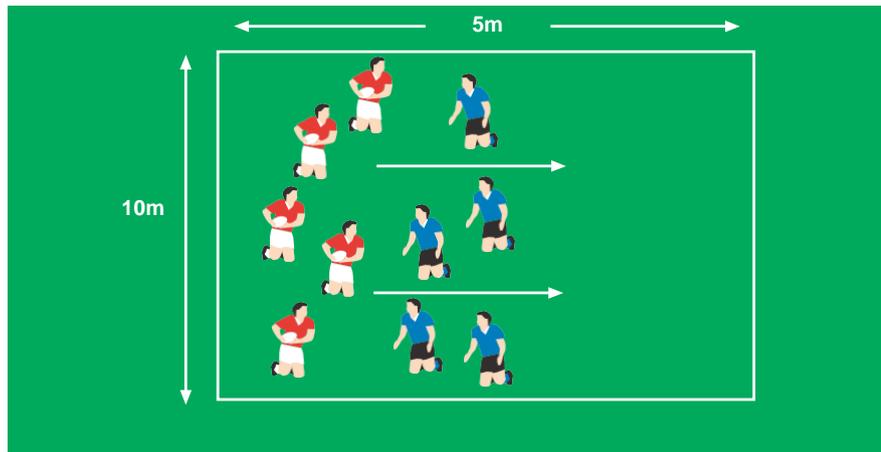
### Equipment needed:

- Balls: 1 per player
- Cones: 1 stack

### Suggested time allocation:

- 10 – 15 minutes

### Set-up Diagram:



### How to play:

- On the coach's call, players must run (on knees) to the line opposite without being tackled by selected defender(s).
- Once tackled, that player joins the defending team.
- This continues until the last attacking player has been caught.
- No more than one defender at a time should attempt to tackle any one player.

### 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.
- Ball carriers should be encouraged to present the ball effectively.

### Coaching points/Key factors:

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