

3 Players

Side-on tackle Activity

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

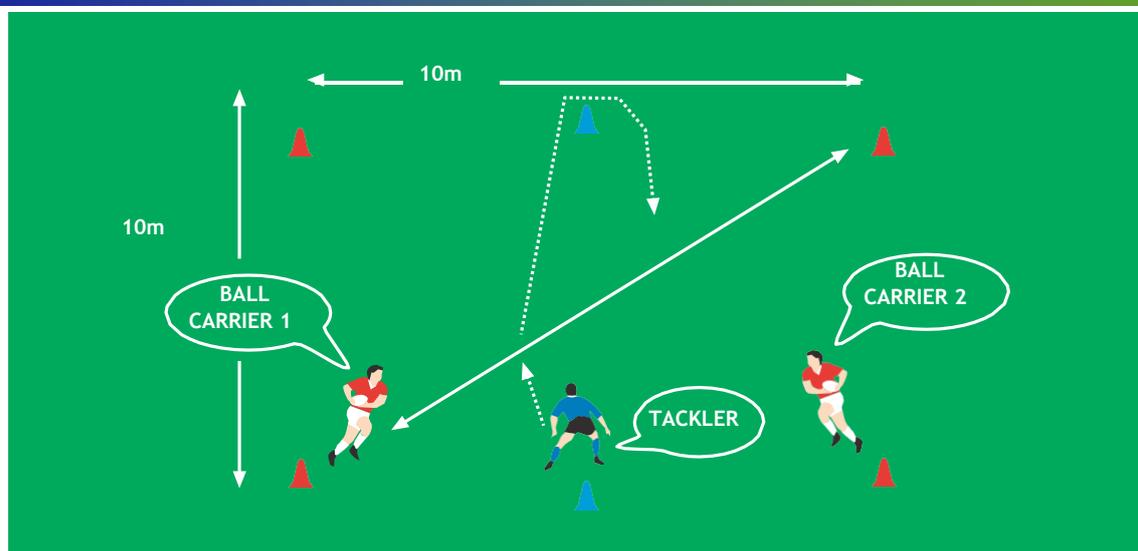
Equipment needed:

- Balls: 2
- Cones: 6

Suggested time allocation:

- 15 minutes

Set-up Diagram:



How to play:

- Three players - two attackers (with ball) and one tackler (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:

- 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. 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.