

Topic: Coaching the Near Hand Tackle



Scenario:

Coaching skills like the handpass, kickpass, pick up, catch, solo etc. seem to come second nature for the majority of ladies Gaelic football coaches. Drills and conditioned games are plentiful for same and allows all coaches to organise quality sessions as a result.

However one aspect of our game that seems to be neglected is the whole area surrounding the 'Tackle'. Statistics show that in recent times our game is getting more physical which leads to higher percentage of players resorting to fouling on the field of play.

The general consensus is that coaches feel that they do not possess the necessary knowledge of this particular skill or formula to assist with coaching the near hand tackle to their players in ladies football.

As a result we have devised a basic drill and game to assist with coaching the near hand tackle.

PART 1 Game of Rouges

What will this Game do?

This game will allow **players** to practice the following skills:

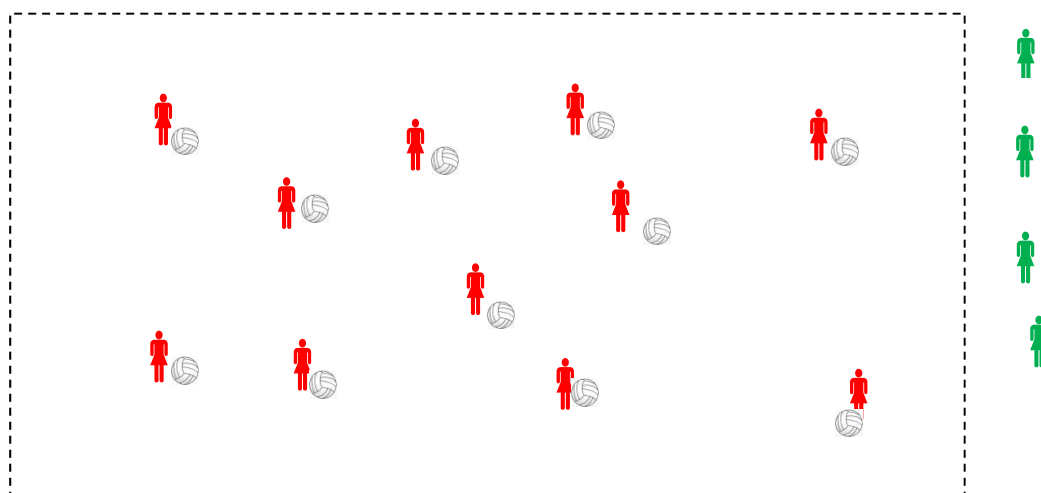
- Primary Skill - Tackle
- Secondary Skills - Solo and hop
General Movement
Awareness of surroundings and space

This game will allow the **Coach** to observe the players performing the 'tackle'

What do I need to set up this Game?

- The size of the playing area should be approx. 25m x 25m. (Big enough to give players an opportunity to tackle and dispossess players. If space too big then it will be hard to dispossess players on the ball)
- 1 ball per player within the square if possible
- Bibs for the players would will be tackling
- Cones to mark out the square
- Whistle

What will pitch layout look like?



How do you play this Game?

Start of Play:

- All players inside the grid solo or bounce the ball every four steps
- On coaches whistle - players 'tackling' enter the grid.

Rules of Play:

- Players with ball must hop or solo the ball every four steps
- The players 'tackling' must try and dispossess players with a ball
- When player is disposed they must leave the grid and continue soloing around the grid until all players have been disposed

How do you score in the Game?

- Coach give players tackling a timeframe in which they must dispossess as many players as possible Coach main role is to observe the tackling technique utilised by his/her players

PART 2 Practice the Skill

What will this drill do?

This drill will allow the **Coach** to

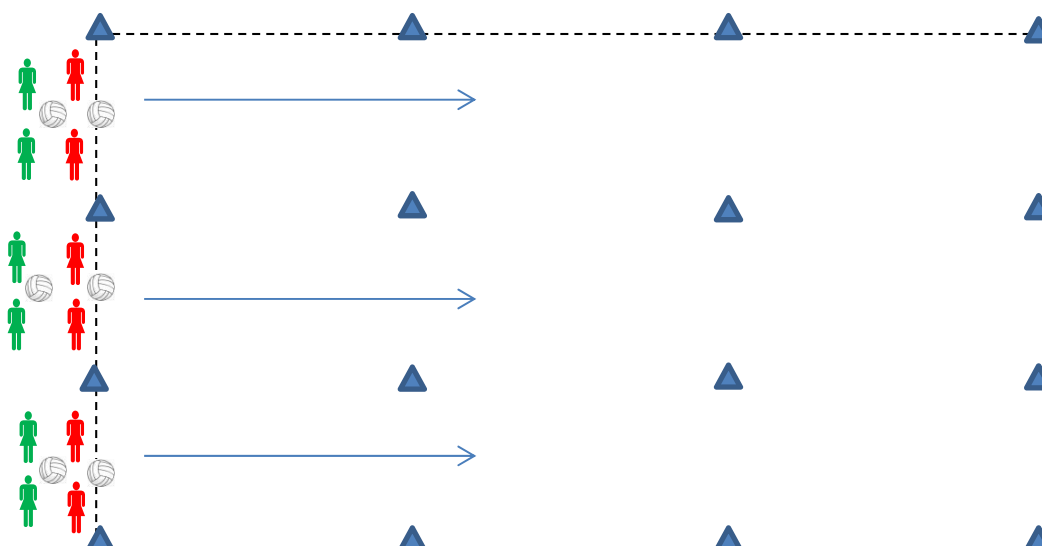
- Get players to understand importance of the tackle in Ladies football
- Breakdown the various steps associated with the Tackle using the Head, Hands, Feet model (see attached skill card)

This drill will allow **players** to practice the near hand tackle in isolation

What do I need to set up this drill?

- A grid with three channels
- 1 ball per pair
- Cones to mark out the grid

What will the drill layout look like?



Format:

Phase 1 Gauge level of understanding from players

Coach poses the following questions to the players:

- What skill are the players trying to dispossess the ball performing in the game of rouses?
- What tackle is predominantly used in Ladies Football?
- What are the benefits of performing the near hand tackle?

Phase 2 Breakdown the skill

Coach goes through the Heads, Hands, and Feet for the near handle tackle (See attached skill card for same)

Phase 3 Let Players practice the skill using drill set up

Step 1	Player 1 of pair Player 2 of player	Holds ball out in front of them Player jogs alongside partner tapping top of the ball using the open hand every four steps. Player does not need to knock ball from hands.
	Alternate role on way back.	
Step 2	Player 1 of pair Player 2 of player	Holds ball out in front of them Player jogs alongside partner tapping top of the ball using the open hand every four steps but this time with bit more force knocking ball out of grip of partner. Please ensure player with ball does not have tight hold on ball to promote player executing the skill
	Alternate role on way back.	
Step 3	Player 1 of pair Player 2 of player	Bounces the ball every four steps Player jogs alongside partner tapping the ball away when partner bounces the ball using the open hand tackle Please ensure partner bounces ball so that player can perform the skill and not trying to keep it away from reach of partner
	Alternate role on way back.	
Step 4	Player 1 of pair Player 2 of player	Bounces the ball every four steps Player jogs alongside partner tapping the ball towards themselves to gain possession when partner bounces the ball using the open hand tackle Please ensure partner bounces ball so that player can perform the skill and not trying to keep it away from reach of partner
	Alternate role on way back.	

PART 3

Replay Game Of Rouges

Main differences for this game from Part 1 are:

- **Players** to dispossess opposition using near hand tackle
- **Coach** to reinforce teaching points of the near hand tackle during the game

What changes can be made to the Game of Rouges?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Decrease the size of playing area so less space for players to hop/solo	Increase the playing area so more space for players to hop/solo
Task	Players in possession can only bounce the ball	Not every player has a ball and are allowed to pass to free player after perform skill
Equipment		Less footballs
Players	Add extra defenders	Less defenders