

## Topic: Developing the tackle technique

### Scenario:

One skill 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 tackle to their players in ladies football.

As a result we have devised two drills that may assist with coaching the tackle technique in Ladies Football.

### What will these two drills do?

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

- Primary Skill - Tackle, in particular the near hand tackle
- Secondary Skills - Solo and hop  
General Movement  
Awareness of surroundings and space

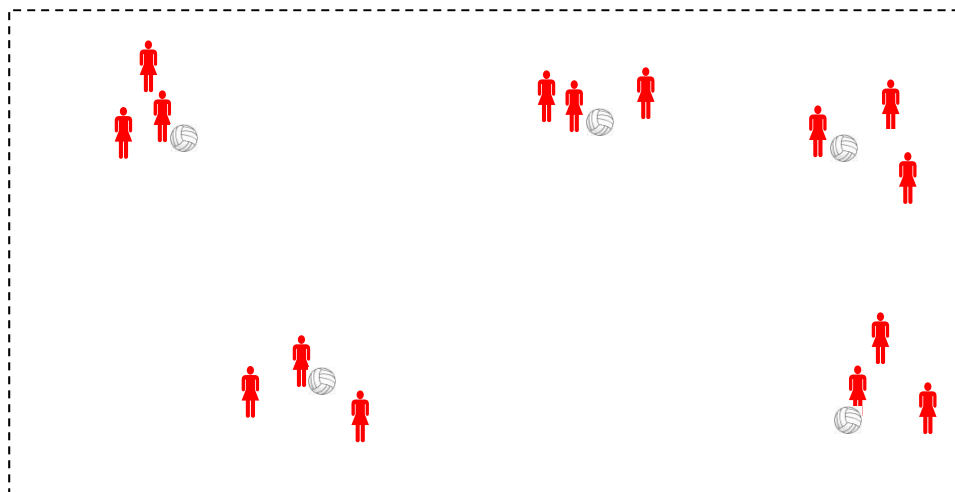
This game will allow the **Coach** to observe the players performing the 'tackle' and provide opportunity to provide feedback on same.

### Drill 1

#### 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)
- Divide group into 3's
- 1 player is given a ball per group within the square
- Cones to mark out the square
- Whistle & Stopwatch

#### What will pitch layout look like?



## How do you play this Game?

### Start of Play:

- All players enter the grid
- Player with ball solos and hops around grid with two defenders following her
- On coaches whistle – two players ‘tackling’ try to dispossess the player on the ball within 30 seconds

### Rules of Play:

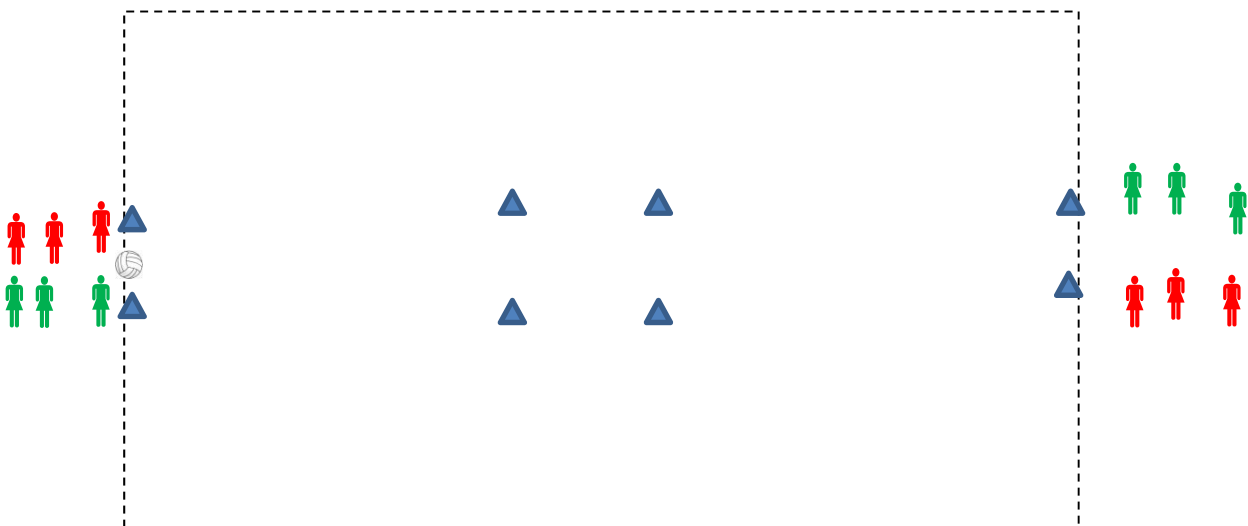
- Players with ball must hop or solo the ball every four steps
- The players ‘tackling’ must try and dispossess players with a ball
- When player is disposed, the player regains possession and continues until allocated time is up

## Drill 2

### What do I need to set up this drill?

- Two stations where players await turn
- A grid about 10m x 10m in centre
- 1 ball
- Cones to mark out the grid

### What will the drill layout look like?



## How do you play this Game?

### Start of Play:

- Coach throws up ball between two players
- Player who wins possession must try get past their marker.

## Rules of Play:

- Player in possession must try to enter the centre grid (at least to get one foot into the centre grid). When player has achieved same then she must off load the ball to their team mate on the following side
- The players cannot make a run to receive ball until their team mate has entered centre grid
- Full rules apply, no limit on hop or solo
- Players with ball must hop or solo the ball every four steps
- The players 'tackling' must try and dispossess player legally
- When player is disposed, the player who regains possession attempts to enter centre grid.



### SKILL CARDS



## The Tackle

The tackle is used to attempt to dispossess an opponent and regain possession of the ball.

Technique

Hands

Head

eyes on ball

