

PRESSURE SKILLS

DRILLS FOR JUNIORS

Document provided as part of “The Modern Game” Pressure Skills Workshop

Tackling

NAME OF DRILL	INSTRUCTIONS	AGE GROUP
Tackling Technique	Players split into pairs and then one a time practise tackling techniques, but start about 1 metre apart (stationary target – 3 each). Repeat but have person being tackled to move around a bit to simulate game.	U8's – U17's
<i>The One Knee Tackle</i>	<i>One player on the ground on 1 knee, the other player moves in and pushes their thigh into kneeling players shoulder region. Player on ground pushes shoulder into oncoming player and tackles with a twist.</i>	U10's – U17's
Side on Tackle	Set up 2 cones at one end and players divide evenly behind these 2 cones. Set up a further 2 cones about 1.5 metres away to form a square or small rectangle. On call, 1 player from each cone moves to cone at other end and goes around it on the inside. Player from nominated side will be tackling player from side with a twist once the tackle is held.	U10's – U17's
<i>Front on Tackle</i>	<i>1 player lies on ground in surf lifesaving beach sprint position. The other player opposite him about 1.5 metres away is standing up. On call from the player standing up, the player on the ground jumps up and moves into tackle the other player who starts to slowly move towards the tackler. The player being tackled is to move around a bit; making it more game like for the tackler.</i>	U10's – U17's
Getting through the Gate	Drill completed in pairs. 4 cones on the ground to create a 1 metre square. Each player starts diagonally opposite each other and one player attempts to run through gate created by the cones whilst other player lays the tackle.	U12's – U17's
<i>The Evasion Tackle</i>	<i>2 lines, 2 metres apart with a coach in the middle with the ball. To avoid confusion, nominate a tackle line and receiving line before drill begins. The coach drops the ball in the middle of the two players/lines and the receiver moves in to pick up ball and then tries to evade the tackler. Short area, technique only. No spinning tackles or taking player to the ground.</i>	U14's – U17's
Corral Tackle	Set up 6 cones, 3 on each side about 1 metre apart, no more. Players divide evenly and stand behind the middle cone facing each other. On the coach's call, 1 player from each cone goes to their left and runs around the top cone, eventually moving towards each other. 1 player will be attempting to get through gate formed by cones whilst the other player is the tackler. To avoid injury, make sure all players know what their role is before they start.	U12's – U17's
<i>The 45 degree Tackle</i>	<i>Players line up with opponent facing front and tackler coming from 45 degree angle. As the opponent moves the tackler runs in, lays a tackle and twists away from your leading foot/leg. (Extension – place receiver in front of opponent and he can attempt to get a handball out once tackled).</i>	U12's – U17's

Tackling

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The Quick Step	Form 2 lines of cones (4 cones in each line) with 5 metres between the cones. Players come out 1 at a time and run towards the cone and as they get close to cone they use small, quick steps to practise the 'feet' technique that is needed to tackle opponent correctly. (Extension – Players half each end 15 metres apart with 1 player in middle. Tackler and the opponent come out at the same time, both running towards the player in middle. As the opponent gets close he diverts either way, early enough for tackler to react using 'quick steps' to lay the tackle).	U8's – U17's
Ear to Rear	Players in pairs stand next to each other and are either A or B. On the coaches call one tackles; making sure they get "ear on rear".	U8's – U17's
Coming Through	Game of 4 versus 5. The team with the numbers advantage starts with a medicine ball and must try and get from one end of the gauntlet to the other while his teammates provide blocks.	U14's – U17's
The Chase Down	Again in pairs. One player runs away from his opponent and is chased down and tackled from behind. Do not use any footballs to give added safety to tackle.	U14's – U17's
Protect the Inside	Player with the ball moves into play as the tackler comes into picture, making sure he is not stepped around or gives up the middle of ground. (Corral to where you want them to go).	U14's – U17's
The Possession Stopper	Players in a line come out one at a time and run through cones into a square where the tackler, who is coming from the opposite direction, must tackle before the player is able to get his handball out to player coming from behind tackler.	U14's – U17's
Grinder	5 lines. Players come out initially on coach's call and run to and around a cone 5 metres ahead. Another player will come into the grid and attempt to tackle as many players in a specified period as they keep running up and back.	U12's – U17's
The Wrestler	Teams of 6 or 7. Start with a medicine ball with 2 players in a wrestle. On the coach's whistle other players come into the game and try to push their teammate towards their end goal. On the coaches whistle a football will be brought in and player must forget the medicine ball and work the football around instead trying to score.	U14's – U17's

Smothering

NAME OF DRILL	INSTRUCTIONS	AGE GROUP
Repetition	Players in groups of 2, 3 or 4's. One player takes turns smothering all other players in his group. Make the player kicking the ball get to different angles to practice all different smothering angles.	U12's – U17's
<i>Gauntlet</i>	Done in big groups and number of players can be changed. Encourages talk and enthusiasm and practices repetitive smothering (great for technique).	<i>U12's – U17's</i>
Return the Ball	When working in groups of 2, 3 or 4 have smothering player return the ball to kicker once smothered. This incorporates a second effort into the drill.	U8's – U17's
<i>The Technique Circle</i>	Approximately 7 or 8 player's form a circle and each have a football. 1 player is in the middle of the circle and players on the outside take turns calling for the player in middle to smother their ball. Incorporates both front-on and side smothering.	<i>U12's – U17's</i>

Blocking

NAME OF DRILL	INSTRUCTIONS	AGE GROUP
Protect the Paddler	Players work in 3's. One of the player's places the ball in front of him on the ground and paddles the ball closely to him whilst receiving a block from his team-mate. The 3 rd player attempts to lay a tackle on the player paddling the ball (or tried to get the ball).	U8's – U17's
<i>Protect The Middle Man</i>	Again in 3's. Players form a line with the ball in the hands of middle player. He rolls the ball to himself and then runs to pick it up, while the player from behind runs into tackle him and player from front runs in to provide a block.	<i>U8's – U17's</i>
Give, Protect & Receive	Players form a square and players pair up on each corner of the square (A & B). Player A handballs to Player A on next corner of square and then Player A who initially handballed ball puts a block on Player B of the next pairing. This continues around square with the player who handballs providing a block at each point.	U14's – U17's
<i>Protect the Run</i>	3 or 4 lines at each end and 2 players in middle with bump bags. The aim is to get the ball from one end to the other, with players providing assistance for team-mates with blocks or by the use of quick hands. Players should be introduced to the idea of give and protect.	<i>U8's – U17's</i>