

TACKLING

Tackling Introduction

For junior teams use key words to get their focus and attention – LISTEN, WATCH and DO.
What is a good tackle and then expand on the players answers!

Technique

- Do not be overly worried about the ball and arms in the tackle.
- Keep eyes on the target (bellybutton).
- Quick feet / stutter steps (elastic band between ankles).
- Commit late, come in low, then up and hit the target with the leading shoulder, then slight twist.
- Turn or twist opponent away from the leading leg.
- Mirror tackling from front on position.

Remind and demonstrate to players that using arms to protect themselves is recommended and safest option

Kneeling Tackle

- One player on ground on one knee, other player moves in and pushes their thigh into kneeling players shoulder region.
- Player on ground to push shoulder into oncoming player and tackle with a little twist.
- On call, take to ground (only try this on U16's up).

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 rectangle shape.
- On call, one player from each cone moves to the cone at the other end and goes around it on the inside. Player from 1 side will be tackling the other player from the opposite side.

Front on Tackle

- On player lies on ground in surf life saving beach sprint position. Other player opposite him standing about 1.5 metres away.
- On call, player on ground jumps up and moves in to tackle other player who starts to slowly move towards the tackler.
- Player being tackled is to move around a bit to create more game like conditions for the tackler.

Corral Tackle

- Set up 6 cones, 3 on each side about 1 metre apart (no more than 1 metre).
- Players divide evenly and stand behind middle cone facing each other.
- On call, 1 player from each side goes to their left and runs around the top cone and through the gate and will end up facing each other.
- One player will be attempting to get through the gate formed by cones whilst the other player is the tackler.
- Make sure players stay within the cones and are aware of their roles before going.

Tackling from Behind

- Demonstration of technique
- When tackling from behind, roll hips and drop at knees (do not push)

Summarise

What did you learn tonight?

Good AFL players are good at all skills and tackling is a skill