Coaching The Tackle – Paddy Linden

Theme: Tackle the ball not the man

3 D’s To Defending

DELAY: Hold up the attacking momentum.
DENY: The space. Close out opportunities. “Get in their Face.”
DISPOSSES: Work the Ball. Win possession then move to development.

Warm Up:
Focus on Feet – Distribution of Weight. Balls of Feet. “Boxer Stance”
Engage Hands – On/Off and In/Out. No pulling, dragging or “Hands In”

1) Mirror Movements

Grid 30m x 10m
Pairs of players
Track and mimic movements
Alternate between boxes for lead person
Develop drill by introducing a ball
2) Side Tackle: Near Hand

Pairs – Two Players side by side named 1&2
Start on signal – ¾ Pace
Work Near Hand Tackle
Hand In/Out
Work the Ball
If Dispossessed – Retrieve and Restart
Alternate tacklers

**Development**: Allow attacker to Feint, Dummy, Criss-Cross, Change hand and Sides.
3) Get From Behind

Pairs
Player with the ball with 1m advantage
Tackler needs to cut out run (Delay)
Get close, Shrink space (Deny)
Work the Ball (Disposes)
4) Team Tackling – Recovery of Ground

4 x 10m Grids
1 Attacker v 2 Defenders (A+B) -When A is beaten in 1, A gets back to cover in 3
-When B is beaten in 2, A gets back to cover in 4

Work rate is essential
Develop: 2 v 2
5) DEFENDING THE ZONES

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<tr>
<th>End Line</th>
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<td>14m</td>
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<td>21m</td>
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**Defensive Arcs:**
1. High and Narrow
2. Broad and Flat

Coaching Points – Concede Space on Flanks but keep away from goals
Close space on Corner Forwards but invite closer shots
Small Game 6 V 6
1 V 1 Feeders
Develop both approaches.
Compare and Contrast
6) Half Way Attack

Rules:
Game to halfway line and back.
2 points for clean dispossesion.
1 point for score.
Team losing possession must have advanced to half way before attacking.
Both attackers and defenders must tackle effectively.

N.B.
Working out move to flanks.
Working in move to centre.
Link to drill number 5.
7) Killer Heartbeat

Rules:
Work 1 V 1
Forward out and retrieve ball
Back will prevent shot
Focus on quick feet movement
Try not to foul
1 Minute Max per pair
8) Pressure Cooker

Rules:
Coach calls colour for blocker to move to.
Blocker moves in
Fingers/Hands
Don’t turn head
Step in and Close space