



Tackling

Major Types of Tackles

1. Front Block Tackle
2. Side Block Tackle
3. Ground Block Tackle
4. Sliding Tackle

Coaches Tips for Tackling—At-a-Glance

Tips for Practice

1. Beginner players often rush in too fast and get wrong-footed by a simple move by the opponent. As these players run to an opponent, cue them to “slow down” and “concentrate on the ball.”
2. Higher ability players can learn to slide tackle. These tackles are always made from the side of the dribbler with all the contact being on the ball. Slide tackles are very useful if a player has been beaten and is pursuing an opponent. This technique, however, can be dangerous if not done correctly. Use an experienced player to teach this to a higher ability player.
3. Organize players in pairs with a ball. Have them kick the ball at the same time. This can result in a “boom” from the ball, getting them used to 50/50 balls and preparing them for tackling.
4. Encourage players to run through tackles. This is done by keeping the legs moving when in close contact or in a 50/50 ball situation.
5. Encourage players to jockey until the time is right to tackle.

Tips for Competition

1. Do not play your defenders too far back. Have them play close to the opposing players with no more than a five-yard cushion.
2. Only tackle when you think you will win the ball.
3. Only commit to the tackle when you are in the right position.

Skill Progression

- ☐ Executes a front block tackle; upper body leans into tackle, applying maximum force, aiming to block ball, rather than kick it.
- ☐ Knows when to use appropriate tackle technique.
- ☐ Executes a side block tackle; player maintains good balance with outstretched leg.
- ☐ Successfully focuses, tracks and closes down on opponents dribbling the ball.
- ☐ Player has good coordination to make good strong contact on the ball using inside of foot.
- ☐ Does not easily fall for fakes.