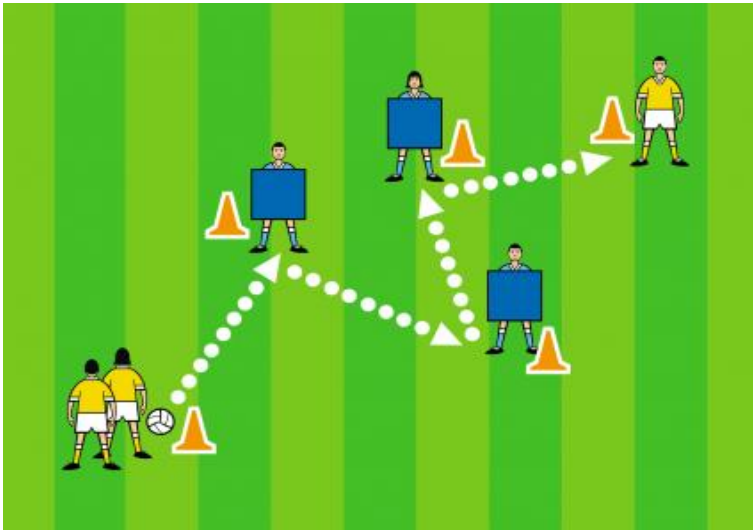


LEVEL 2

SIDE TO SIDE CHARGE - TACKLE BAG CHARGE

— FOOTBALL



This is an intermediate drill to practice the side-to-side charge technique

Organisation

- Mark out a zig-zag formation using 5 cones, each approximately 8m apart
- One player holding a tackle bag is positioned at each of the 3 middle cones
- These players must hold the tackle bag correctly using a sturdy grip, keeping it high for protection and with one foot forward to brace themselves
- Each player in turn jogs through the formation practicing the side-to-side charge with the right and left shoulder at each alternate tackle bag

STEP Variation

Task - Initially the players may not be required to play the ball; as they become comfortable encourage them to use the solo as they approach each tackle

EQUIPMENT LIST

Cones

Football

Notes
