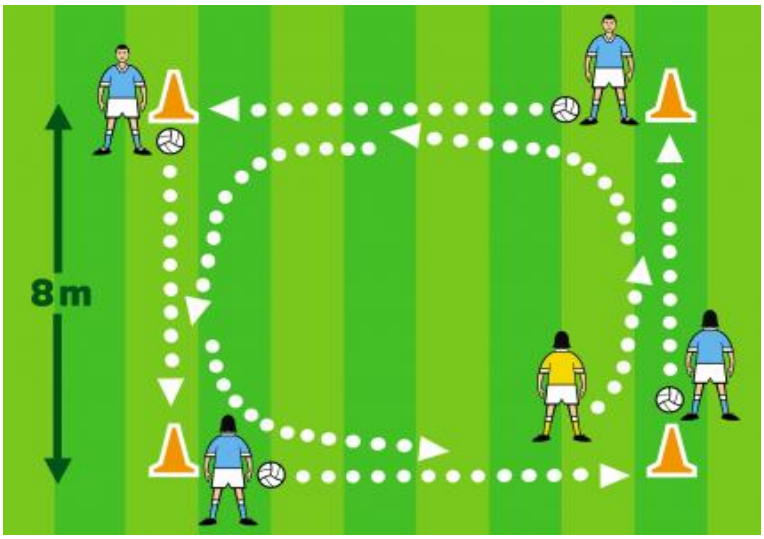
LEVEL 1

NEAR HAND TACKLE - AROUND THE BLOCK

— FOOTBALL



C Y

This is a basic drill to practice the near hand tackle technique

Organisation

- Mark out a grid approximately 8m square using cones
- Positioned one player at each cone with a ball and a tackling player at one of the cones
- The tackling player runs alongside each of the other players in turn attempting to perform a near hand tackle as they travel a length of the grid
- The coach may assist the drill by signalling when each player in possession should begin to move
- Switch the tackling player after each circuit of the grid
- The drill should be conducted in both directions

STEP Variation

Space – Increase the lengths of the grid to allow the tackling player more time to perform the technique

EQUIPMENT LIST

- Cones
- Football

Notes