

NEAR HAND TACKLE

The Near Hand Tackle is a tackling technique used in Gaelic football to knock the ball from an opponents possession with the open hand.

In the Ladies' game, a player cannot be legally dispossessed while the ball is held into the body.



Move alongside or level with opponent. Eyes on the ball.

KEY TEACHING POINTS

To Coach the Skill use the **IDEAL** method

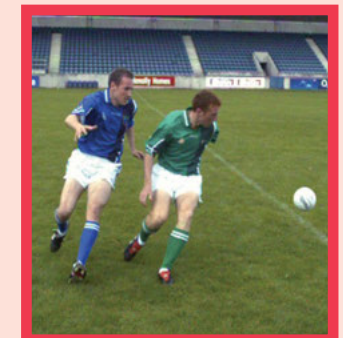
- I**NTRODUCE the Skill
- D**EMONSTRATE the Technique
- E**XPLAIN the Activity
- A**CTION
- L**OOK and Observe



When opponents far leg is forward, move across with near leg.



Flick the ball away with the near hand when the ball is free.



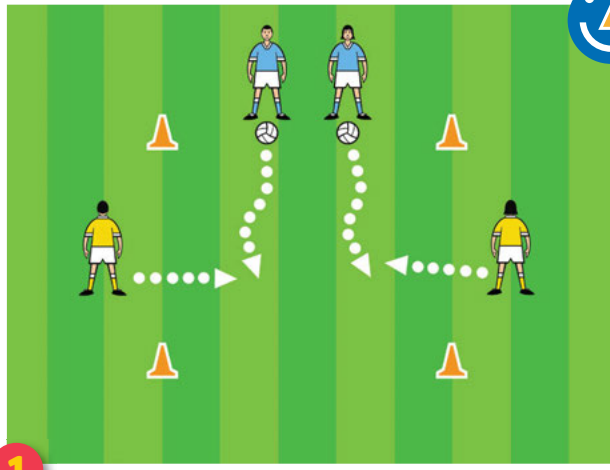
Recover the ball to win possession.

LOOK OUT FOR THESE COMMON ERRORS

- Tackling from behind
- Leading with the outside hand
- Not targeting the ball



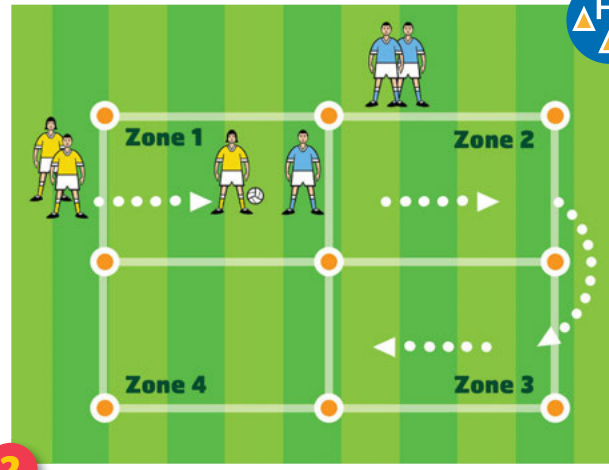
NEAR HAND TACKLE DEVELOP THE SKILL



1

GRID TACKLE

Players in possession attempt to solo through the grid. Defending players attempt to tackle using near hand.



2

BORDER RAIDER

Attackers aim to carry possession through zones while defenders use near hand tackle to dispossess.



VARIATIONS

The STEPR method is a simple way to vary any activity, game or drill.

Space **T**ime **E**quipment **P**layers **R**ules

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** how long are players working for? Challenge the intensity by reducing the time
- E** alter the equipment. Use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge or introduce opposition, from token opposition to partial opposition to full opposition
- R** adapt the rules of the game to assist with achieving a certain outcome.

DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game

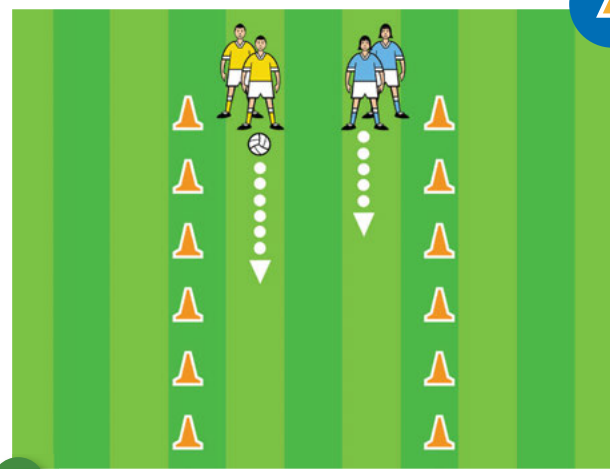


Modified Game



Game Play Routine

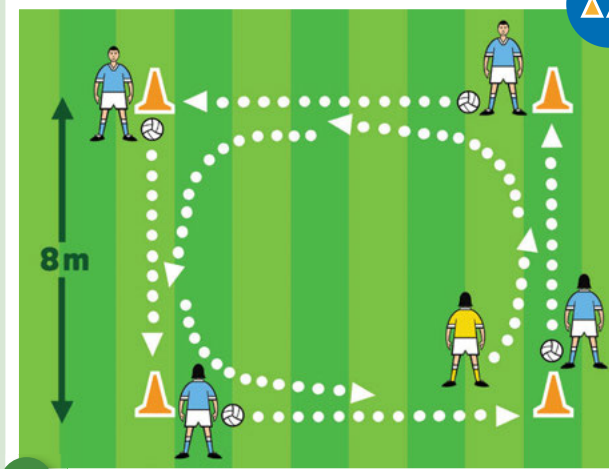
NEAR HAND TACKLE PRACTISE THE TECHNIQUE



1

ON THE BALL

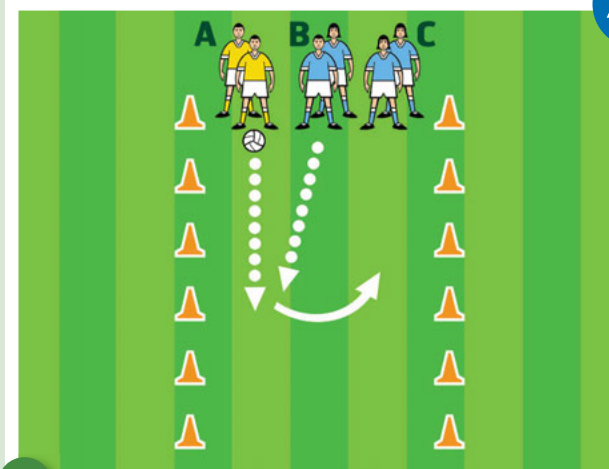
Players in pairs. Player in possession solos, partner attempts to tackle.



2

AROUND THE BLOCK

Players in possession at each corner, soloing. Other players move around square tackling with near hand.



3

TACKLE TO TEAM MATE

Players in threes. Player in possession solos, opponent attempts to tackle and third player picks up possession.

