



Tackle Preparation

All Fours

Skill – Tackle

TYPE
Closed

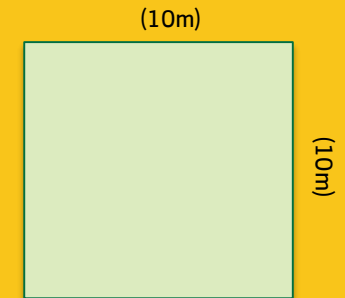
AGE
6+

Description

- » In pairs, have one player start on their hands and knees with their partner to one side of them with their head on their partners back, shoulder into their side and arms wrapped around their body.
- » When the coach says “GO”, the tackler drives with their legs and attempts to put their partner on their back.
- » The player on their hands and knees attempts to stop their partner from tipping them over.



Field Size



Players



Equipment



x (8) Markers



Whistle

Progression

- » To progress this activity, have players try and hold their partner down on the ground for 3 seconds.



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