



Tackle and Line Speed Drill

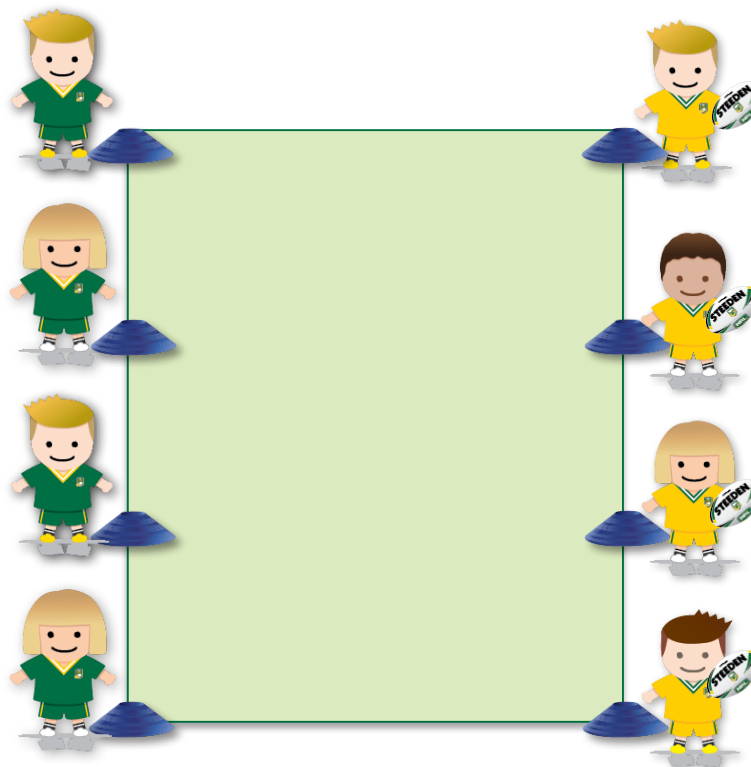
Skill – Tackle

TYPE
Closed

AGE
8+

Description

- » Attackers (yellow) start on their front, with the ball on the ground in front of them.
- » Defenders (green) start 5m away.
- » When the coach blows his whistle, yellow players jump up, grab the football, and run towards the opposite marker.
- » Green players must run forward as quickly as possible to attempt a one on one tackle.
- » The aim for the defender should be to take away the time the attacker has.
- » Swap partners and sides so everyone has a go.



Field Size (5m)

(10m-20m)

Players



You need 2 players for each group

Equipment



x (8) Markers



Whistle



x (1) Football per group



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