



Rear Tackle

Skill – Rear Tackle

TYPE

Closed

AGE

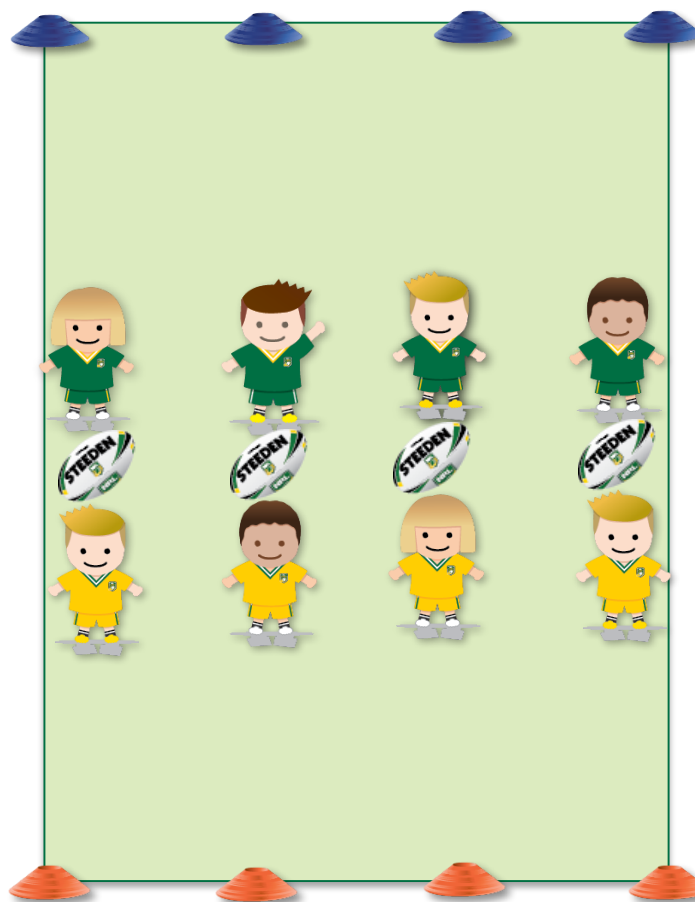
8+

Description

- » In pairs, have players lying on their front, whilst facing each other. Give the groups a colour. E.g. green and yellow.
- » The ball starts on the ground between the pair.
- » If the coach calls their colour, they pick up the ball, turn around and attempt to score a try on their tryline.
- » The player without the ball becomes the tackler, and must make a rear tackle on their partner.

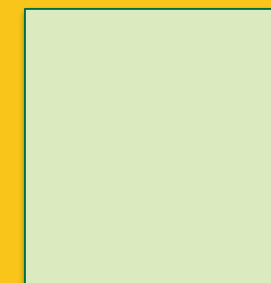
Progression

- » Make the grid smaller or larger.



Field Size

(10m)



(10m)

Players



x The activity can have as many players as needed. Split into pairs

Equipment



x (2) Markers per pair



x (1) Football per pair



Click to watch the video



PLAYNRL.COM