



# Continuous Tackle

Skill – Evasion & Tackle

TYPE  
**Open**

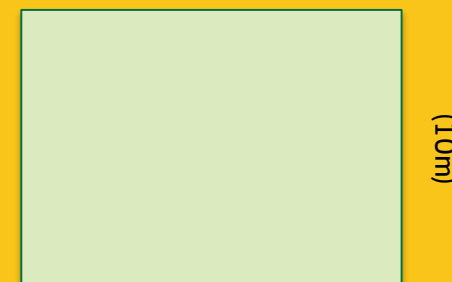
AGE  
**10+**

## Description

- » 6 attackers start with a ball
- » 2 defenders start at the mid point of the activity
- » When the coach says go, the yellow players attempt to score at the other end, whilst the defenders try to stop them.
- » Once the attackers have made it through, they turn around and attack the other way.
- » Defenders must continue making tackles.



Field Size (15m)



## Players



x (6) Attackers



x (2) Defenders

## Equipment



x (12) Markers



Whistle



x (6) Football

## Progression

- » Increase or decrease the size of the field
- » Add or remove players per team
- » Take away footballs so the attackers need to work as a team



Click to watch the video



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