

PREP TO PLAY

RECEIVING, BREAKING, OR AVOIDING TACKLES

coach 

 LA TROBE UNIVERSITY

Reduce head, neck & shoulder injuries



→ Increase a players ability to break free and reduce congestion



Coaches have a duty of care to dedicate training time to educate players on how to receive a tackle/contact in order to reduce injuries.

Coaching Tip →

Once a player is tackled, encourage them to get and stay low, keep their feet active, and drive their legs to try get out of the tackle.



GET LOW
Active feet and drive legs



STAY LOW



ENGAGE CORE



TOO UPRIGHT
Floppy in the tackle, not driving legs

Coaching Tip →

Reinforce these points with ground ball drills to make players cleaner below knees and avoid tackles.



SPATIAL AWARENESS
Knowing where contact is coming from



PROTECTION
Keep back shoulder away

DUTY OF CARE

Reinforce to players to take responsibility for how they attack the ball safely to protect themselves.



NO AWARENESS/LEADING WITH HEAD
High risk position for serious head/neck injury



ARMS FREE
Dispose of ball



CHOP ARMS or FEND OFF
To avoid approaching tackler



UPRIGHT
Flat footed not getting arms free

PREP TO PLAY

RECEIVING, BREAKING, OR AVOIDING TACKLES DRILLS

TECHNIQUE: Partner walk throughs

ACTIVITY 1
RECEIVING TACKLES
 2-3 Group size
 10 mins
 5 x 5m area

Increase intensity

- ➔ When technique is sound, and players feel comfortable
- ➔ Pair practice helps increase confidence in accepting contact
- ➔ Cue players to keep ball secure



PROGRESSIVE DRILLS:

ACTIVITY 2
BREAKING AND AVOIDING TACKLES
 5-6 Group size
 10 mins
 10 x 15m circle
Drill Variations
 Start players in different positions

- ➔ Groups of 5-6, one handballs to ball carrier, one tackler. Practice chopping arms or fending off and run into a shot on goal



ACTIVITY 3
TACKLING GATES
 6-10 players
 10 mins
 5-8 x 5-8m area
Drill Variations
 Larger = more outside tackles. Smaller favours tackler



➔ Run around cone -meet in middle



➔ Ball carrier aims to exit gates



➔ Stay low, drive legs, arms free

- ➔ 2 lines stand diagonally opposite, 2 players run around cones to meet in the middle. Progression: 2 v 2, 3 v 3.
- ➔ Player feeds handball/ground to nominated ball carrier.
- ➔ Ball carrier aims to get through their "gate" or dispose of ball to receiver behind the gate.

Coaching Tip ➔

Get players to take turns feeding the balls. **Coaches – coach!**

SMALL-SIDED GAMES

ACTIVITY 4
 14-30+ players
 5-10 mins
 5-8 x 5-8m area
Drill Variations
 Larger area favours ball carrier



➔ 4 attackers, 3 defenders in one grid



➔ One up, one down grids



➔ Cue ball carriers: get arms free

- ➔ Progression: After 4 handballs, work ball to Group 2, or a backs vs forwards situation suiting your needs (i.e. 3 v 2)