

## Reduce head, neck, and shoulder injuries



➔ Increase effective tackles



Coaches have a duty of care to dedicate training time to educating players on tackling technique.

## COACHING POINTS: Inside tackle (Tackler close to ball-carrier)

### Coaching Tip ➔

Provide immediate positive feedback on good execution of tackling.



**GET LOW:** Stay low  
➔ Active feet. Drive legs



**DRIVE LEGS**  
Use momentum



**UPRIGHT**  
Flat footed



**BODY ON BODY:** Chin to back  
➔ Pin elbows



**DUTY OF CARE**  
Protect opponent  
control their  
body

**ROLL & DROP**  
With control



**REACHING**  
Tackling with hands

## COACHING POINTS: Outside tackle (Tackler has to run to close space)



**GET LOW**  
Quick steps & feet close  
➔ Inside shoulder



**CORRAL TOWARDS SIDELINE**  
Aim for inside shoulder  
➔ Roll & drop. protect opponent, don't sling



**OVERSTRIDE**  
Lunge & reach = ineffective tackles  
➔ Higher risk position for serious knee injury

**Coaching Tip** >

Reinforce a maximum of 2-3 technique points prior to commencing any drill. Practice tackling from all angles. Use simple cues. E.g. "Hit and stick"

## TECHNIQUE – Partner walk throughs

**ACTIVITY 1  
INSIDE TACKLES**

**3** Group size  
5-10 mins, 5 x 5m area  
Practice from front, side and behind. Standing next to partner  
**Progression**  
Separate 2-3m, Feed ground ball or handball and players increase speed on approach



> Increase intensity when technique is sound and players feel comfortable

**ACTIVITY 2  
OUTSIDE TACKLES**

**3** Group size  
5-10 mins, 5 x 5m area  
**Behind/Side**  
Tackler stands 5m behind Player 2. Player 3 feeds ground ball  
**Front**  
Tackler stands 5m in front of tackler. Player 3 feeds ground ball in front



> Increase intensity when technique is sound and players feel comfortable

**Coaching Tip** >

Cue players to note how a tackle felt, or the sound it made. Good tackle = nice thud/connection sound

## PROGRESSIVE DRILLS

**ACTIVITY 3  
TACKLING GATES**

**6-10** Group size  
5-10 mins  
5-8 x 5-8m area  
**Drill Variations**  
Smaller area favours tackler

**1v1, 2v2 or 3v3**

- > 2 lines stand diagonally opposite, 2 players run around cones to meet in the middle
- > Player feeds handball/ground to nominated ball carrier
- > Tacklers score points for stopping ball carrier get through their "gate"



> Run around cone - meet in middle



Ball carrier aims to exit gates

> Cueing: Corral, push ball carrier one way

**ACTIVITY 4  
CIRCLE DRILL**

**8-12** Group size  
5-10 mins  
10-15m circle  
**Drill Variations**  
Smaller area favours tackler, more inside tackles

**Set up**

- > Ball starts in middle (Progression: ball is rolled in). Call out 2 numbers. "1" is ball carrier. "6" is tackler
- > Ball carrier aims to pick up ball and return to any player (Progression: to certain player or coach)



> Number players 1-6



> "1" and "6" compete



> Close space body on body

**Coaching Tip** >

Get players to take turns kicking the balls. **Coaches - coach!**

## SMALL-SIDED GAMES

**ACTIVITY 5  
TACKLING GRIDS**

**14-30+** Group size  
10 mins  
5-8 x 5-8m area  
**Drill Variations**  
More defenders = more tackles  
Smaller area, favours tackler

**Progressions**

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



> 4 attackers, 3 defenders in one grid

