

Junior Development Program

Week 5 – Tackling

Structure

The players will be given a demonstration of the flat and jab tackling. We will also look at the ways to develop the skills whilst also examining the challenging and body positions. We will most likely start with ghost tackling, looking at ways in which players move their feet, with the opposition ball carrier not even having the ball, with both players not having a stick. We will then introduce the ball again looking at channelling from here we will introduce the jab/poke tackle. We will then reduce the area and consider the side on stance and with what foot we should be leading the poke tackle. This is important that players lead with the correct foot. After having then completed some drills around the poke/ jab / spoil tackle we will then consider the stance and positioning for the flat tackle. In particular we will consider the damage of having square feet when making the flat and poke tackle. As you work the players through the drills ensure you check technique of players, ensure you evaluate, stop make comment then get back into it.

Coaching tips

Key points

Feet and body position – channelling

Timing

Balance

Footwork – which foot goes forward?

Channelling / stance

Side-on approach

What type of tackle where?

Poke / jab / tackle

Flat tackle – body position square

Over commit, rush tackling

Tackling by forwards, use of press

Feet protection

Hand position and feet position for the various tackles

Stick feints ie. dummy tackles

Ability to recover if ball thrown behind them

Speed of movement

Look at ways in which the players move their feet

Are they leading with the correct foot forward?

hand, after tackle have stick in both hands

Good weight distribution, feet shoulder width apart, stay low and watch the ball

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1. Foot work drills

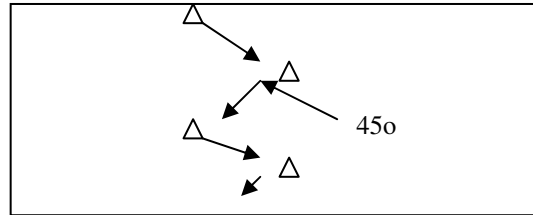
GHOSTING

No stick with sticks

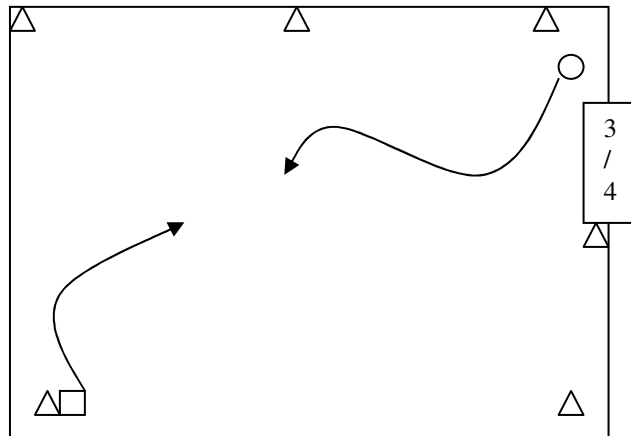
Attacker carries a ball

Players face in the direction of the start. They move backwards, between cones in a zig zag motion. At each cone change direction of their footwork.

1. No stick
2. Sticks
3. With stick and ball



2. Channelling



Player [] looks to get through the gates between 3 and 4

Player o starts from cone 3 and tries to channel player [] over to the other side of the gates

Defend without committing a foul

Put pressure on ball carrier

Leave free space towards the sideline

Curve back to the right keeping pace with the opponent

Game 1 without stick and ball

Game 2 with stick and ball

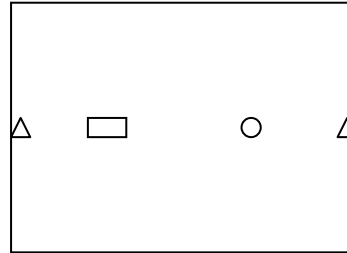
At a good tempo

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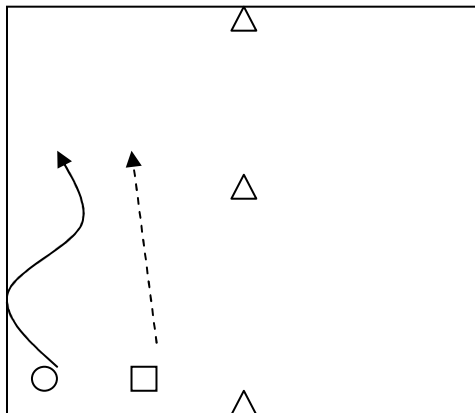
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DRIBBLING WITH TACKLING

1 v1, goal scored by pushing opponents cone down with the ball. Vision, control of ball



3. Jabbing from right and left



Player o dribbles to the backline

Player [] follows on the right / left besides player o and tries to jab the ball away

Stay at jab distance = stick length plus one step

Keep the ball carrier on the forehand side

Defenders to work on footwork again as above

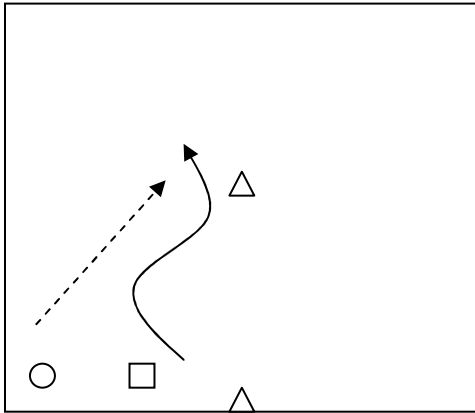
^ 6 minutes right side

6 minutes left side

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4. Stealing from the left maybe right ?



Player [] tries to dribble ball through the goal on the sideline
Player 0 starts from the left of the cone at the start

Try to keep pressure on the [] using a jab

Defend or tackle without committing a foul
Don't move into the physical space of the defender when jabbing
After steal turn immediately to the right and away from direct opponent

5 Block tackles

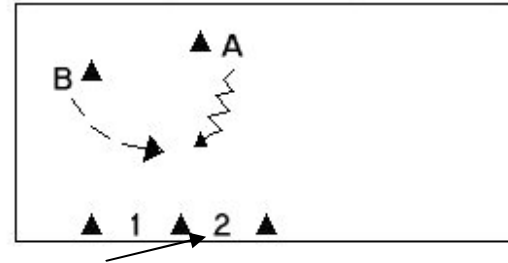
Do not over commit too early , Defend towards the ball

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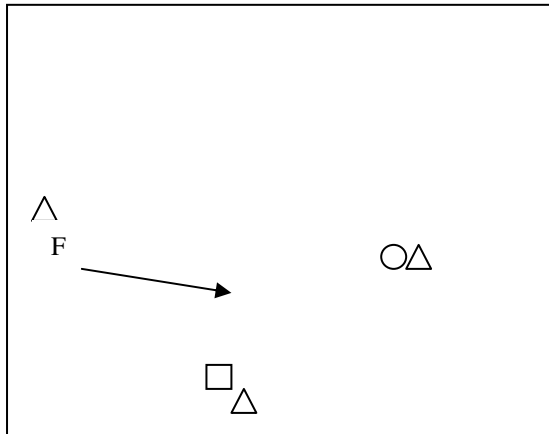
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DB

A has the ball and has to try to dribble the ball through gate 1, = 5 points or if goes through gate 2 = 2 points (less advantage for, the attacker) When A starts to move B enters the area either, making a tackle or shadowing the player through gate 2
B passes to a to start the drill off



6 Intercepting right and left



Feeder passes to player 0, player [] looks to intercept the ball and then drive forward

High action speed reduce the distance to the circle

Intercept the ball in such a way that it makes forward movement at speed possible

Positioning of feet

Be in a position that allows both the direct opponent and the ball carrier to be in view