



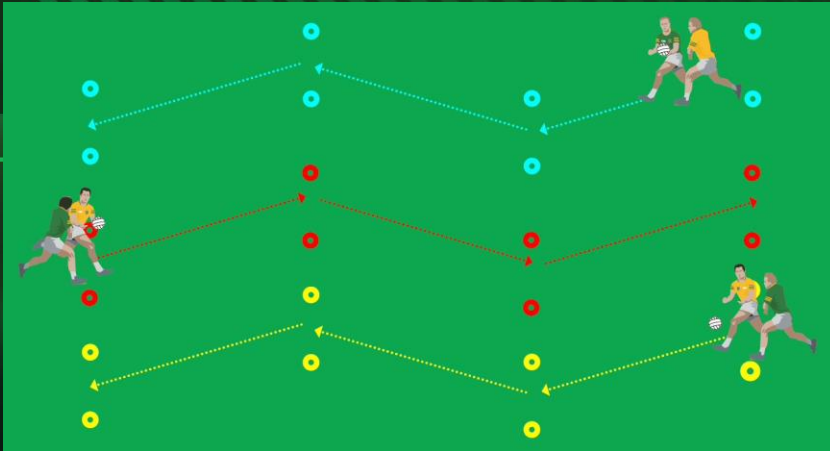
Meath GAA Coaching Activity

U13 - U16 Football Academy



ACTIVITY NAME & AIM

Tackle Alley - The aim of this blocked practice is to develop tackling on the ball using both the Frontal Tackle and Near Hand Tackle. Focus in the practice on the defending technique



EQUIPMENT

- 6 x Footballs
- 12 players per grid
- 24 x Space Markers (B/R/Y)
- 15m x 5m channels
- 2 x Bib Sets
- 8 x Minutes**

ORGANISATION

- Set up three 15m x 5 m channels as shown in diagram
- Players take Attacking (Y) and/or Defending (G) roles.
- Start with Near Hand Tackle. Attacker (Y) has ball and solos the ball in a straight line until end of alley. Defender (G) tracks run and tries to execute the NHT before the Attacker reaches end of alley.
- Change to Frontal Tackle. Both players are facing each other. The Defender (G) takes a tennis ball in each hand and will move backwards using his footwork to stop the Attacker (Y) from getting by him.
- Introduce football with Attackers and repeat above.
- Change roles so that all players have opportunity to defend in both positions

VARIATION (STEPR)

- Have Attacker work with two balls

TEACHING POINTS OR QUESTIONS OR CUES (IDEAL)

- Review after each plays. What went well, what to improve?
- Use of Frontal Tackle. Look for Defender in Boxer Stance, on Balls of feet, Quick Feet and Quick Hands
- Use of Near Hand Tackle. Look for Timing, Step Across, Shoulder to Shoulder, use of Near Hand, move ball to defender's advantage