

Topic: *Develop Clean Tackling*



GAME 1: 2 v 2

Why play this Game:

Scenario:

In your match, you want your defence to concede as few frees as possible so therefore it is essential that they can tackle effectively. What activity can you use to develop clean tackling?

What will this Game do?

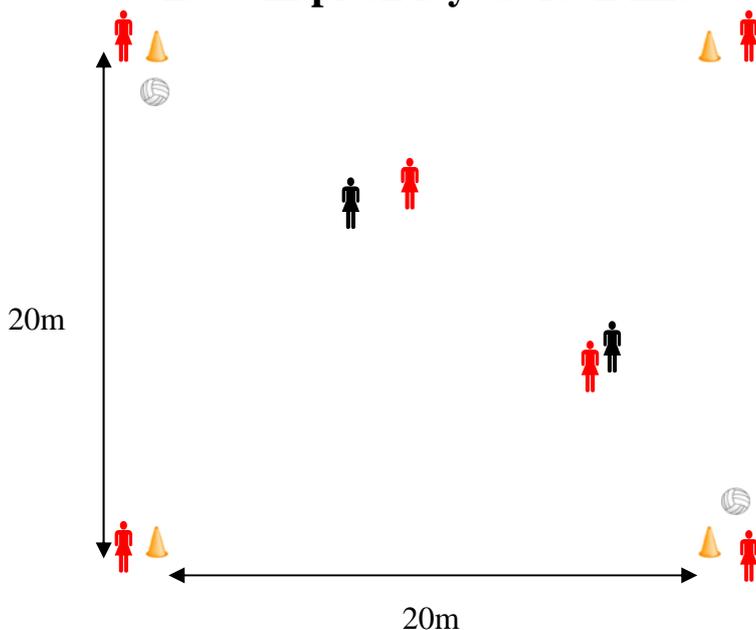
This game will:

- Ensure your players tackle by using open hand or hands on ball at all times
- Develop communication with your players
- Reaction and sprinting speeds are also developed

What do I need to set up this Game?

- The size of the playing area should be 20m x 20m but you would be encouraged to decrease the size of the square where possible to encourage more opportunities for defender to tackle
- 2 Footballs
- 2 sets of bibs or at least one set for one team
- Markers to outline space
- Whistle

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Balls starts at two corners
- Play begins when ball played in from one corner to an attacking player

Rules of Play:

- Object of game is to gain possession of ball from a corner and pass to team mate in square for them to pass back to another corner
- Players must then start again by getting possession of other ball from a different corner
- Coach can stop game at any time and highlight how the players are tackling. They must keep their hands off the player and tackle only with the open hand or hands
- Player must pass to team mate before playing back to another corner
- Coach should focus on the tackling rather the attacking play
- This should be moving at high pace and players should be alternated regularly

How do you score in the Game?

- Attacking team get a point for every successful pass back to a corner

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Decrease space in each zone (this will ensure defenders are closer at all times)	Increase space in each zone (this will ensure high pace and more space to cover)
Task	Remove limit of passes before playing to a corner	Set number of passes before having to return to a corner Players are not allowed to solo or bounce - first time football
Equipment	Add number of footballs	Play game with just one football
People	Decrease number of attackers (eg) 2 defenders v 1 attackers rather than 2 v 2	Decrease number of defenders (eg) 2 attackers v 1 defender

What are the Common Problems to watch out for:

Problem	Solution
Players not tackling with open hand or hands	Players must not attempt tackle until clear sight with open hand or hands
Defending players not reacting to new ball quick enough	Defenders are responsible for their own player only
Lack of movement of players	First time football at all times so must be in support

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GAME 1: GLADIATORS

Why play this Game:

Scenario:

Your defenders find it difficult to tackle a player running at them without conceding frees. What activity should you use to work on this in training?

What will this Game do?

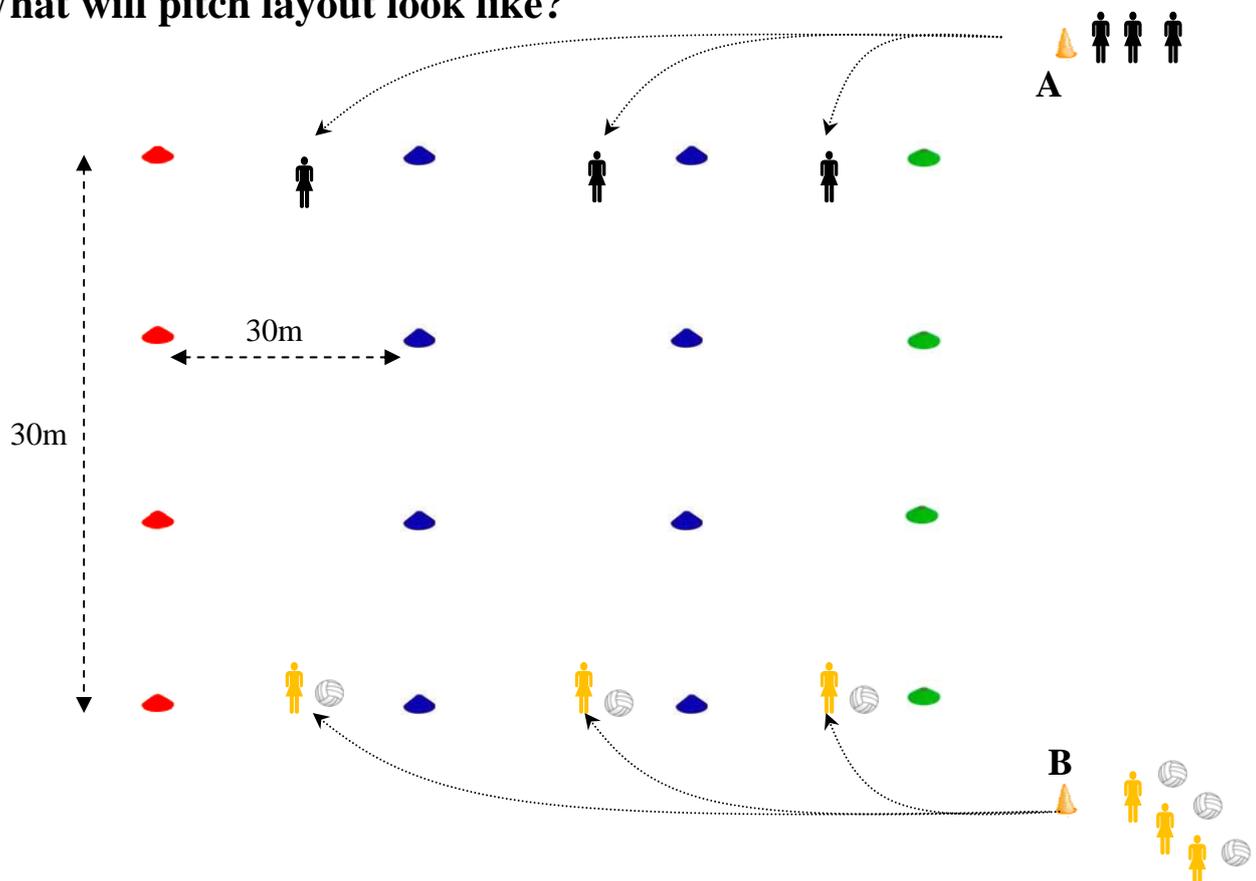
This game will:

- Ensure defenders practice the skill of stopping a player running at them with conceding frees
- Develop ability of attackers to go past a player
- Increase communication throughout your team

What do I need to set up this Game?

- 6 Footballs
- Cones to mark channels
- Whistle

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Coach sounds whistle and first three attackers and three defenders enter grids

Rules of Play:

- All rules of Ladies Gaelic Football can apply
- 3 defenders start at cone A at one side of the grid and 3 attackers at cone B on other side
- Each attacker has a ball
- Defenders must decide before whistle which attacker they will follow
- On whistle, attackers then run at random into a 'Gladiator' channel (one attacker in each)
- Defenders track their own player to the grid they run to and must try and prevent them from getting from one end to the other by tackling, shadowing and dispossessing – clean tackling
- Attackers must play ball every 4 steps

How do you score in the Game?

- Attackers get a point for every time they get through grid successfully while defenders get a point for every attack they break down

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Increase width of channels	Decrease width of channels
Task	Players can start at end of set channels so defenders are ready for attack – less decision making	Use one football per group and attackers work as team to get ball to other side of grid. Must pass ball along channels as cannot move from own channel – defenders must time run and tackle
Equipment	When attackers drops football they can pick up and continue attack	Add goal posts/poles/cones to end and attacker must fist over point at end of attack
People	Leave one defender in each square of channel so just have to defend their square	Increase number of attackers

What are the Common Problems to watch out for:

Problem	Solution
Open hand (s) tackle	Stop play if proper tackle not being utilised – demonstrate - restart
Players running to same channel – lack of communication	On fist whistle players decide channel and on second run for that channel
Players moving outside channels	Counted as point for defender if attacker moves outside the grid