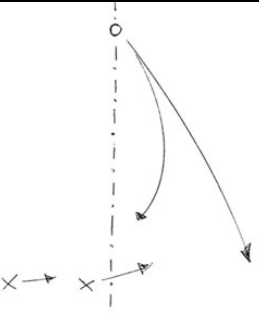
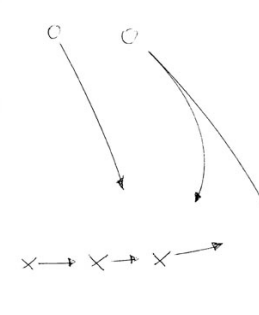
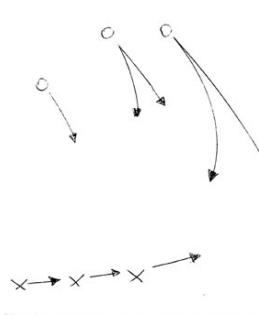


Tackle as a unit

Purpose of the training: learn that defense is also a team action.

Basics

1. Tackle your direct opponent from inside out (drift) with your outside shoulder
2. Does your opponent step inside, then your shadow tackler is responsible:
 - You tackle with your inside shoulder on the ball
 - The shadow tackler tackles with his outside shoulder
3. Is your direct opponent too fast for you? Then the tackler outside of you must come back inside to tackle.

| Exercises | Organisation | Didactics / learning method |
|--|---|---|
| <p>Exercise 1: 5 players per group. Grid: 10x10m 2 tacklers, 1 attacker Attacker runs for the corners; Attacker may step inside;</p> |  | <p>Point at your man.</p> <p>Schadow tackler must coach the assigned tackleler coachen.</p> <p>The schadow tackler must go for possession right away.</p> |
| <p>Exercise 2: As above - 3 tacklers, 2 attackers When the first attacker passes the ball the "roles" of the defenders pass too.</p> |  | <p>The first attacker may not come inside.</p> |
| <p>Exercise 3: As above - 3 tacklers, 3 attackers When the first attacker passes the ball the "roles" of the defenders pass too.</p> |  | <p>The first attacker may not come inside.</p> <p>Attack: number 1 must decide: Play the ball Play a miss-out pass</p> |
| | | <p>Concentrate your feedback on the technique of the tackle and the communication between the defenders.</p> |

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|--|--|--|
| Exercise 4: Bring-in support players. | | |
| 8 against 8 | | |