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TACKLING

Tackling is an important part of the game in order to regain possession, stop opposition attacks and starting your own attacks (transitioning).

The most important part of tackling is that you win the ball before touching the opposition player (unless shoulder to shoulder).



Under no circumstances should a player leave the ground when tackling or attempt a tackle in a lunge style motion. As well as this, tackles that are made with the players' studs facing up towards the opponent will be considered foul play and could result in a booking and a free-kick to the opposition.

Tackling Coaching Points:

The same basic coaching points apply to all types of tackles:

1. Assess the position and movement of the ball.
2. Assess where your opponent is and their movement.
3. Keep your eyes on the ball at all times.
4. Commit to the tackle (if you go in with half-effort you could hurt yourself or your opponent with poor technique).
5. Use your closest foot to the ball so you don't have to turn your whole body/ go across your body to make the tackle.