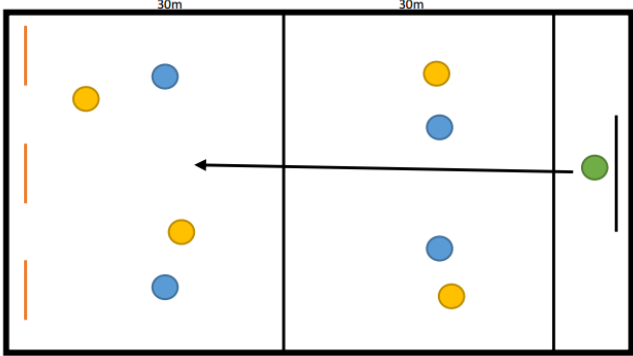





<p><b>Session Focus: Tackling</b></p>	<p>Prep: 1. Split into 4 teams, approx. 8 v 8 for matches, half with bibs &amp; half without bibs</p>	
<p>Exercise 1: 20 mins Kickout Game:</p> <ol style="list-style-type: none"> <li>1. Keeper gets 5 kickouts to one team (Blue)</li> <li>2. If Blue player wins kick out, they must work ball out to gates(orange), then try to score</li> <li>3. If Yellow win kick out they can score directly</li> </ol>		
<p>Exercise 2: 10 mins</p> <ol style="list-style-type: none"> <li>1. Dynamic movement/strength development exercises</li> </ol>	<ul style="list-style-type: none"> <li>• Declan to lead</li> </ul>	
<p>Exercise 3 : 20 mins (Near Hand Tackle)</p> <p>10 mins in pairs:</p> <ul style="list-style-type: none"> <li>- Attacker solos out one side of cones</li> <li>- Attacker must stay in line with cones</li> <li>-Defender must try knock ball away with near hand</li> </ul> <p>10 mins:</p> <p>Tackle Alley (1v1):</p> <ul style="list-style-type: none"> <li>-defender passes ball to attacker, then closes down attacker before they shoots for point</li> <li>-focus on blocking but includes tackling too</li> <li>-stop &amp; fix fouls</li> </ul>	<p>1.</p> 	
<p>Match 20 (mins)</p> <p>Stop &amp; Fix:</p> <ol style="list-style-type: none"> <li>1. "Find a pass" first – too many of them are taking a solo before looking for pass.</li> <li>2. "Play as a team" – pass to free player in best position to score – rather than trying to take a man on so they can score</li> </ol>	<p>Pitch 1, 2 &amp;:</p> <ul style="list-style-type: none"> <li>-8 v 8</li> <li>- <b>3 seconds to get rid of ball</b></li> <li>- <b>Block/Near Hand Tackle = Score</b></li> </ul> 	
<p>Wrap up race/fun game (5 min)</p>		