U6 u8 tackling

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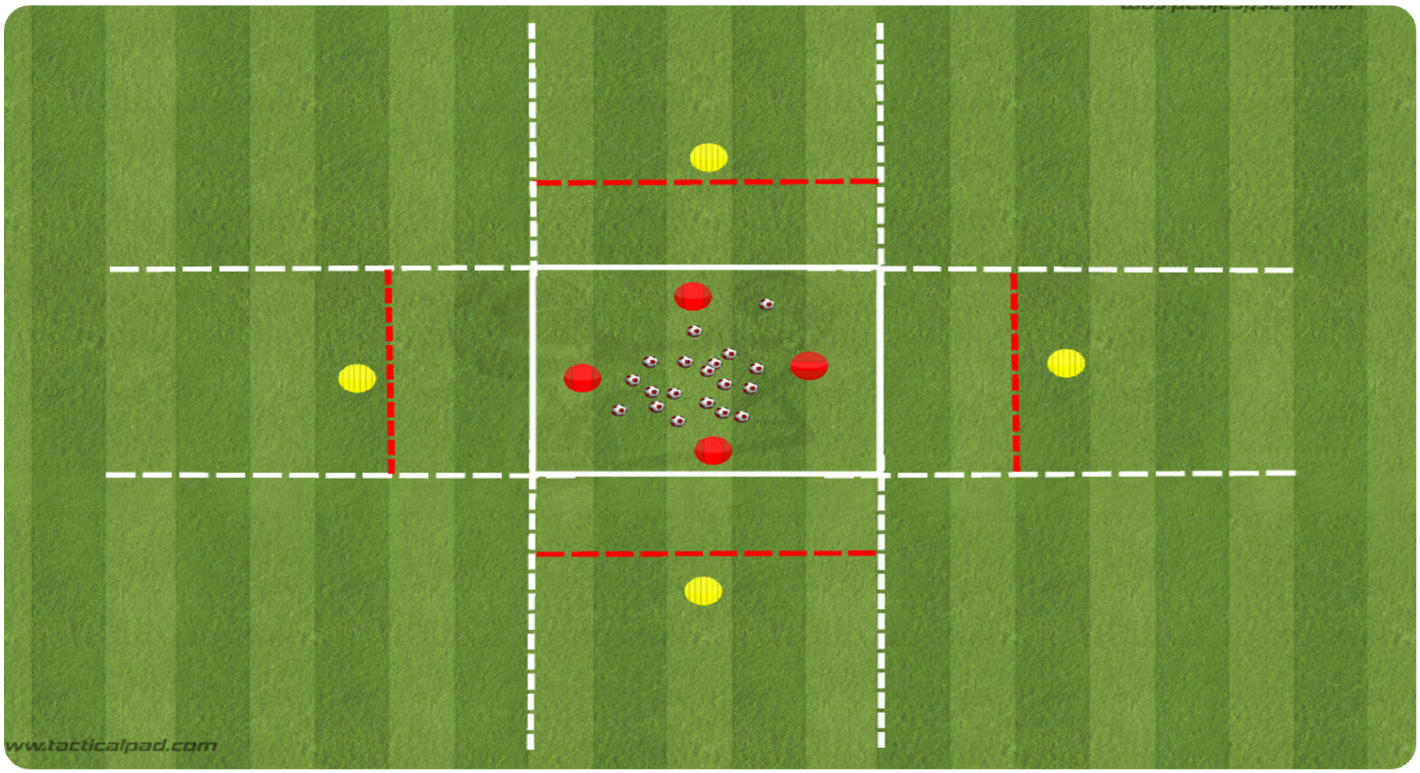
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TACKLE LANES

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Tackle



RULES

1. Set up tackle lanes as above. Each player has 3 balls.
2. On the whistle they roll pick one and attempt to take on their marker through the lane
3. If they are successful/unsuccessful, then they go back and repeat for two more balls.

QUESTIONS

Cues: • Boxer's stance • Hands wide • Show them a side – It's like herdin sheep • Shove the shoulder

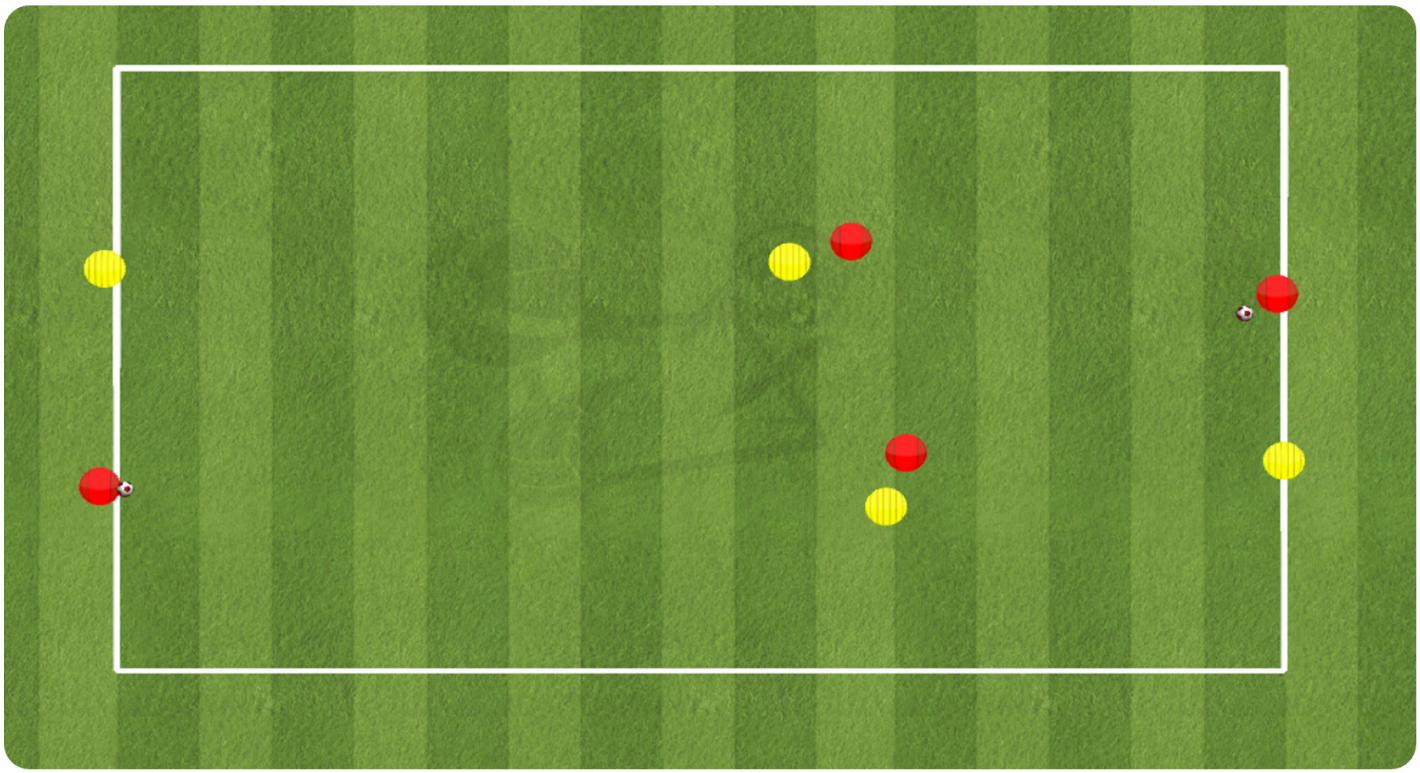
NOTES

TACKLE IN PAIRS

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Tackle



RULES

1. Set up a grid similar to above. Two pairs on the inside and outside.
2. Attacking pair receive a ball from the outside and attempt to work it down to the opposite end.
3. If they are successful, they get a ball from the other end and work it back.
4. Play for 90 seconds and swap.

QUESTIONS

Cues: • Boxer's stance • Hands wide • Show them a side – It's like herdin sheep • Shove the shoulder

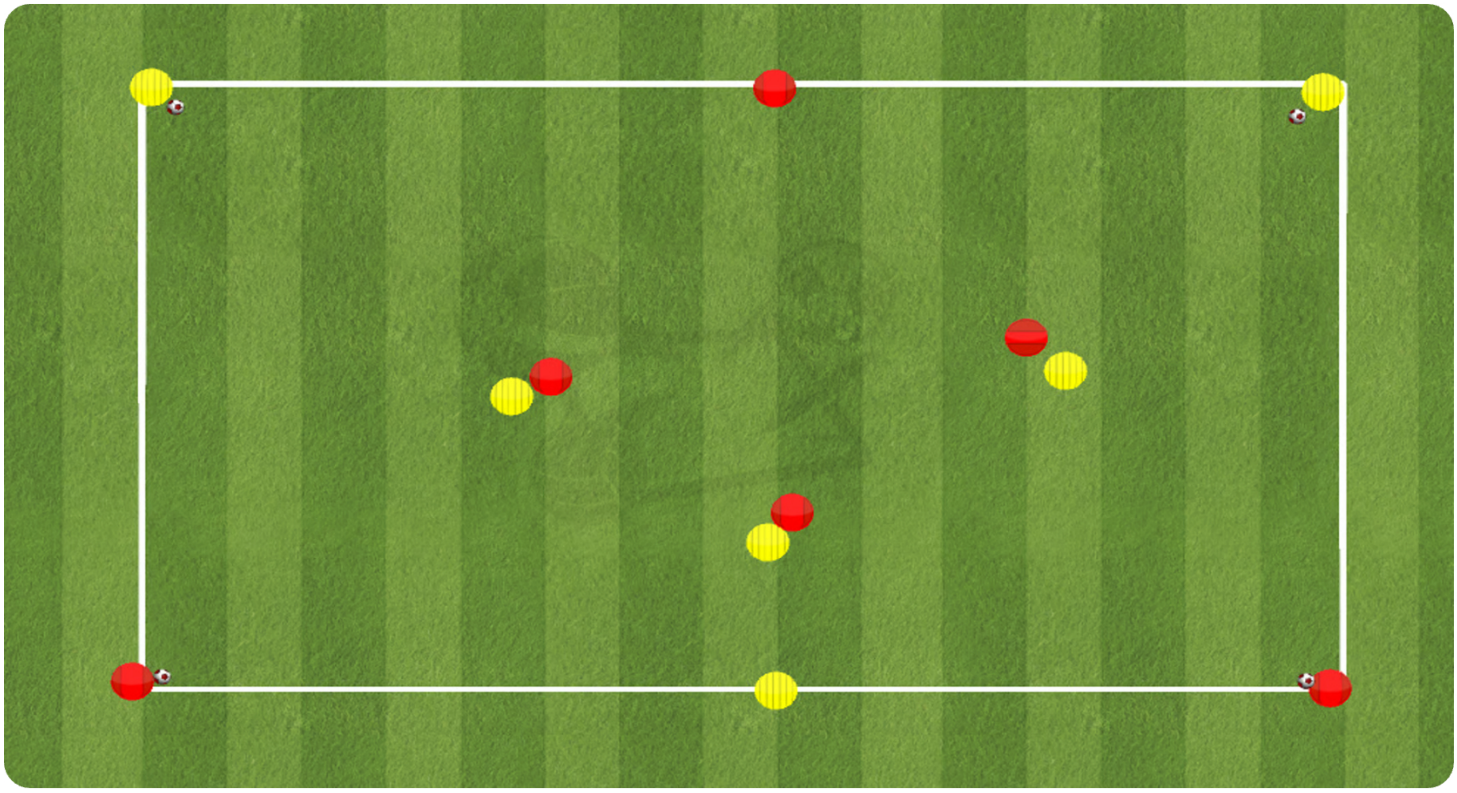
NOTES

TACKLE BOX

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s, U11/12s, U13/14s

Tackle



RULES

1. Set up a grid with 6 players on the outside, each with a ball.
2. Three pairs on the inside marking each other
3. Once the coach gives the signal, then one colour gets a ball from the outside and passes to someone else who doesn't have a ball.

QUESTIONS

Cues: • Boxer's stance • Hands wide • Show them a side – It's like herdin sheep • Shove the shoulder

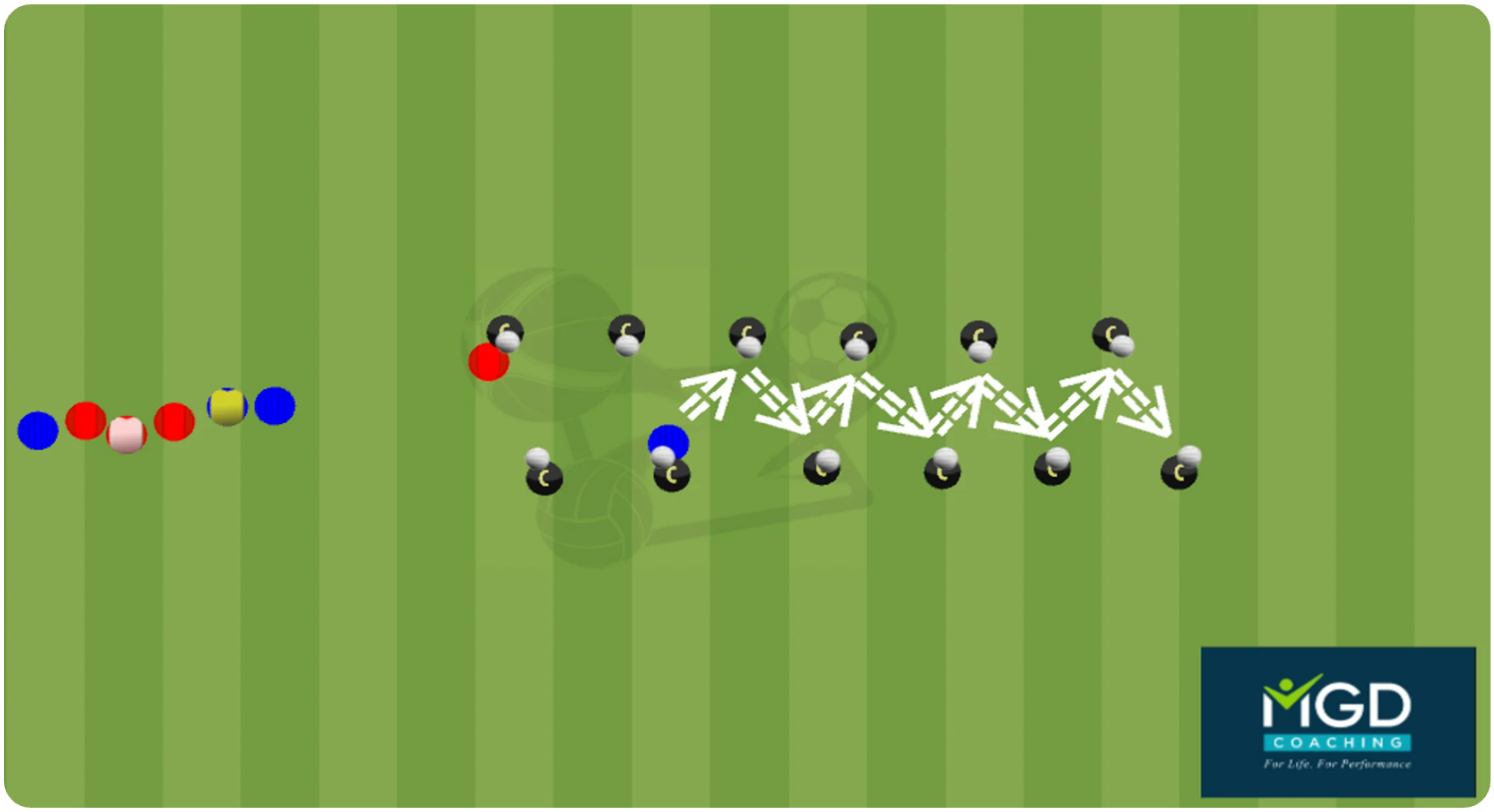
NOTES

THE NEAR HAND TACKLE TUNNEL

Skill Games

Time: Any | **Sport:** Football | **Age Group:** U7/8s, U9/10s

MGD Coaching



RULES

Coaches/Parents/Players line up opposite each other forming a tunnel. Each coach/parent has a football.
Parents hold the ball in their hands. Children line up and run through the tunnel trying to dispossess the parents by using the near hand tackle.
Progress to parents/coaches bouncing or soloing the ball and children trying to dispossess them using the near hand tackle

QUESTIONS

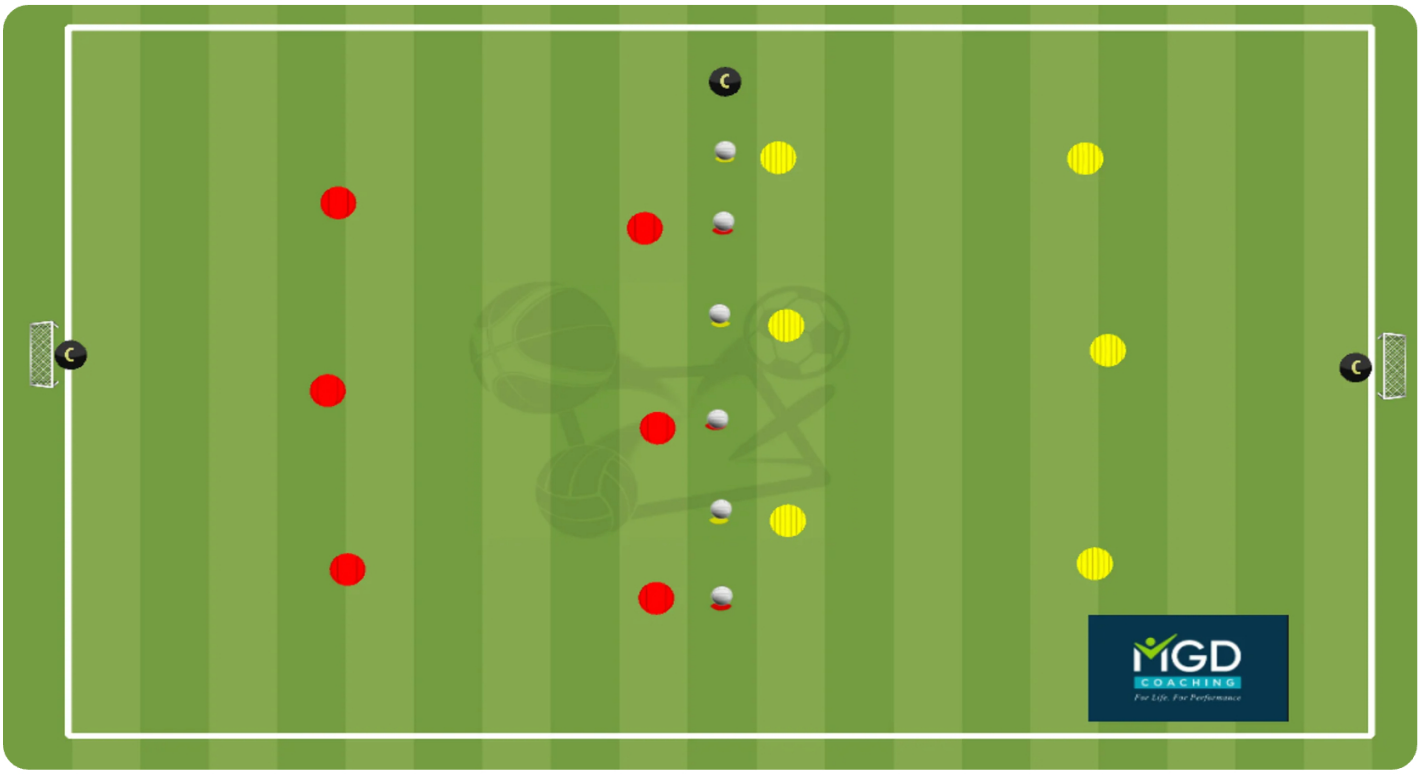
NOTES

BATTLE ROYAL

Skill Games

Time: Any | **Sport:** Hurling, Football | **Age Group:** U7/8s, U9/10s

MGD Coaching



RULES

Two teams. Each team selects an even number of defenders and attackers. Attackers line up near the footballs and defenders line up behind their attackers.
On coach's call, attacker pick up the ball from their coloured cone and try to score, while defenders try to stop them.
Reset and swap defenders and attackers.
For hurling, place the sliothar beside the cone and attackers can jab/roll lift to start

QUESTIONS

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