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| 1 “Rehearsal” | • Have 2 players stand 2-3 steps on either side of the ball.  
• On command both players should squarely step to address and block the ball. | | • Players rehearse safely a “block” tackle.  
• Inside of foot to ball.  
• Get weight into the tackle.  
• Do not stretch or go to ground. |
| 2 1 vs. 1 “Faced Up” | • 1 vs. 1 to goal.  
• Coach serves ball to slightly favor one player.  
• If you have 10+ players use 2 grids. | X X  
△ O  
△ X  
△  
O O  
Coach | • Close to the ball.  
• Maintain a good distance to tackle and recover.  
• Get body behind tackle.  
• Tackle without crossing feet. |
| 3 1 vs. 1 “From Recovery” | • 1 vs. 1 to goal. (As above but…)  
• Players attack goal they start at.  
• Defender must recover goal side. | X X  
△ O  
△ X  
△  
O O  
Coach | • Recover goal side.  
• Do not tackle from behind.  
• Face up to opponent.  
• Tackle firmly with closest foot. |
| 4 2 vs. 2 “Decisions” | • 2 vs. 2 to goal.  
• Restarts are passed in.  
• Play 3-4 minute sets with good rest. | O  
O  
O  
O  
X  
X  
X  
X  
Coach | • Defender not on ball must be ready to close.  
• Close as ball is traveling.  
• Ensure proper tacking technique. |
| 5 6 vs. 6 “The Game” | • 6 vs. 6 including keepers.  
• No conditions on play.  
• Be prepared to stop 2-3 times in 15 minutes to review topic. | X  
X  
O  
O  
GK  
X  
X  
O  
O  
GK  
X  
O  
GK | • All tackles should be made from the front.  
• Avoid going to ground.  
• Tackle with either foot as situation demands.  
• Do not reach; stay compact. |