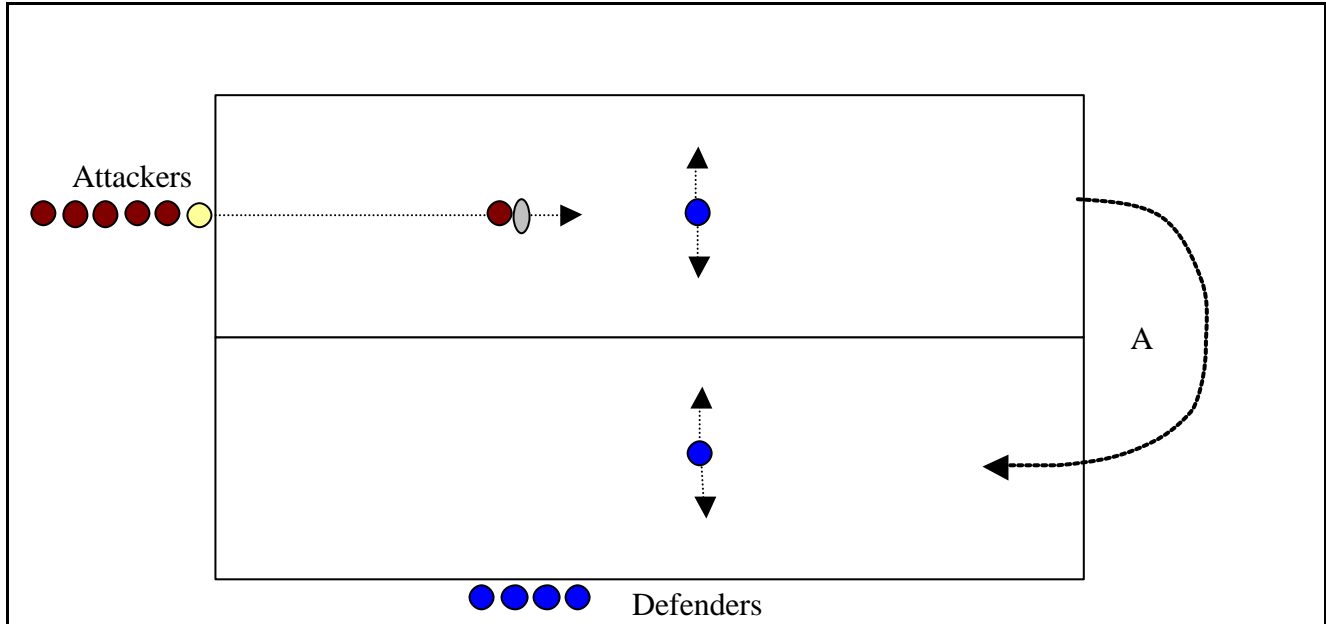


Drill Name		Tag Tackling – Player in The Middle						
Objectives		This drill develops both tackling and evasion abilities. It allows the defender to focus on tackling an advancing player. The attacker must focus on straight running.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
16	2 Channels	5 x 20	6	12	10			



<p>Description</p> <ol style="list-style-type: none"> Each attacker is released at fairly quick intervals. The attacker must complete the channel without being tagged. At the end of the first channel (A), they must turn and run back down the second channel, again without being tagged. The defender in each channel faces the attacking player and attempts a tag tackle. If a tackle is made a point is awarded to the defending team. The attacker regains tag and continues. When all attackers have completed the circuit, place the next two defenders in position and repeat. When all defenders have had a go, swap the teams over so that the attackers are now defenders and the defenders are now in attack. When both teams have been in defence, the winning team is the team that made the most tags. <p>Progression</p> <ol style="list-style-type: none"> Speed up drill. Release 2 attackers at a time, one with the ball and the other supporting. 	<p>Set-Up</p> <ol style="list-style-type: none"> Mark out 2 channels Divide group evenly into a team of attackers and a team of defenders Situate attackers at the start of the channel. Place one defender in each channel as shown Coach with each team. <p>Key Factors</p> <ol style="list-style-type: none"> Two hands on ball Run straight Line of running Correct tackle, hold up tag, call "Tag". Move side to side to reduce space. Keep hand open, eyes focused on attackers hip.
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