

Coaching the Tackle – Kevin Kelly

Ballinascreen GAC, Co. Derry

27/1/09

Questions

What is the Tackle? What do the Rules Allow? What habits do players have?

Drill 1

Name: Hand passing – Cross the Line.

Aim: Cross the line with the ball without being touched using team mates

Rules:

1. Set up a square 10m by 20m
2. 3A v 1D
3. Attackers must get ball from one side of square to other.
4. Full Hurling rules
5. Only allowed to pass via hand pass

Variations:

- a. 3A v 2D

Drill 2

Name: Hurling Tackles

Aim: Re-emphasize the major hurling tackles

Rules:

1. Players pair of
2. Go through the following tackles
 - a. Ground Block
 - b. Frontal Block
 - c. Hook Ground/Air

Variations:

- a. Use Ball

Coaching the Tackle – Kevin Kelly

Game 1

Name: Who's Attacking

Aim: This game is designed to force players to change quickly from defensive mode to attacking mode and vice versa.

Rules:

1. Two teams of 6-8 outfield players line out in one half of the pitch.
2. One goalkeeper stands ready to play for whichever team is defending.
3. The coach starts the game by lobbing a ball into the playing area.
4. The team that wins possession must work the ball out over the halfway line, keeping possession.
5. Once across the line, this team turns with the ball to attack the goals.
6. The other team defends and tries to win the ball back.
7. Should one team dispossess the other during open play, that team must work the ball out in the same fashion.
8. In short, no attack may be mounted without the ball first being taken over the halfway line.

Variations:

- a. Only allow goals to be scored

3D's Delay/ Deny/ Dispossess

Drill 3

Name: Mirror Movements

Aim: Focus on your and opponents movement.

Rules:

1. Players pair of
2. 1 players moves forward/ backward/ left or right
3. Their opponent must mirror there movement.

Drill 4

Name: Through the box.

Aim: Stop player getting pass you with the ball

Rules:

1. Set up square 10m x 5m

Coaching the Tackle – Kevin Kelly

2. Players get into 2 two lines opposite each other on the 5m line.
3. Player A with the ball tries to get the ball passed player B
4. Player B tries to dispossess player A fairly or by shoulder them over the side line (10m line)

Drill 5

Name: Run the Gauntlet

Aim: Stop player getting pass you with the ball

Rules:

1. Set up square 30m by 5m
2. Break 30m line every 10m so that you have 3 squares
3. Place a defender on each line. i.e. D1 on the 10m line, D2 on the 20m line, D3 on the 30m line.
4. All other players line up on end line 1 behind the other.
5. 1st player with ball try to get ball by D1, then D2 then D3. If stopped or dispossessed they take the play of D3 and all other defenders move forward a square. D1 goes to the back of the attacker line.

Drill 6

Name: Get from behind, tackle in Front.

Aim: work together to stop player get ball across the field.

Rules:

1. Get into groups of 3.
2. 2Defenders and 1Attacker
3. Attacker lines up on sideline with ball
4. Defenders line up 5m and 10m in from the sideline beside the attacker.
5. A tries to get ball passed D1 if they do they then continue on and try to get ball passed D2
6. At the same time D1 must double back and try to get behind A and D2.
7. If A gets by both Defenders they must wait for the defenders to set up again
8. Continue to the attacker crosses the far sideline. Then swap roles and return to start.

Game 2

Name: Doubling up

Aim: game of possession emphasising good defending and not getting lazy.

Coaching the Tackle – Kevin Kelly

Rules:

1. Two teams of 6-8 outfield players line out in one half of the pitch.
2. The attacking team try to keep possession by playing the ball to each other.
3. If the defence win possession of the ball the attacker who was caught in possession must leave the game. Allowing the defence to double or triple up on the attackers.
4. If the defenders commit a foul an attacker is allowed to return to the game.

Game 3

Name: Good Tackle Bonus

Aim: Normal game awarding a good tackle

Rules:

1. Two teams line out one pitch to suit numbers.
2. If a player is caught in possession or tackled using a legal tackle the defender is awarded a free.

Variations:

- a. Tackle awards a point.

Warm Down Game

Name: Ball Bulldog

Aim: To improve players evasive running and tackling

Rules:

1. A group of 16-24 players with an area of 20m x 20m or larger depending on group size. Players line up on one side of the grid with one player selected as the defender in the middle
2. On the coaches call players must run from start line to finish line without being tackled by the selected defender.
3. Once tackled that player joins the defended
4. This continues until the last player is tackled or until the catch has stated the number to be tackled.
5. No more than one player at a time tackles a runner

Variation

1. No ball required.