



## Castleknock GAA Coaching the Tackle

**GPO – Dáire O’Neill**

### **Reasons for Tackle:**

“The 4 D’s”

1. **Deny** the player the ball
2. **Delay** the player in possession
3. **Dispossess** the player if ball won
4. **Develop** an attack

These skills are developed in 2 situations

1. Defender facing the attacker with back to goal
2. Defender chasing attacker near hand tackle

The following contains drills to improve your players defending capabilities. You can use these drills and vary them yourself to suit your needs.

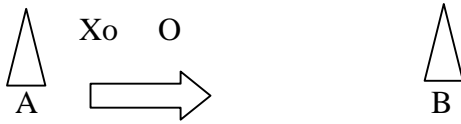
### **STRAIGHT ON TACKLE-ATTACKER RUNNING AT DEFENDER**

Basics- Delay the attacker- hands out in front  
Deny space- strong arms out to side - make yourself big  
Quick Feet- up on the balls of your feet

Aim- Reduce attacker speed, slow or stop the attacker (Don’t foul- player too concerned with ball will foul player)

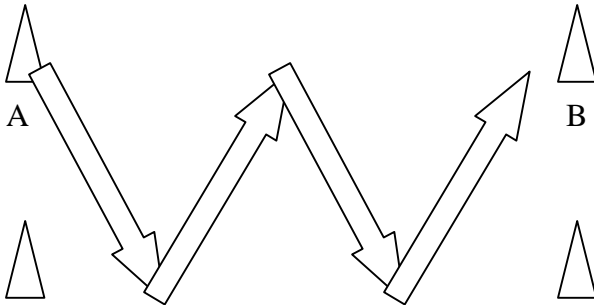
Partner work – Ball between 2 players. Player 1 attempts to solo past player 2.  
Cones to be 5 metres apart. After 3 attempts players switch roles.

### Drill 1



- ❑ Mark out as above.(Cones 10-15m apart)
- ❑ Position 2 players at cone A one attacker and one defender.
- ❑ Player at cone A jogs to cone B, defender travels backward with arms out.
- ❑ Reverse roles on the way back
- ❑ Introduce ball and increase intensity, quick feet, quick hands

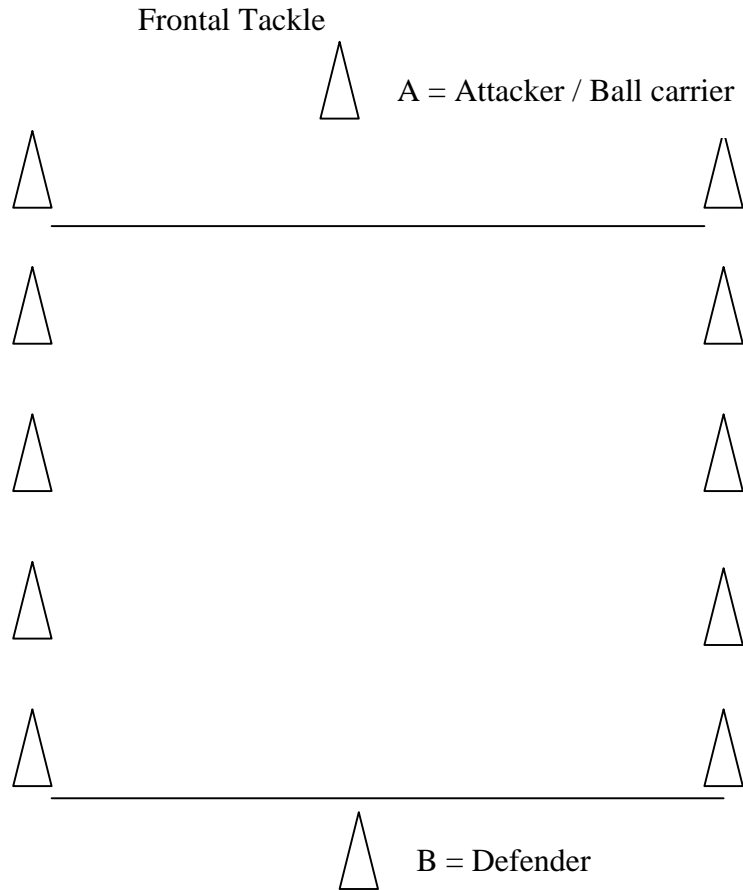
### Drill 2



- ❑ Mark out as above.
- ❑ Position 2 players at cone A one attacker and one defender.
- ❑ Player at cone A jogs zig-zag with the ball. B focuses on quick feet and slowing attacker down. Start slowly and increase intensity.
- ❑ Reverse roles on the way back
- ❑ Increase intensity by introducing competition- race against the clock

### Drill 3

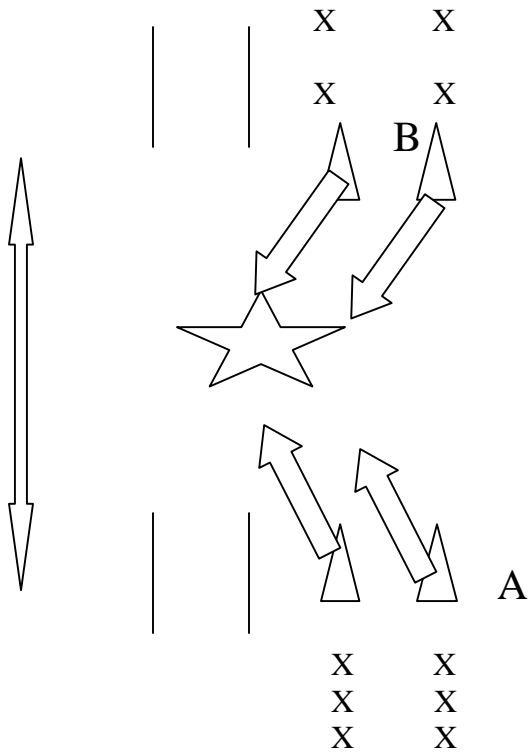
Set up as below. Attacker tries to get past designated line but must stay in between the cones.



#### Description

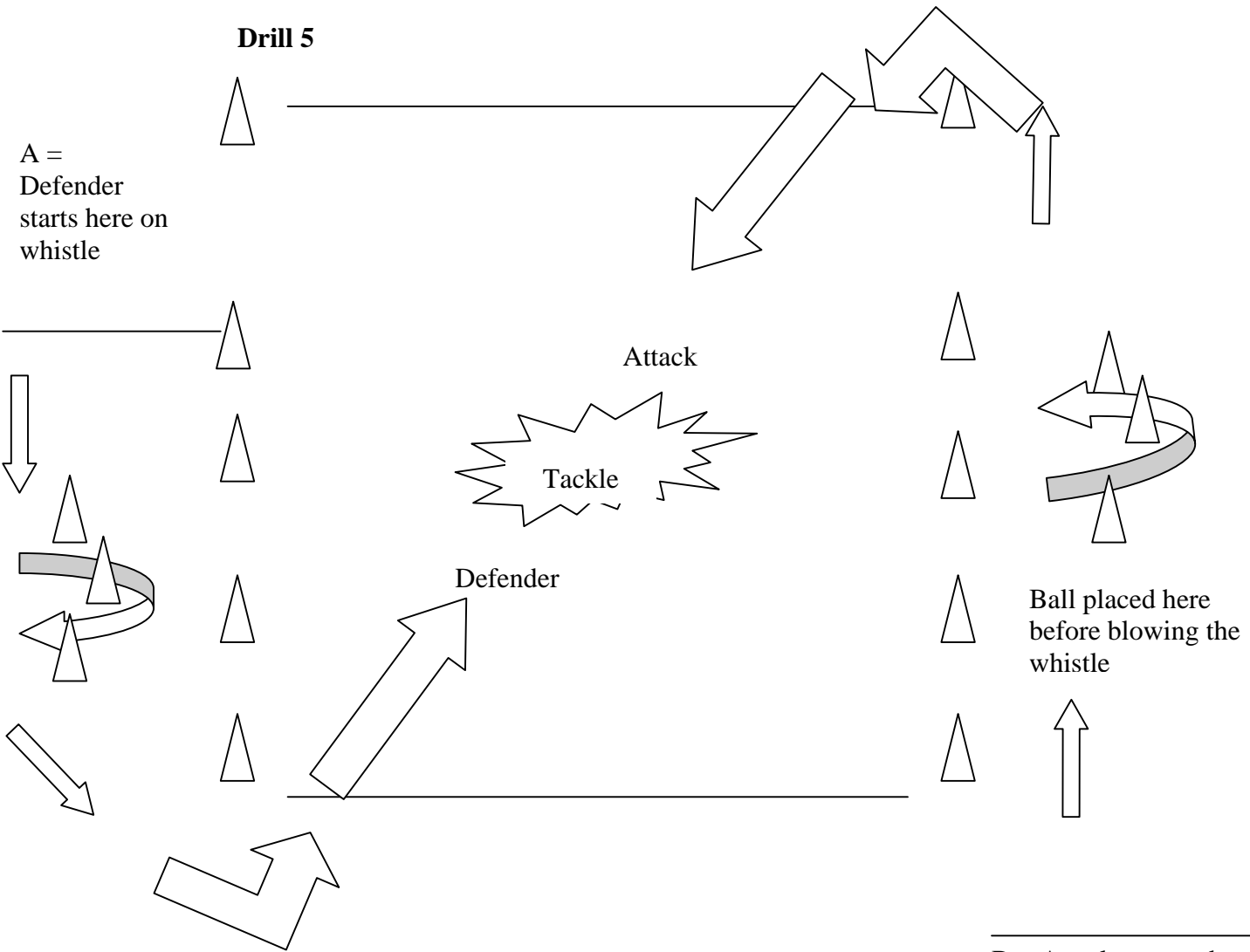
- ❑ Mark out the grid as follows.
- ❑ Position at least 3 players at cone A and three players cone B.
- ❑ Player at cone A starts with the ball tries to solo past defender and over the scoreline.

#### Drill 4



- ❑ Mark out as above.
- ❑ Position players behind cones. Ball starts at A, these two players are the attackers
- ❑ On whistle attackers run towards goal with defenders running from B trying to stop them scoring.
- ❑ When the attack is over attackers and defenders will switch ends – ie. switching roles.
- ❑ If the ball is dispossessed the defenders win that particular play.
- ❑ Coaches should be ready to give ball to attackers who are ready at the cone. The coach can vary the tackle by delivering the ball at different times (ie. players already on the move).

## Drill 5



### Description

- ❑ Mark out the grid as above
- ❑ Position at least 3 players at A and three players at B.
- ❑ On the whistle, players at A sprints through course towards tackle zone. Player at B sprints and picks up ball and solos with the ball to the tackle zone before attempting to take on the defender and make the gain line.
- ❑ If the player successfully reaches the gain line or is dispossessed then the challenge is over and the tackler continues down to B while the attacker joins the defenders.
- ❑ Increase or decrease the numbers in each tackling zone depending on required intensity.

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B = Attacker starts here and on the whistle sprints to the ball before taking on the defender

## TACKLING USING THE NEAR HAND

Coaching points

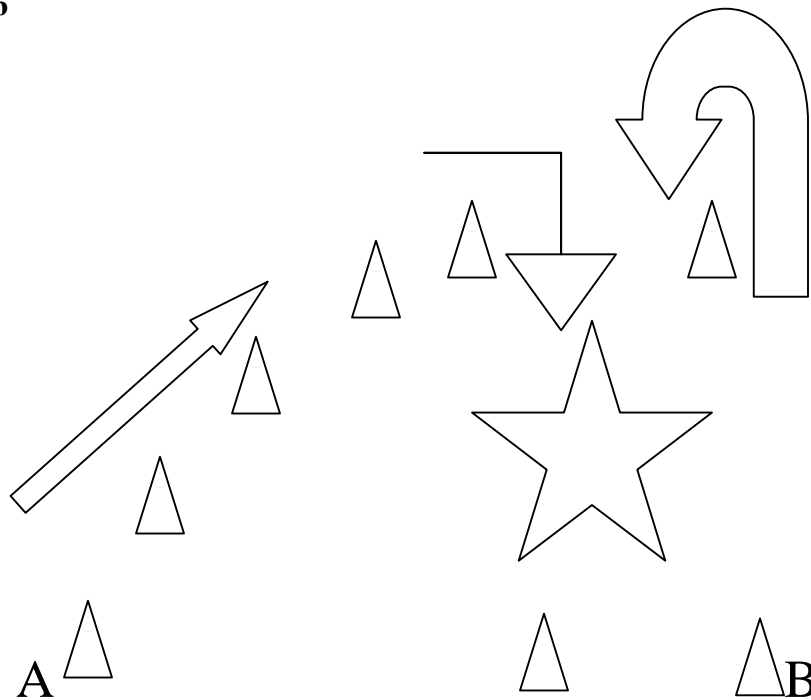
- Eye on the ball
- Open hand- strong arms – always the near hand
- Make the tackle on the solo

In pairs: Player A has possession and B runs along side him using the near hand to tackle.

Increase intensity from walking to jogging and running.

Player with ball cannot turn back and must continue to break the tackle.

### Drill 6



GOAL

- Mark out the grid as above
- Position 2 players at A and three players at B.

- ❑ On the whistle, players at A sprints around cones and into tackle zone. Player at B sprints with ball to the tackle zone and attempts to get through zone and kick for score
- ❑ Player A must dispossess using near hand tackle.
- ❑ Increase or decrease the numbers in each tackling zone depending on required intensity.