

The rear tackle

The session

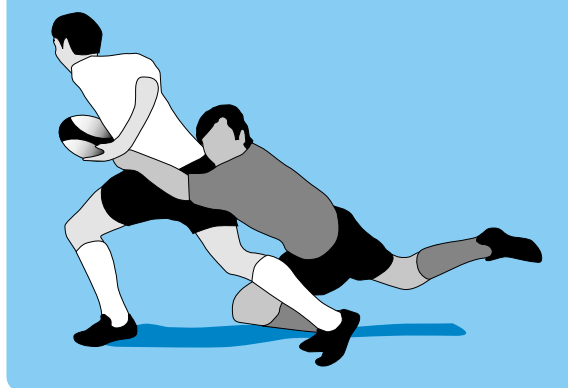
What you tell your players the session is about:

- 1 Bringing down a player from behind.
- 2 Covering back to make a tackle.

What you tell your players to do:

- 1 Aim to tackle the ball carrier by putting your shoulder into the back of their shorts.
- 2 Then slide and wrap your arms around their legs and pull tight.

The rear tackle in focus



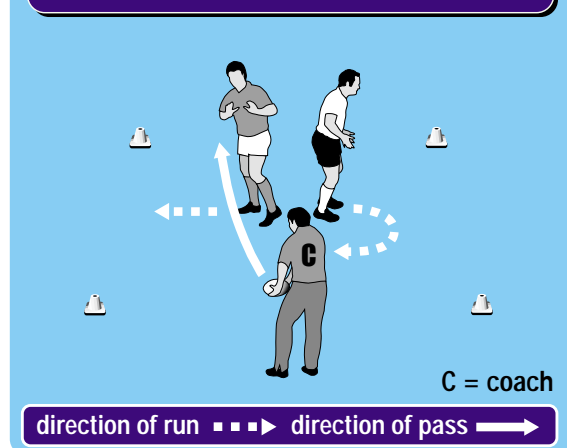
What you get your players to do:

Warm-up: Play a game called “truck and trailer”. Split your players into pairs, each pair with a ball. One player without a ball runs away from the other, who has to try to touch them on the shorts with the ball.

Main practice: In a 3 metre channel, 10 metres long, stand a pair of players back to back in the middle. You

stand outside the channel. You pass a ball to one player and shout “GO”. The ball carrier jogs towards the line, the other chases and tackles.

The rear tackle



Developing the session

The training session can be developed as follows.

- 1 Allow the ball carrier to run faster.
- 2 Change the starting distances between the players.

A game situation

The session can be developed further by playing the “balloon burst” game. In 20 metre square box, two defenders stand on an edge facing into the box. Two attackers jog around five metres away from the edge that the defenders are standing on. You stand behind the two defenders. You throw a ball into the box towards an attacker. Once it passes over the defenders, their balloon is burst and they chase the attackers, who have to score over the line at the far end. Adjust the height of the throw and then length of the box according your players’ ability.

Coach’s notes



What to call out

- “Arms wide before the tackle”
- “Let your momentum and weight take the ball carrier down”
- “Hold on tight”
- “Press your head into their body”



What to look for

- Tacklers coming off their feet in the tackle. Feet on the ground act as a drag on the ball carrier adding to the effectiveness of the tackle.
- Tacklers tackling too high. This often indicates a poor head position and will mean it will take longer to bring the ball carrier down.



What to think about

When are your players most likely to use this type of tackle? Can you get your tacklers to use their momentum to get into a stronger position to compete for the ball once the ball carrier is brought to the ground?