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| 1                    | **“Rehearsal”**                                                                                 | ![Diagram](image1.png) | • Players rehearse safely a “block” tackle.  
  • Inside of foot to ball.  
  • Get weight into the tackle.  
  • Do not stretch or go to ground.  
  • Which way should you try to force the ball carrier? |
| “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. | ![Diagram](image2.png) | • Close to the ball.  
  • Maintain a good distance to tackle and recover.  
  • Get body behind tackle.  
  • Tackle without crossing feet.  
  • What helps you decide to force the ball carrier one way or the other? |
| 2                    | **1 vs. 1 “Faced Up”**                                                                           | ![Diagram](image3.png) | • Recover goal side.  
  • Do not tackle from behind.  
  • Face up to opponent.  
  • Tackle firmly with closest foot.  
  • Why is good to be able to tackle with either foot equally? |
| 1 vs. 1 “Faced Up”   | • 1 vs. 1 to goal in a 12 x 10 yard grid.  
  • Coach serves ball to slightly favor one player.  
  • If you have 10+ players use 2 grids. | ![Diagram](image4.png) | • 1 vs. 1 to goal. (As above but…)  
  • Players attack goal they start at.  
  • Defender must recover goal side. |
| 3                    | **1 vs. 1 “From Recovery”**                                                                      | ![Diagram](image5.png) | • Recover goal side.  
  • Do not tackle from behind.  
  • Face up to opponent.  
  • Tackle firmly with closest foot.  
  • Why is good to be able to tackle with either foot equally? |
| 1 vs. 1 “From Recovery” | • 1 vs. 1 to goal. (As above but…)  
  • Players attack goal they start at.  
  • Defender must recover goal side. | ![Diagram](image6.png) | • Close to the ball.  
  • Maintain a good distance to tackle and recover.  
  • Get body behind tackle.  
  • Tackle without crossing feet.  
  • What helps you decide to force the ball carrier one way or the other? |
## Lesson Plan

### Age: 10-U

#### 2 vs. 2

**“Decisions”**
- 2 vs. 2 to goal in a 20 x 15 yard grid.
- Restarts are passed in.
- Play 3-4 minute sets with good rest.

- Defender not on ball must be ready to close.
- Close as ball is traveling.
- Ensure proper tackling technique.
- If you tackle and are really close to the opponent what might be a problem?

#### 6 vs. 6

**“The Game”**
- 6 vs. 6 including keepers in a 50 x 40 yard grid.
- No conditions on play.
- Be prepared to stop 2-3 times in 15 minutes to review topic.

- All tackles should be made from the front.
- Avoid going to ground.
- What is the possible problem with slide tackling?
- Tackle with either foot as situation demands.
- Do not reach; stay compact.
- If we are successful in tackling and winning the ball what should we be thinking about next?