<table>
<thead>
<tr>
<th>Activity Name</th>
<th>Description</th>
<th>Diagram</th>
<th>Purpose/Coaching Points</th>
</tr>
</thead>
</table>
| 1 “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. | | • Players rehearse safely a “block” tackle.  
• Inside of foot to ball.  
• Get weight into the tackle.  
• Do not stretch or go to ground. |
| 2 1 vs. 1 “Faced Up” | • 1 vs. 1 to goal.  
• Coach serves ball to slightly favor one player.  
• If you have 10+ players use 2 grids. | 10x12 O O Coach X X △ O X △ △ | • Close to the ball.  
• Maintain a good distance to tackle and recover.  
• Get body behind tackle.  
• Tackle without crossing feet. |
| 3 1 vs. 1 “From Recovery” | • 1 vs. 1 to goal. (As above but…)  
• Players attack goal they start at.  
• Defender must recover goal side. | 10x12 O O Coach X X △ O X △ △ | • Recover goal side.  
• Do not tackle from behind.  
• Face up to opponent.  
• Tackle firmly with closest foot. |
| 4 2 vs. 2 “Decisions” | • 2 vs. 2 to goal.  
• Restarts are passed in.  
• Play 3-4 minute sets with good rest. | 15x20 O O X X △ O X △ △ △ | • Defender not on ball must be ready to close.  
• Close as ball is traveling.  
• Ensure proper tacking technique. |
| 5 6 vs. 6 “The Game” | • 6 vs. 6 including keepers.  
• No conditions on play.  
• Be prepared to stop 2-3 times in 15 minutes to review topic. | 40x50 GK X X X O O O O GK X X O | • All tackles should be made from the front.  
• Avoid going to ground.  
• Tackle with either foot as situation demands.  
• Do not reach; stay compact. |