

DEFENCE

SESSION 1 – INDIVIDUAL TACKLE

Tackling Key Factors

- 1. Head Position**
- 2. Shoulder Contact/Feet Position**
- 3. Leg Drive**
- 4. Arms**

Objectives of Session 1

- 1. For participants to become familiar with the 4 Key Factors of the Tackle.**
- 2. For participants to learn the basic front on tackle and safety components.**

Safety Information

- 1. Tackle Area is where the majority of injuries occur in Rugby Union.**
- 2. Neck flexion and rotation leading to a serious spinal injury can occur in a tackle. (Head to one side when tackling)**
- 3. Ball carrier falling to the ground and breaking the fall with a straight arm can lead to serious arm injuries. (stay tucked as you fall)**

Tackler Coaching Cues (From ARU Smart Rugby Program)

- 1. Position the ball carrier to the side if possible.**
- 2. Approach – in upright position.**
- 3. Sight the target – above the knees.**
- 4. Balance and dip (late)**
- 5. Head to the side (ear against thigh), looking up**
- 6. Lead foot in close.**
- 7. Firm shoulder contact.**
- 8. Wrap arms and lock (hand to elbow), cheek to thigh (no gaps).**
- 9. Squeeze**
- 10. Fall (on top of) the ball carrier.**
- 11. Quickly regain feet.**

Ball Carrier Coaching Cues (From ARU Smart Rugby Program)

- 1. Hold Ball in two hands.**
- 2. Keep hips square.**
- 3. Lower centre of gravity on contact.**
- 4. Hug ball into chest when going to ground.**
- 5. Exercise options immediately.**

Ball Carrier and Tackler 5m apart for following Drill Sequence

B – Ball Carrier

T - Tackler



Drill 1

- Tackler on knees, indicates preferred shoulder for contact, 3 on left, 3 on right
- Ball Carrier walks towards tackler (holding ball in 2 hands) and stops upon firm shoulder contact. (keep hips square)
- Tackler sights the target above the knees, head to the side looking up and makes firm shoulder contact.(Does not follow through)

Drill 2

- Tackler on one knee, indicates preferred shoulder, makes contact and affects arm clasp. 3 on left and 3 on right.
- Ball Carrier walks towards tackler (Holding ball in two hands) but does not stop walking if tackler has insufficient shoulder contact and arm squeeze.
- Tackler should wrap arms and lock(hand to elbow), cheek to thigh (no gaps). And squeeze arms.

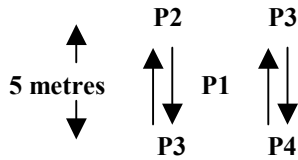
Drill 3

- Tackler standing upright indicates preferred shoulder. Moves forward when ball carrier starts advance. Makes tackle 3 on left and 3 on right.
- Ball Carrier jogs towards tackler (holding ball in tow hands) and maintains gait (if possible) after tackle. Hug ball when going to ground.
- Tackler should balance and dip (late). Lead foot in close. Fall on top of the ball carrier.

Drill 4

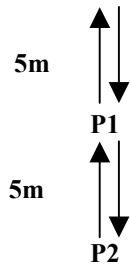
- Tackler is standing upright, indicates preferred shoulder. Moves forward when ball carrier starts advance. 3 on left, 3 on right.
- Ball carrier jogs towards tackler and maintains gait (if possible) after tackle. (Exercise options immediately).
- Tackler must position the ball carrier to the side, if possible. Approach in upright position and quickly regain feet.

Drill 5 Continuous Tackling (Fitness & Technique)



- Groups of 5
- Player 1 on knees continuously tackles players 2,3,4 and 5.
- Players 2,3,4 and 5 run in a straight line to the shoulder indicated by Player 1.
- Player 1 makes the tackles and immediately.
- Each player to tackle continuously for 2 mins.

Drill 6 Shoulder Contact Fitness Drill



- P1 is the hit shield holder, P2 is the tackler.
- The tackler runs forward makes a shoulder hit then continues forward for 5m and touches the ground he then turns around and makes another shoulder hit and again continues forward for 5m and touches the ground. This is done continuously for 1 minute.
- After 1 minute the defender does the same except he now goes to ground after each shoulder contact. (Drill is continuous no stopping after 1 minute segments)