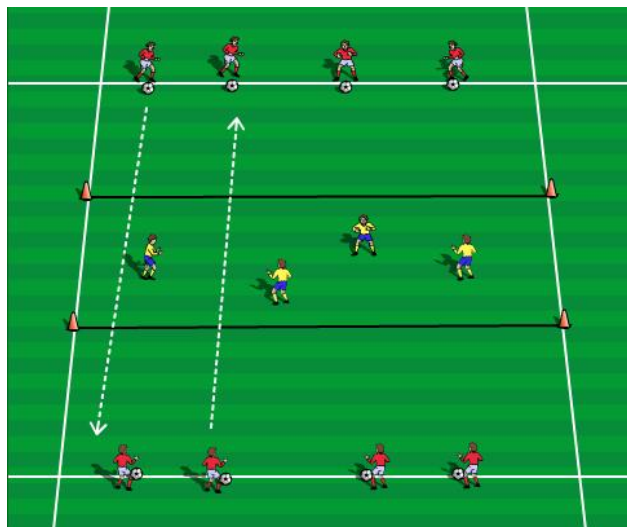




Curriculum – Technical / Skill

Activity # - 1103

<b>Topic:</b>	Defending	<b>Age:</b>	7 to 9
<b>Section:</b>	Warm up	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Correct tackling technique (block or poke tackle)		



**Organization:**

1. 30 x 25 yard area set up as shown
2. 12 Players (8 attackers, 4 defenders) set up as shown
3. 8 balls (1 per attacker) (Additional around the outside)

**Instructions:**

1. Four attackers start at the top and bottom of the area
2. All attacking players set off at the same time and attempt to switch sides
3. Defending players must attempt to prevent attacking players from crossing the middle zone
4. Defending players are only allowed to tackle attacking players inside this area
5. For every ball won the defending team scores a point
6. Rotate defending and attacking players every third attempt
7. Record which defending team scored the most points

**Coaching Points:**

1. Correct tackling technique (block or poke tackle)
2. Ankle locked
3. Body weight forward to gain possession

**Progression/Regression:**

1. P – Remove the middle zone and allow players to tackle anywhere inside the area
2. R – Only allow one side to go each time (4 players rather than 8 players)