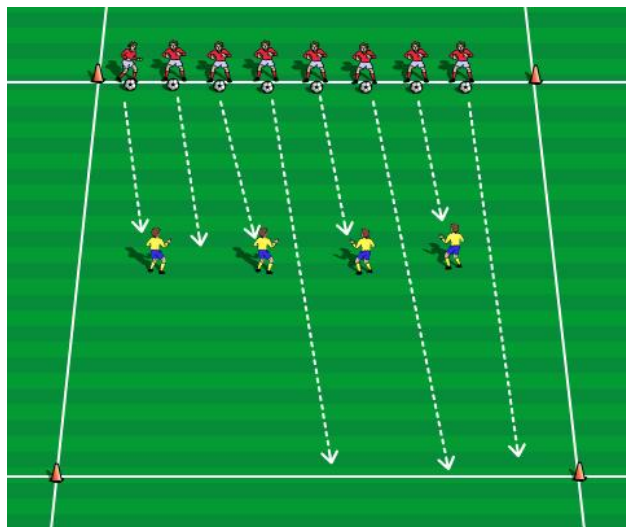




Curriculum – Technical / Skill

Activity # - 1104

Topic:	Defending	Age:	7 to 9
Section:	Warm up	Ability Level:	Recreation
Learning Outcome(s):	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)

Instructions:

1. The attackers must attempt to dribble their ball from one end of the area to the other
2. Defending players must attempt to prevent the attacking players from crossing the end line
3. If a defender wins the ball he/she must pass it out of the area sideways
4. Attackers have the opportunity to win their ball back, their attempt is not over until their balls leaves the area
5. Defender score points each time they knock out an attacking player's ball
6. Allow attacking players three attempts and then rotate defending players

Coaching Points:

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

Progression/Regression:

1. P – Increase the size of the area
2. R – Add more defending players – 6 vs. 6