



Curriculum – Technical / Skill

Activity # - 1120

Topic:	Defending	Age:	7 to 9
Section:	Main Theme	Ability Level:	Travel
Learning Outcome(s):	Closing down and correct poke tackling technique		



Organization:

1. Open area with six triangles set up as shown
2. 12 players (6 teams of 2) set up as shown
3. 6 balls
4. Triangle sides are 5 yards

Instructions:

1. Players are divided into pairs
2. One attacker and one defender
3. The attacking player attempts to penetrate into the triangle with a dribble
4. The defender attempts to prevent this
5. Rotate players after a set time limit

Coaching Points - Poke Tackle:

1. Poke the ball using the front foot (one closet the ball)
2. Lock the ankle
3. Weight is on the back foot
4. Poke the ball at an angle (diagonal)

Progression/Regression:

1. P – Increase the size of the attacking area
2. P – Attackers can penetrate more than one attacking area
3. R – Play 1 vs. 2
4. R – Attackers must penetrate two sides of the triangle, allowing a chance for the defender to recover