



Equipment: 7 markers, 3 tackle bags
Name: Tackle Bag Drill - Stationary
Category: Contact - Tackle
Group Size: 6 players
Area: 5m x 10m field

Drill Explanation

- Stage 1. Defender has 5 tackles to make on the tackle bag (TB). Another player is holding the tackle bag
- Stage 2. Defender moves to within 1 metre of the bag and positions himself in a 3 point start position
- Stage 3. The defender steps in close to the tackle bag. The defender with eyes on the target zone; hands high; shoulder contact, arms wrap and leg drive – drives the TB to ground. The defender must get to his feet as fast as possible
- Stage 4. While the tackle bag is collected and replaced on the original marker, the defender has raced back to his marker for his next skill execution

Key Points

- Defender must keep his eyes firmly on the target zone
- Defender uses fast feet to gain momentum going into contact
- Defender must get as close as he can to the attacker before he dips; hits, sticks and drives the TB into the ground
- Defender calls "my hit" prior to contact
- Defender must rotate which shoulder he uses for each tackle (i.e. Left shoulder – then the right)
- Make sure each player has a chance to take the role of defender

Variations

- Make the drill a moving drill – wherever the bag ends up after the first tackle – that is where the next tackle occurs – and so on. Continue until the group has reached the opposite side of the field. Have groups of 6 together to perform this drill