



One on One Tackle

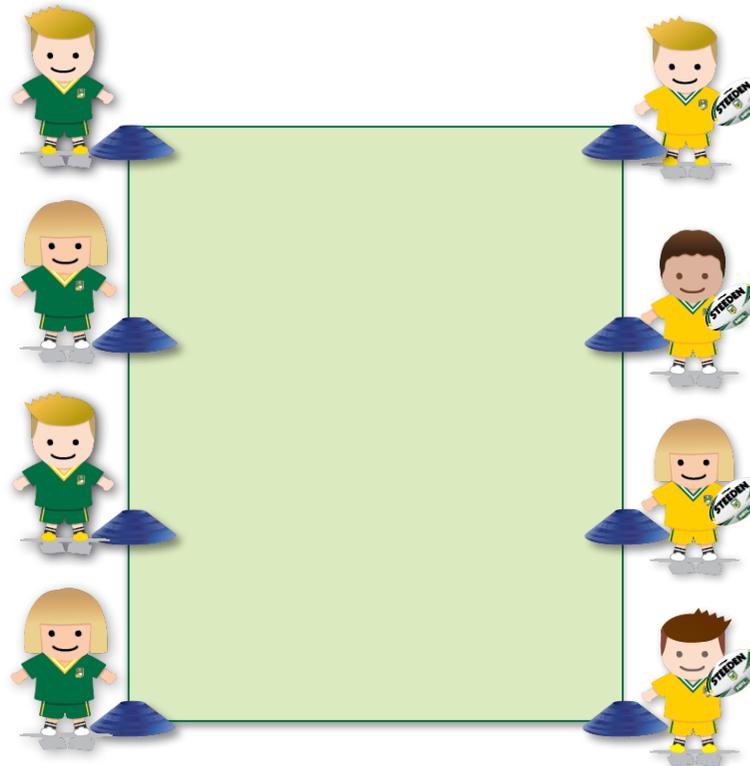
Skill – Tackle

TYPE
Closed

AGE
6+

Description

- » Attackers (yellow) start on their front, with the ball on the ground in front of them.
- » Defenders (green) start 5m away.
- » When the coach blows his whistle, yellow players jump up, grab the football, and run towards the opposite marker.
- » Green players attempt a one on one tackle
- » Swap partners and sides so everyone has a go.



Field Size

(5m)



(10m-20m)

Players



You need 2 players for each group

Equipment



x (8) Markers



Whistle



x (1) Football per group



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