

Block tackling – Defend the box

Objective – teach defenders to delay, deny and block tackle – NOT DIVE

GameFocus/PrinciplesResetProgression

1. Attacker gets ball
2. Defender starts in central box
3. Attacker attempts to dribble ball into central square
4. Each attempt 30 secs
5. Attacker moves round the boxes after each iteration
6. On completion of 4 boxes rotate attackers and defenders

Scoring

1. Attack vs defence – keep a record and add up after each sequence done

Pressure on the ball – encourage a mistake

1. Defenders

1. Do not dive
2. Delay, Deny Dictate/Channel
3. Approach the tackle as far from central box as poss
4. Keep pinned

Attackers

1. Vary speed
2. Dummy
3. 3D

None required move through sequence

If overloaded then as each cycle finishes add a new set in

Progressions

- Vary time to success
- Keep defenders score

