



Tackling Games



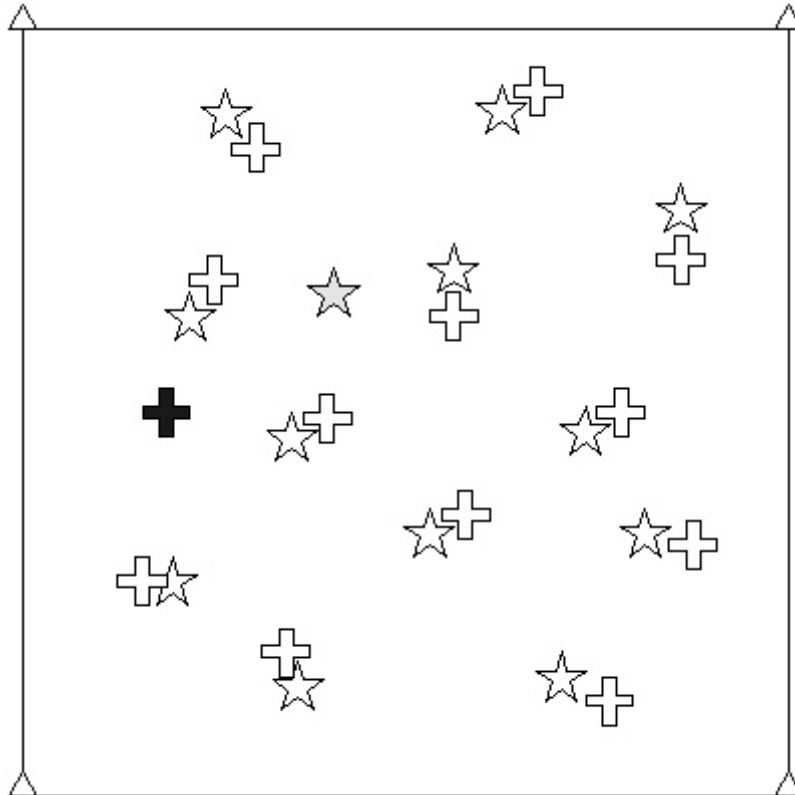
Title: Bump Tag

Objective: Tackling warm up game, visual awareness

Equipment Needed:

- 4 x cones to mark the area

Setup:



Description:

- Bump tag is a fun easy game to play
- Everyone gets a partner who they link arms with (stars and crosses)
- Everyone then spreads themselves out in the area as shown above
- 1 pair is picked to start, one is the runner (grey star), the other the chaser (black cross)
- The chaser has to tag the runner, and then the roles reverse
- Runners can avoid being tagged by linking arms with any one of the stationary pairs, this 'bumps' the person off the other end and they become the runner
- If the runner is tagged the chaser then becomes the runner, but usually they link with someone straight away so they don't have to keep running

Variations:

- Have 2 lots of runners and chasers
- Time the runners so they have to run for a minimum of 15 seconds before they can link up with another pair
- Runners can't link with anyone who's already been a runner once, this will promote calling to see who they can link with

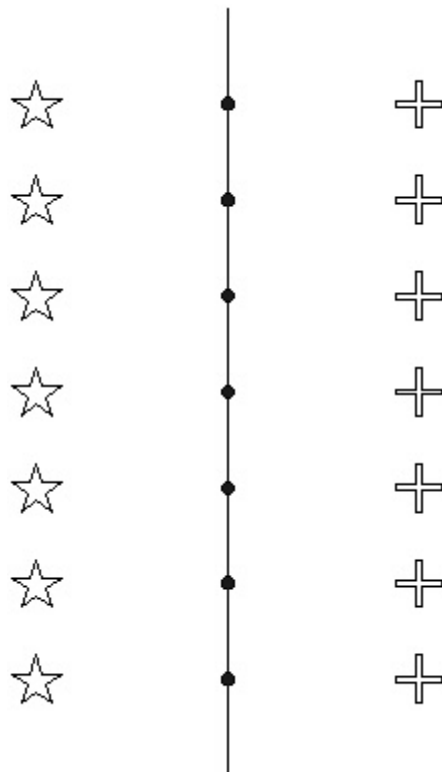
Title: First Touch

Objective: To improve balance and jab tackling technique

Equipment Needed:

- Cones
- 1 x hockey stick each
- 1 x ball per pair

Setup:



Description:

- Hockey balls are placed on a line between each pairs
- The players stand about 2m back from the ball
- When the coach says GO! The player must lunge forward and jab **at the bottom of the ball**
- The player who gets the first touch wins, the first to 5 in the pair, wins the round
- Change partners

Variations:

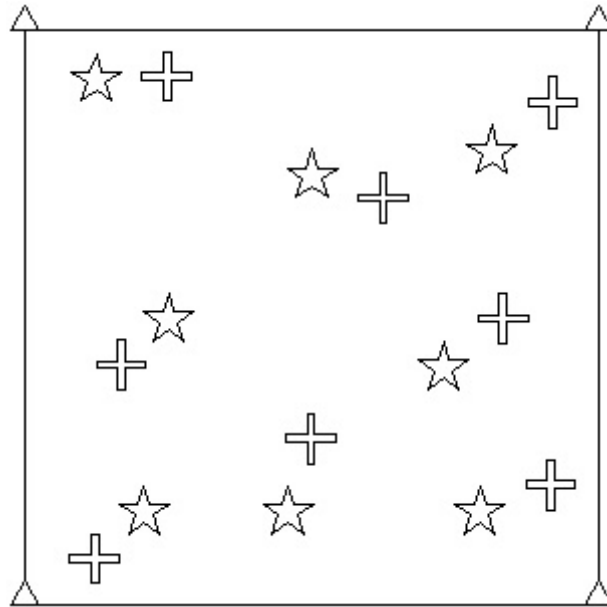
- Players stand with their back to the ball and on the word GO quickly turn around and jab

Title: Knee Tag

Objective: To promote good body position for tackling

Equipment Needed: None

Setup:



Description:

- Players are in pairs and stand facing each other, 1 or 2 paces apart
- The aim is for the player to touch their partners knees with their hands
- For hockey it is ideal for players to try and touch their partners right knee with their right hand and their left knee with their left hand, this puts them in a good body position for learning to tackle
- Play for 30 seconds and see who had the most touches
- Swap partners and play again
- Low body position is key
- Be careful that players do not bump heads

Variations:

- Alternate rounds using left hand to tap left knee only for one round and right hand to touch right knee only for the next round

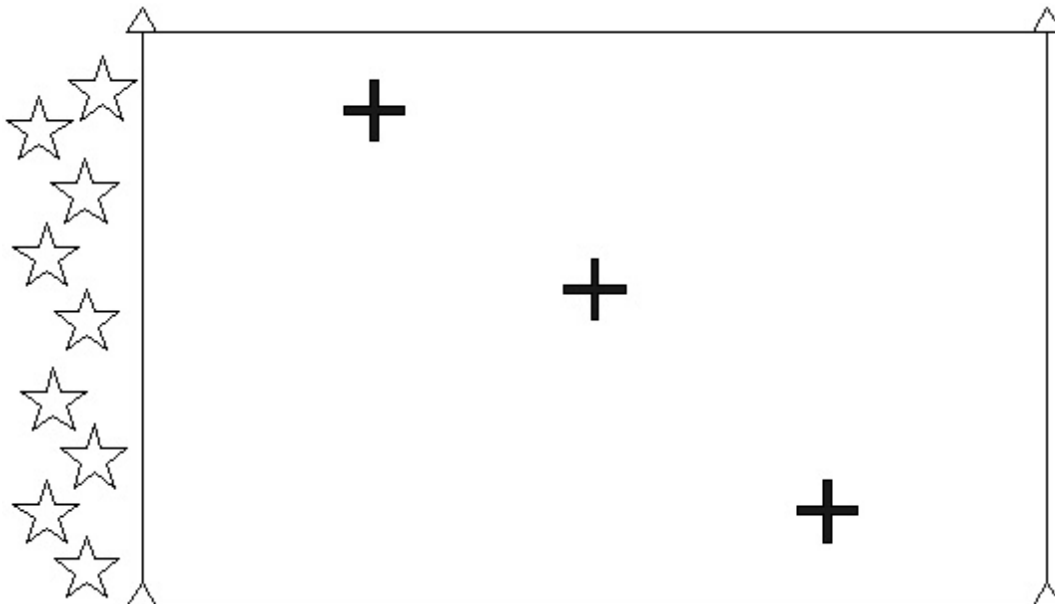
Title: Octopus Tag

Objective: Tackling Warm up game

Equipment Needed:

- 4 x cones to mark the area
- Blow up boppers or pool noodles for the taggers

Setup:



Description:

- Everyone lines up on one end line as above and 2 or 3 players are chosen to be taggers
- Each tagger gets a bopper (this helps with safety)
- On the call 'octopus' the runners have to try and reach the other end line without being tagged
- A player can only be tagged by the bopper between the hips and the knees
- If a player is tagged they become stuck and are octopuses, they can also tag players running past but cannot move their feet
- The game continues until there are only 2 or 3 people left running, these people win and are the taggers for the next game

Variations:

- Encourage the original taggers to channel players towards the stuck octopuses, just like in hockey
- Instead of calling 'octopus' call some other animal or divide the runners into groups and call the groups one at a time, call 'octopus' to make everyone run at once
- Let the players choose their own names for the groups
- The taggers become tacklers and every player has a hockey stick and ball

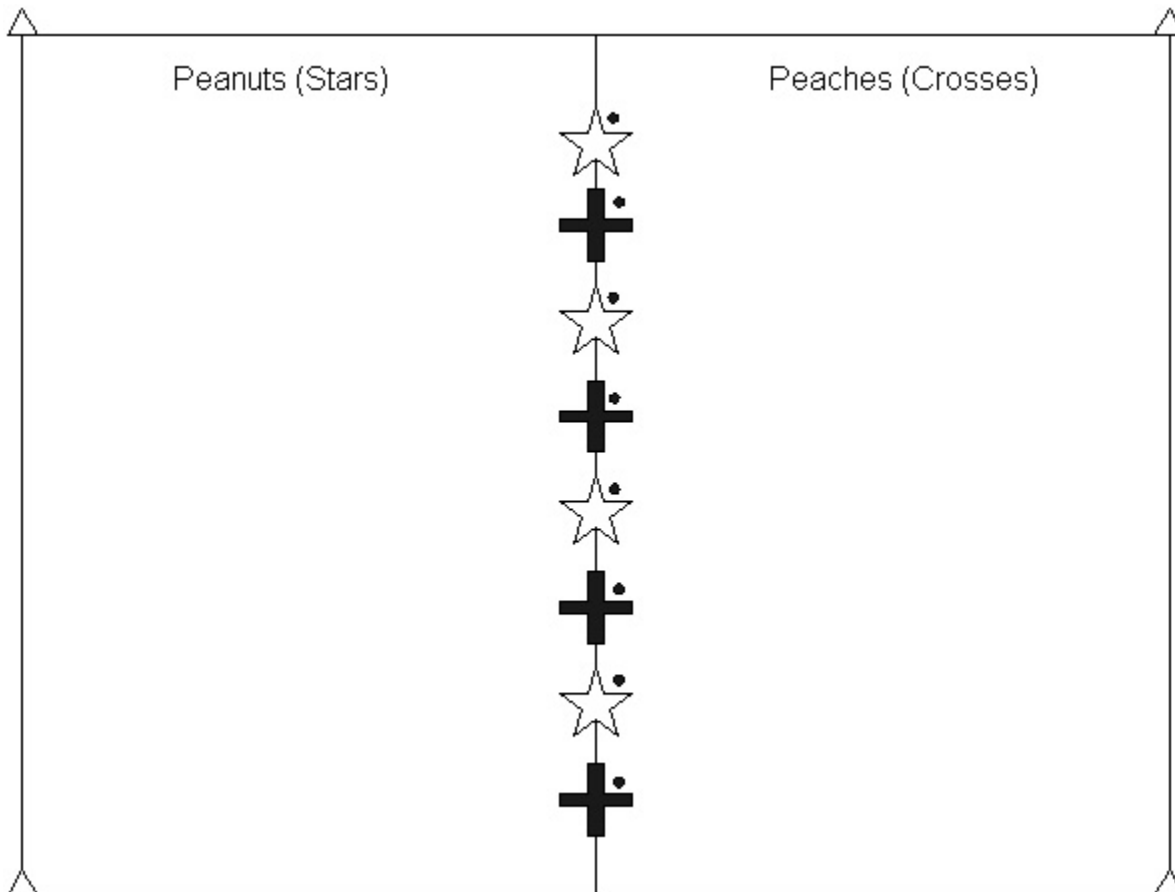
Title: Peanuts and Peaches

Objective: To look at speed of the mark and tackling from a different angle

Equipment Needed:

- Cones
- 1 x hockey stick each
- 1 x ball per player

Setup:



Description:

- Players in 2 teams; Peanuts (Stars) and Peaches (Crosses) line up on the centre line in the middle of a 20m squared area
- When the Coach calls Peaches the peaches team dribble their ball to their safety line, meanwhile, the Peanuts chase them and look to tackle cleanly before the player reaches the safety area
- If a player is tackled, they join the other team
- The game is over when one group has caught all the other team

Variations:

- The coach can trick the players by saying other P words to get a false start, or by saying PEA..... to keep teams in anticipation for a few seconds
- Once a player is tackled, they could become a 'floating tackler' on either one of the centre line

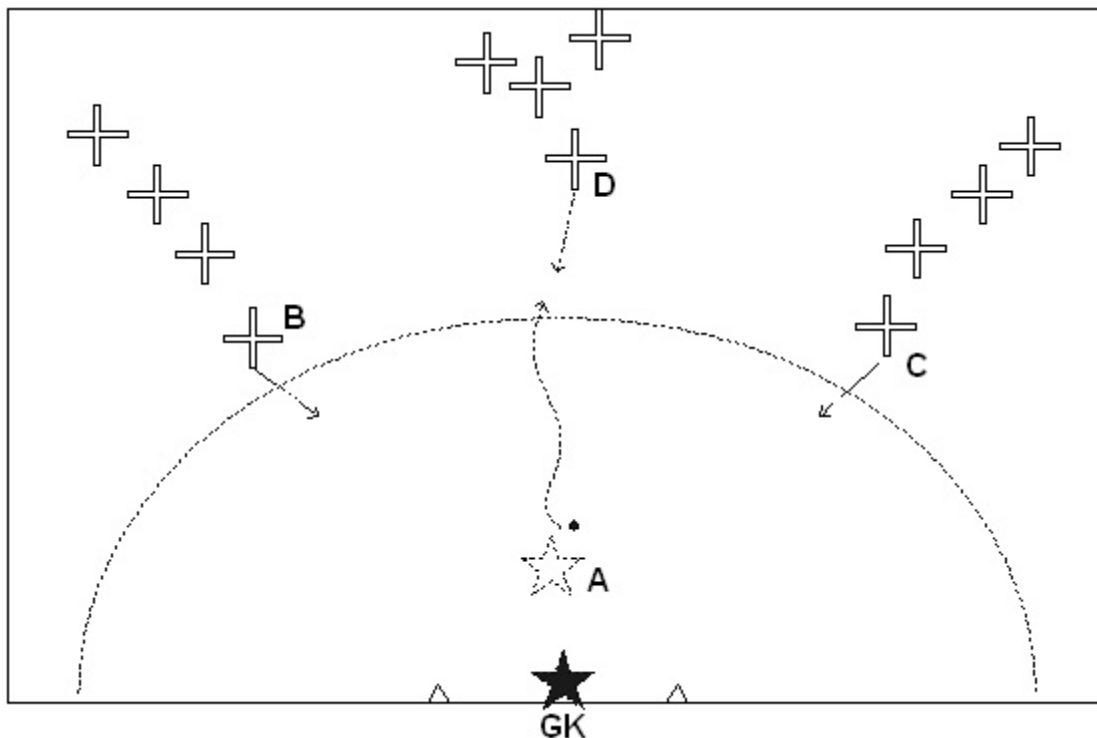
Title: Positive Defence

Objective: Create positive outcomes in defenders capitalising on turnovers (maintaining possession after tackling)

Equipment Needed:

- Balls
- Cones
- GK
- Goal/circle

Setup:



Description:

- Attacker A starts with ball at penalty spot. Dribbles at speed outside circle to engage defender D
- Once A has passed out of circle D can move forward to meet A
- B & C lead forward
- D on winning possession of the ball then passes to B or C who then play out against the GK to score
- Players rotate in roles

Variations:

- Add more defender in circle against B and C
- Once A is tackled they can try and get back to help the goalkeeper stop the attackers from scoring a goal
- Have 2 players A1 and A2 who try to pass out of the circle so that B,C and D have to tackle or intercept the ball

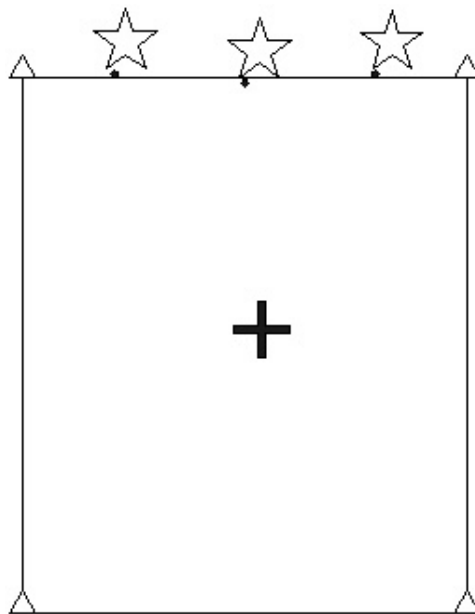
Title: Tackle Box

Objective: To practice tackling in a controlled way

Equipment Needed:

- 4 x cones
- 1x hockey stick each
- 3 x balls

Setup:



Description:

- Divide players into groups of 4
- Set the grids up as above
- One player is the tackler and stands in the middle of the box
- The other 3 players each have a ball
- 1 player at a time tries to dribble down to the other end, while the person in the middle tries to tackle
- After the 1st player gets to the other end, they wait there until the other 2 players have had their turn
- They repeat this until the player in the middle has six attempts to tackle and then the players switch
- Each player keeps count of the number of tackles they have made. Best out of 6 wins
- The ball should not just be hit away but be brought under control by the tackler

Variations:

- To make this game harder the tackler must not only gain control of the ball but dribble it back to where the opponent started from with the one who lost possession trying to tackle them
- This continues until the ball has been dribbled over an end line
- If the tackler managed to dribble the ball over, they could swap with the player they took the ball off and the game continues
- Another fun variation could be that the stick has to remain on or very close to the ground at all times

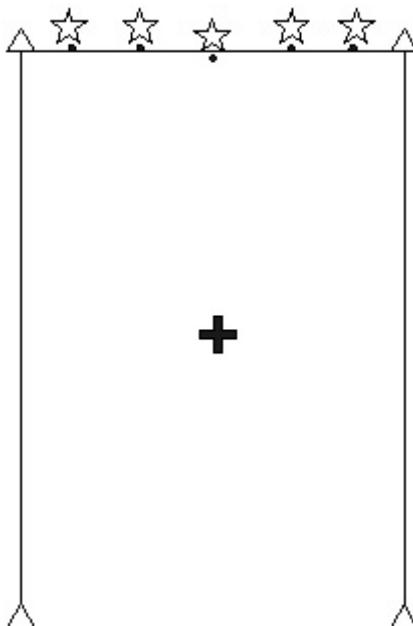
Title: Tackle Bullrush

Objective: To practice tackling while playing a fun game

Equipment Needed:

- 4 x cones
- 1 x hockey stick each
- 1 x ball per player (except the player in the middle)

Setup:



Description:

- Play as one large group (max 15)
- Set up as above with one player starting in the middle without a ball
- The middle player calls out someone's name and that person has to try and dribble through to the other end
- The middle player tries to tackle the person with the ball
- If the person gets to the other end safely it is 'bullrush' and all the remaining players can go at the same time to get to the other end
- If a player is tackled successfully (loses possession) then that player must join the one in the middle
- Once there are 2 players in the middle 'bullrush' is called every time until every player is tackled or robbed of the ball

Variations:

- Players must keep their stick on the ground at all times
- Bullrush is not called until 2 players have been tackled
- Call something other than 'bullrush'. Ask the players to come up with a name

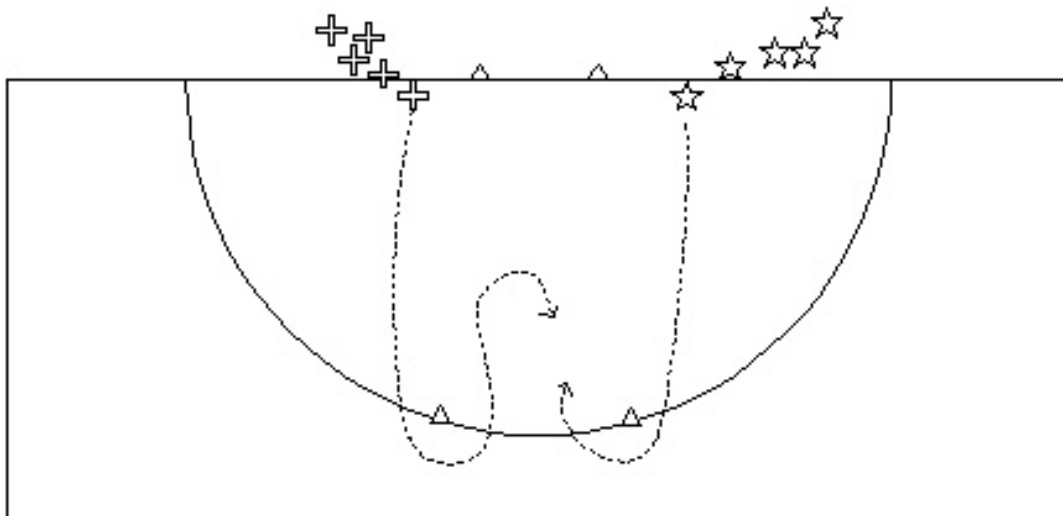
Title: Tackle Loop

Objective: To practice tackling while playing a fun game

Equipment Needed:

- Cones
- 1 x hockey stick each
- 1 x ball per striker

Setup:



Description:

- Played in a goal circle with a goal
- Two teams of equal numbers
- Team Stars is the attacking team they have a ball each
- Team Crosses are the defenders who try to dispossess the striker with a jab or block tackle
- The striker dribble the ball to the top of the circle between the cones
- The defending player runs to the top of the circle between the cones also, **(they must be inside the circle before attempting a tackle)**
- The striker attempts to score a goal. Play it out
- If the defender tackles and retrieves the ball they become an attacker and can score for their team by hitting / pushing the ball into the goal. The striker's role also reverses and they become a defender
- After all the strikers have had a turn, the roles change

Variations:

- Add goalkeeper

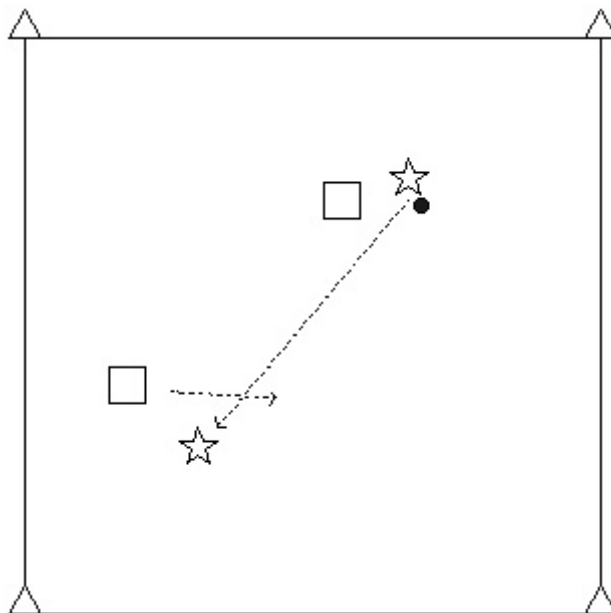
Title: Two v Two

Objective: To practice tackling, channelling and intercepting using vision and communication

Equipment Needed:

- 1 x hockey stick each
- 1 x ball

Setup:



Description:

- Four players split into pairs
- Played in a small area – around 15m x 15m
- The players must pass only to their pair – each team needs to communicate what type of defensive structure they will employ – man to man, or zone marking
- Also look for the team with possession to lead well into spaces to receive the pass
- Any type of pass can be used
- The winning team is the team who manages to win the most turnovers (interceptions or tackles, or forcing the opposition out of the marked area)

Variations:

- Use more players
- Have 3 v 2, or 4 v 4