



Lesson Plan



| Activity Name | Description | Diagram | Purpose/Coaching Points |
|------------------------------------|---|--------------|--|
| 1 | | | |
| <p>“Rehearsal”</p> | <ul style="list-style-type: none"> • Have 2 players stand 2-3 steps on either side of the ball. • On command both players should squarely step to address and block the ball. | | <ul style="list-style-type: none"> • Players rehearse safely a “block” tackle. • Inside of foot to ball. • Get weight into the tackle. • Do not stretch or go to ground. |
| 2 | | | |
| <p>1 vs. 1 “Faced Up”</p> | <ul style="list-style-type: none"> • 1 vs. 1 to goal. • Coach serves ball to slightly favor one player. • If you have 10+ players use 2 grids. | <p>10x12</p> | <ul style="list-style-type: none"> • Close to the ball. • Maintain a good distance to tackle and recover. • Get body behind tackle. • Tackle without crossing feet. |
| 3 | | | |
| <p>1 vs. 1 “From Recovery”</p> | <ul style="list-style-type: none"> • 1 vs. 1 to goal. (As above but...) • Players attack goal they start at. • Defender must recover goal side. | <p>10x12</p> | <ul style="list-style-type: none"> • Recover goal side. • Do not tackle from behind. • Face up to opponent. • Tackle firmly with closest foot. |
| 4 | | | |
| <p>2 vs. 2 “Decisions”</p> | <ul style="list-style-type: none"> • 2 vs. 2 to goal. • Restarts are passed in. • Play 3-4 minute sets with good rest. | <p>15x20</p> | <ul style="list-style-type: none"> • Defender not on ball must be ready to close. • Close as ball is traveling. • Ensure proper tackling technique. |
| 5 | | | |
| <p>6 vs. 6 “The Game”</p> | <ul style="list-style-type: none"> • 6 vs. 6 including keepers. • No conditions on play. • Be prepared to stop 2-3 times in 15 minutes to review topic. | <p>40x50</p> | <ul style="list-style-type: none"> • All tackles should be made from the front. • Avoid going to ground. • Tackle with either foot as situation demands. • Do not reach; stay compact. |