

Breaking the Tackle

- One team of three each to have a tackle bag.
- Ball starts on grass and one player from the other team must pick and burst through tackle bag.
- On breaking tackle he must get head up, regain composure and find a team mate with a hand-pass.
- Team-mate then sets ball down for third player to pick and start the process again.
- Game to last between 60-90secs.

Aims:

- Driving through the lift into the tackle.
- Taking the hit and finding a team-mate.
- Putting a distraction (tackle-bag) in place but focusing on lifting at speed.

Variations on Conditions:

- Instead of using tackle bags get other players to hold out hurl in front of lifting player who must then pick and clear out the opposing hurl.
- Introduce a feeder and place the grids in defensive areas of pitch – player must burst through pick, clear hurl/tackle bag and clear long. Feeder keeps balls coming.
- Same idea – place grid in scoring area of the pitch and clear hurl/tackle bag and put over the bar.