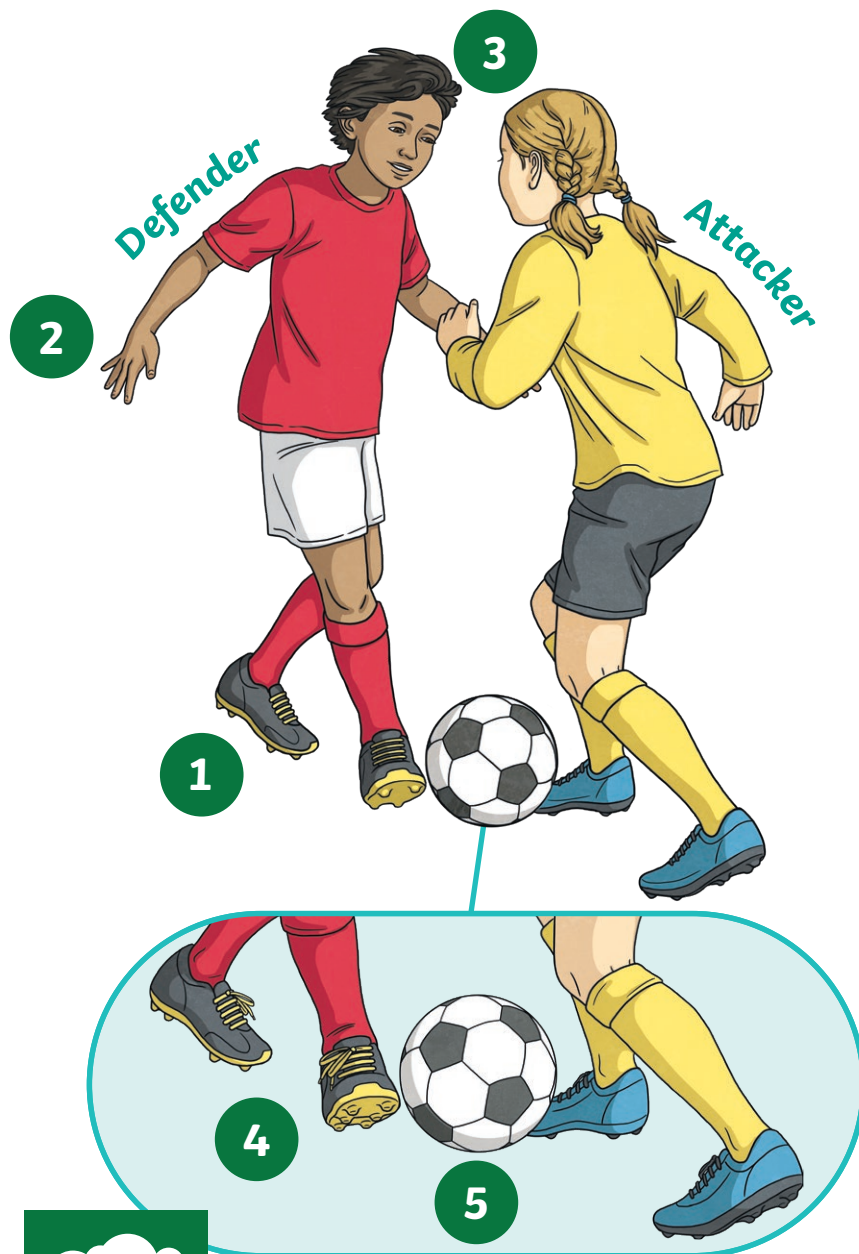


Tackling is a way of regaining possession of the ball in football. It involves the defender using their foot to take the ball away from the attacker. A block tackle involves using a blocking move at the ball.



Technique

- 1 Stay on the balls of your feet and keep a low body position, with your knees bent so that you are ready to move.
- 2 Put your arms out to help with balance.
- 3 Keep your eyes on the ball.
- 4 As the player with the ball approaches you, position your tackling foot sideways on to the ball, with your ankle locked. Your tackling foot will most likely be the same foot that you use for kicking the ball.
- 5 Try to make contact in the middle of the ball.
- 6 Lean forward and put your weight into the tackle.

Skills Practice

In pairs, with a ball between two, take it in turns to be the attacker and defender. The attacker slowly dribbles with the ball towards the defender, who should block tackle to win back the ball.

As you gain more confidence, try to increase your speed.

This activity is designed to allow defenders to practise block tackling, not for the attackers to show off their dribbling skills!

Skill

Closing Down a Player and the Defensive Stance

Closing down a player involves getting close to the player with the ball quickly. The defensive stance makes it difficult for them to pass or move with the ball.

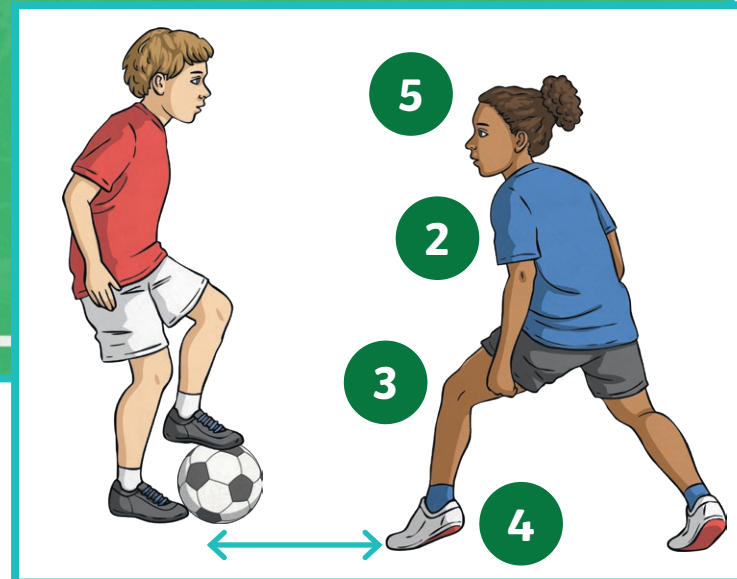
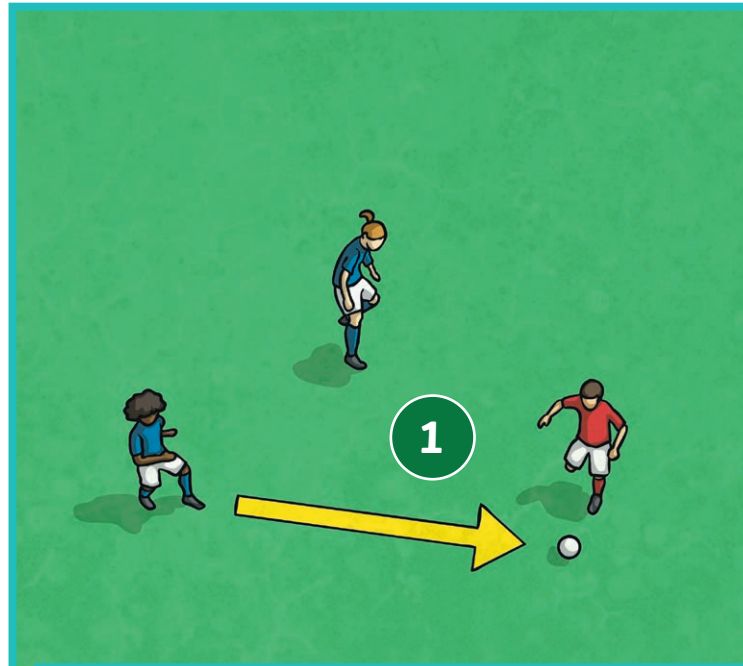
Skills Practice

Defensive Stance

Stand opposite a partner. On the command, try to touch each other's knees. The first player to make five touches is the winner.

Closing down a Player

- Set up a five metre by five metre grid with cones.
- Defender and attacker stand on opposite sides.
- The defender passes the ball to the attacker who has 30 seconds to get to the other side.
- The defender must hold the attacker up for the required time.



Technique

- 1 Approach the player with the ball quickly to put them under pressure.
- 2 Stay about an arm's length away.
- 3 Bend your knees to get a low centre of gravity and lean forward slightly to allow you to quickly react and move with the player.
- 4 Stay on your toes and be ready to react.
- 5 Keep your eye on the ball and be ready to intercept or make a tackle if they lose control of the ball.

Top Tips

Patiently hold your position and don't dive in. Staying close to the attacker puts them under pressure and often forces a mistake.

A good skill to learn is to feint (pretend) trying to get the ball, which can put the attacking player off balance and force a mistake.

Skill

Marking in Football

Marking involves the defender staying close to an opposition player and following their movements, therefore denying them space, making it difficult for them to pass or receive the ball.

Technique

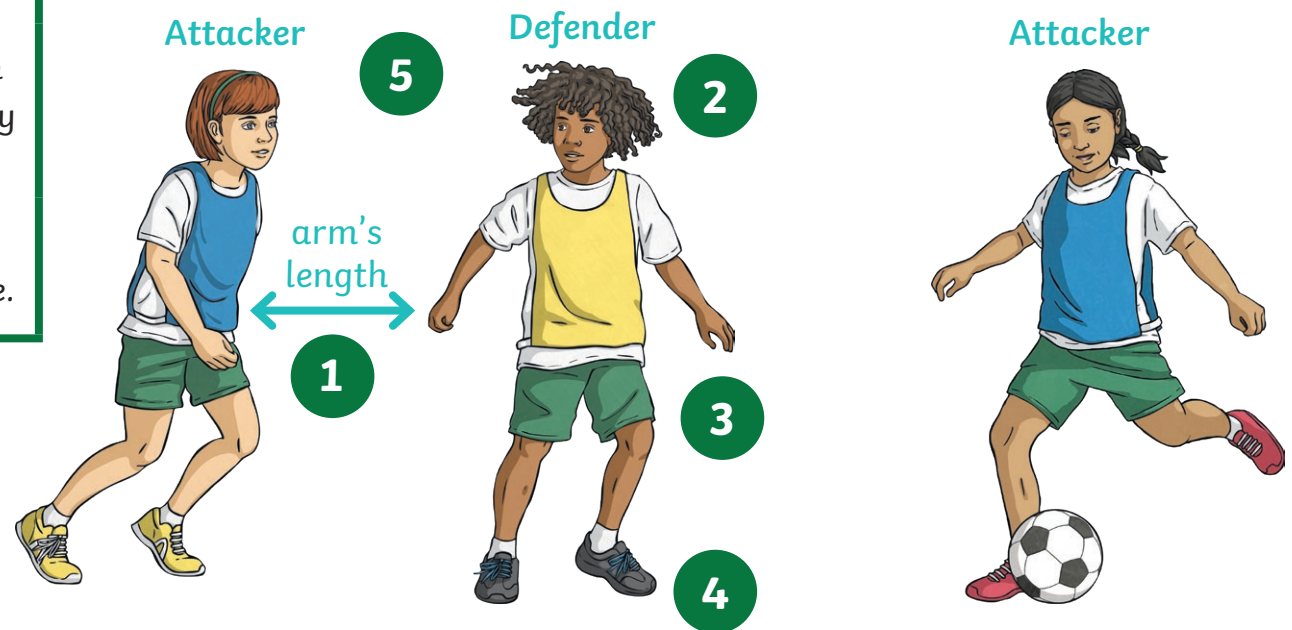
- 1 Keep close to your opponent (about an arm's length away).
- 2 Be aware of where the ball is at all times.
- 3 Stay side-on, approximately 45°- 90° towards the attacker, which allows you to see them and also the ball.
- 4 Have your knees slightly bent and stay on the balls of your feet so that you are ready to move when your opponent moves.
- 5 Try to anticipate what your opponent's next move will be – move when they move.

Intercepting

If you have anticipated when and where the ball is going to be passed and are standing close enough to your opponent, you might be able to intercept it by stepping in front of your opponent and cutting out the pathway of the ball.

Skills Practice

In pairs, set up the space and play Protect the Cone, to practise marking. Lay out four coloured cones in a line. Decide who will start off as the defender and who will be the attacker. When the activity starts, the colour of a cone will be called out. The aim is for the attacker to touch the named coloured cone, within the time given, without being tagged by the defender.

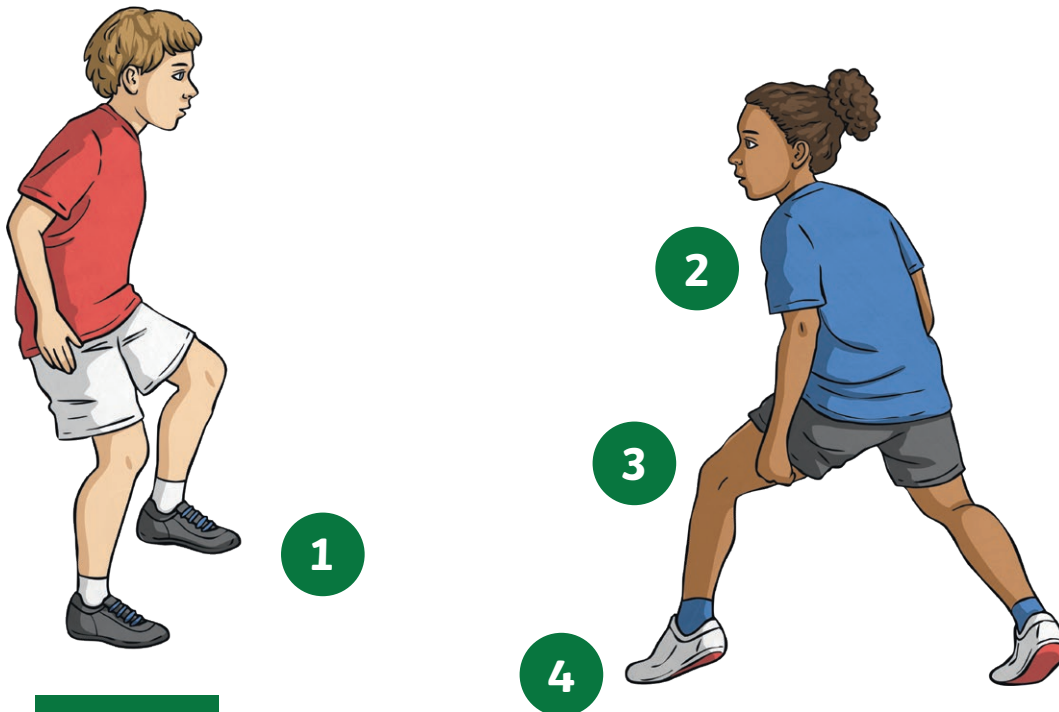


In this scenario, the attacker is looking to receive the ball so the defender is marking the attacker.

Player-to-player marking is a type of defensive tactic used in team sports such as netball, football and basketball. It involves each player being given an opposition player to defend and follow the movements of when they are in attack.

Technique

- 1 Keep close to your opponent and ball side (between the ball and the defender).
- 2 Stand side-on, approximately 45-90° to the attacker. This allows you to see your attacker and also the ball.
- 3 Have your knees slightly bent.
- 4 Stay on your toes - be ready to move, catch the ball or intercept.



Skills Practice 1

Both of the following skills activities should be done without a ball so that you can think about how and where you move as you mark.

1. You will need to be in pairs for this activity.
2. Take it in turns to be the defender and the attacker.
3. The attacker's aim is to try and get free from the defender.
4. The defender's aim is to try and stay as close to the attacker as possible.
5. Use cones to mark out an area to limit the amount of space for the attacker.

Skills Practice 2

1. You will now need to be in groups of three. One is the attacker, one is the defender and the third needs to have three different coloured beanbags.
2. The attacking player moves slowly right and left.
3. The defender practise marking them by always staying in front of them at a 45-90° angle.
4. The third player's role is to move around the nearby space, holding up different coloured beanbags for the defender to notice and to call out the colour. In doing this, the defender is learning to look for the space and players near them, as well as being aware of the attacker.

Disclaimer: This resource is provided for informational and educational purposes only. As this resource refers to outdoor activities, physical activity, and outdoor learning, you must ensure that an adequate risk assessment is carried out prior to using this resource. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You may wish to take guidance as to whether and how participants should warm up before taking part in any activity, and carefully assess any environmental risks to be sure participants have a safe space in which to take part. Outdoor areas provide great opportunities for playing and learning, but you should always check any environmental risks before taking part in outdoor activities, and only proceed if it is safe to do so. You should ensure that children wash their hands after being outside, and are respectful of nature, taking care of animals and plants. Twinkl is not responsible for the health and safety of your group or environment. It is your responsibility to ensure the resource and the information/activity it contains are safe and appropriate to use in your situation.