



Technical Learning Outcomes

Tackling

Moments to Tackle

- When the attacker misplays the ball
- When cover is present
- When the attacker is within shooting distance
- When the defender is within one step of the ball
- When defender is at least even with the attacker – not behind the attacker

Poke Tackle

- Poke the ball using the front foot (one closet the ball)
- Lock the ankle
- Weight is on the back foot
- Poke the ball at an angle (diagonal)
- Body weight forward to gain possession

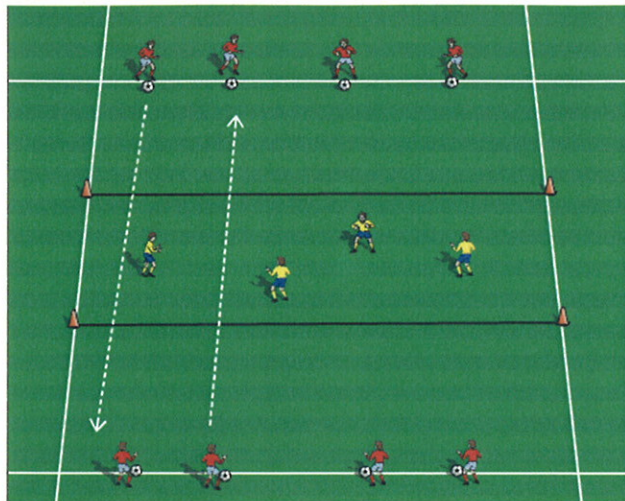
Block Tackle

- Position is side on
- Place non-tackling foot next to the ball by stepping forward
- Ankle locked with toe pointed up
- Tackle with the foot moving away from the player
- Drive through the centre of the ball
- Tackle using your full body weight



New York Red Bulls – Practice Activity

Activity #	W1300	Curriculum	Advanced
Section	Warm Up	Topic	Tackling
Key Learning Outcome(s)	Correct tackling technique (bloke or poke tackle)		



Activity W1300 – Advanced – Tackling

Organization

1. 30 x 25 yard area
2. 12 Players (8 attackers, 4 defenders)
3. Central area of 10 x 25 yards is marked out
4. 8 balls (1 per attacker)

Instructions

1. Four attackers start at the top and bottom of the area
2. All attacking players set off at the same time and attempt to switch sides
3. Defending players must attempt to prevent attacking players from crossing the middle zone
4. Defending players are only allowed to tackle attacking players inside this area
5. For every ball won the defending team scores a point
6. Rotate defending and attacking players every third attempt
7. Record which defending team scored the most points

Coaching Points

1. Correct tackling technique (bloke or poke tackle)
2. Ankle locked
3. Body weight forward to gain possession

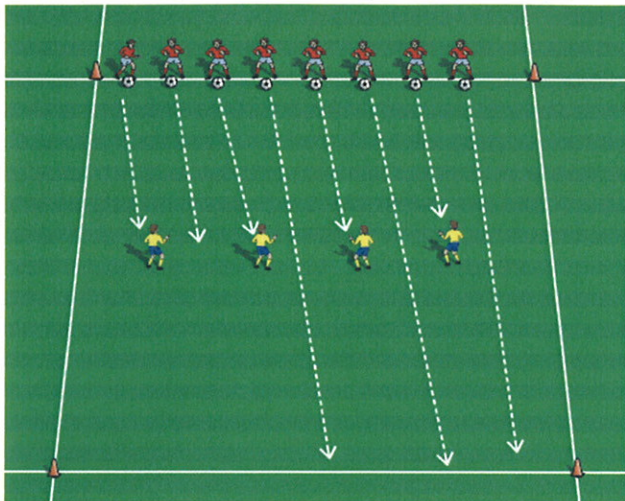
Progression/Regression:

1. P – Remove the middle zone and allow players to tackle anywhere inside the area
2. R – Only allow one side to go each time (4 players rather than 8 players)



New York Red Bulls – Practice Activity

Activity #	W1301	Curriculum	Advanced
Section	Warm Up	Topic	Tackling
Key Learning Outcome(s)	Correct tackling technique (bloke or poke tackle)		



Activity W1301 – Advanced – Tackling

Organization

1. 30 x 25 yard area
2. 12 Players (8 attackers, 4 defenders)
3. 8 balls (1 per attacker)

Instructions

1. The attackers must attempt to dribble their ball from one end of the area to the other
2. Defending players must attempt to prevent the attacking players crossing the end line
3. If defenders win the ball they must pass it out of the area sideways
4. Attackers have the opportunity to win their ball back, there attempt is not over until their balls leaves the area
5. Defender score points each time they knock out an attacking player's ball
6. Allow attacking player's three attempts and then rotate defending players

Coaching Points

1. Correct tackling technique (bloke or poke tackle)
2. Ankle locked
3. Body weight forward to gain possession

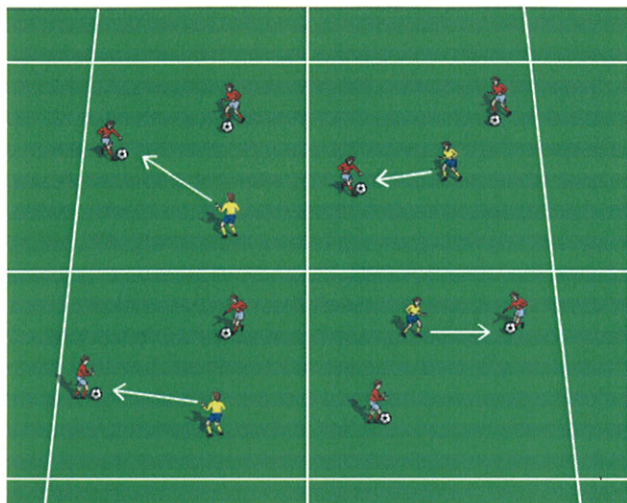
Progression/Regression:

1. P – Increase the size of the area
2. R – Add more defending players – 6 vs. 6



New York Red Bulls – Practice Activity

Activity #	W1302	Curriculum	Advanced
Section	Warm Up	Topic	Tackling
Key Learning Outcome(s)	Master the poke tackle		



Activity W1302 – Advanced – Tackling

Organization

1. 10 x 10 yard area
2. 3 players (2 attackers, 1 defender)
3. 2 balls (1 per attacker)

Instructions

1. Each attacking player attempts to keep their ball inside the area for as long as possible
2. Defending players attempt to win the balls and pass them outside the area
3. If the attacker loses their ball they can re-enter the game at anytime
4. A point is scored by the defender for every ball they win
5. Rotate defending players at set time intervals and allow for rest periods in-between
6. Each player in the group keeps their own defending score
7. Change players within groups to challenge every player

Coaching Points

1. Poke the ball using the front foot (one closet the ball)
2. Lock the ankle
3. Weight is on the back foot
4. Poke the ball at an angle (diagonal)

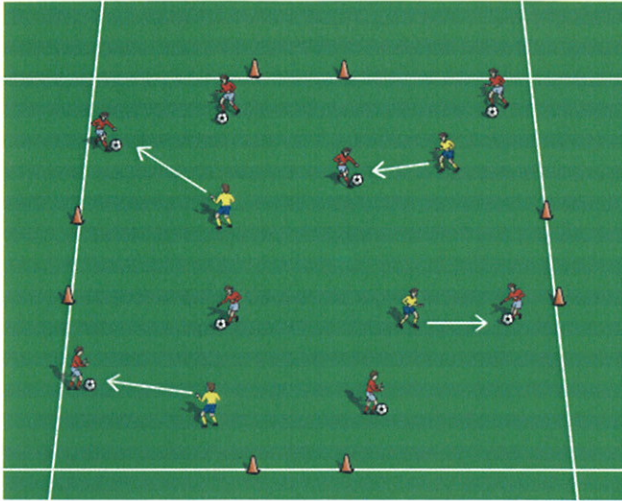
Progression/Regression:

1. P – Increase the size of the area to 20 x 10
2. R – Play 2 vs. 2 to allow the opportunity for players to double team



New York Red Bulls – Practice Activity

Activity #	W1303	Curriculum	Advanced
Section	Warm Up	Topic	Tackling
Key Learning Outcome(s)	Correct tackling technique (bloke or poke tackle)		



Activity W1303 – Advanced – Tackling

Organization

1. 20 x 20 yard area
2. 12 Players (4 defenders, 8 attackers)
3. Four 2 yard gates marked on each side of the area
4. 8 balls (1 ball per attacker)

Instructions

1. Each attacking player attempts to keep possession of their ball inside the area for as long as possible
2. The defending players attempt to win the attacking players balls and pass them outside the area
3. If the attacker's ball is knocked out they must dribble through two gates to re-enter the game
4. The idea is to get all attacking players out of the game as quickly as possible
5. Rotate defending players over a set time period, record any time a defending team knocks all attackers' balls out of the area. Use this to motivate other groups and keep a leader board

Coaching Points

1. Correct tackling technique (bloke or poke tackle)
2. Ankle locked
3. Body weight forward to gain possession

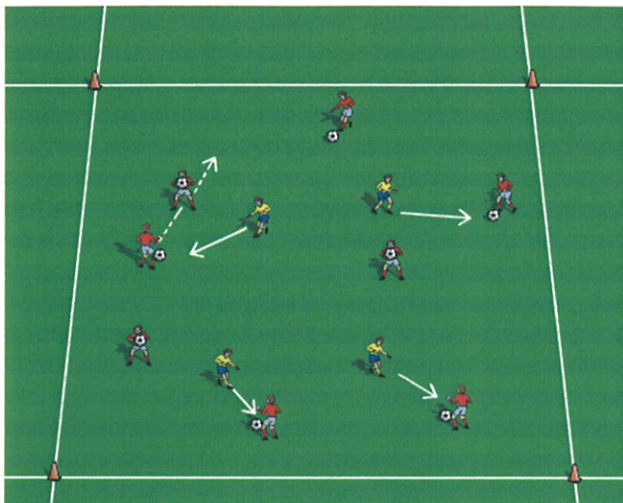
Progression/Regression:

1. P – Reduce the number of defenders
2. P – Allow players who have their ball kicked out to work with other attackers to help keep possession of theirs
3. R – Increase number of defending players to play 6 vs. 6
4. R – Increase the number of gates attackers must dribble through to re-enter the game



New York Red Bulls – Practice Activity

Activity #	W1304	Curriculum	Advanced
Section	Warm Up	Topic	Tackling
Key Learning Outcome(s)	Poke the ball using the front foot (one closet the ball)		



Activity W1304 – Advanced – Tackling

Organization

1. 20 x 20 yard area
2. 12 Players (8 attackers, 4 defenders)
3. 8 balls (Each attacker has a ball)

Instructions

1. Attackers attempt to possess their ball for as long as possible
2. If the defender player can touch their ball they must pick the ball up and lift it above their head
3. The attacker is released back into the game by a second attacker putting the ball through their legs
4. The defending group work together to get all attacking players out of the game as quickly as possible
5. Rotate players after a set time limit

Coaching Points

1. Poke the ball using the front foot (one closet the ball)
2. Lock the ankle
3. Weight is on the back foot
4. Poke the ball at an angle (diagonal)

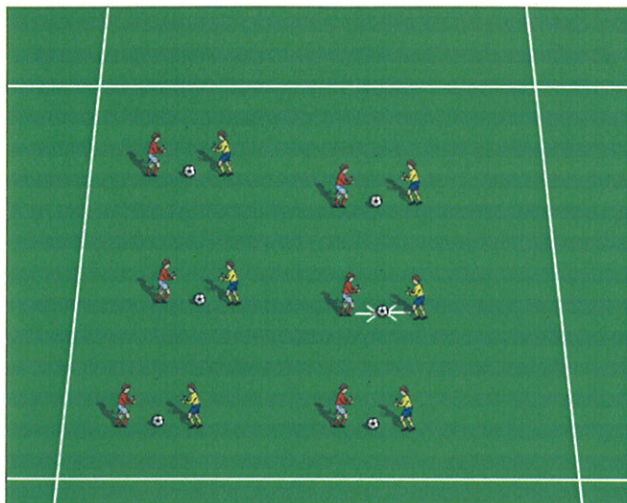
Progression/Regression:

1. P – Reduce the number of defenders
2. P – Defender must win possession and pass the ball outside the area
3. R – Increase the number of defenders
4. R – Reduce the size of the area



New York Red Bulls – Practice Activity

Activity #	M1300	Curriculum	Advanced
Section	Main Theme	Topic	Tackling
Key Learning Outcome(s)	The Block Tackle		



Activity M1300 – Advanced – Tackling

Organization

1. 20 x 20 yard area
2. 12 Players (working in pairs)
3. 1 ball per pair

Instructions

1. The ball is positioned 2 yards apart from each player
2. Both players count to three and then step into block tackle with the same foot (right or left)
3. Neither player is attempting to win the ball yet, but is mastering the correct body position of the block tackle
4. Make sure to switch feet every third attempt

Coaching Points

1. Positioning is side on
2. Place non-tackling foot next to the ball by stepping forward
3. Ankle locked with toe pointed up
4. Tackle with the foot moving away from the player

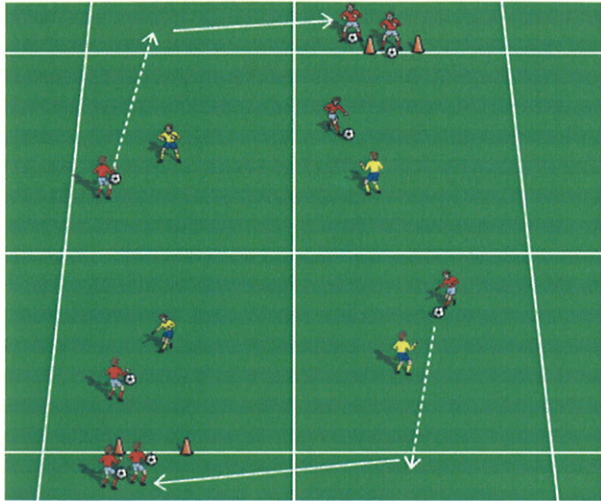
Progression/Regression:

1. P – Once body position is established allow players to compete for the ball
2. P – Increase the approach distance to 5 yards, on the coaches command players now set off to win the ball
3. R – Players start off standing next to the ball with non-kicking foot already planted



New York Red Bulls – Practice Activity

Activity #	M1301	Curriculum	Advanced
Section	Main Theme	Topic	Tackling
Key Learning Outcome(s)	Correct tackling technique (bloke or poke tackle)		



Activity M1301 – Advanced – Tackling

Organization

1. 20 x 10 yard area
2. 12 Players (8 attackers, 4 defenders)
3. Gates marked out to define starting positions
4. 1 ball per attacker

Instructions

1. There are two attacking lanes 20 x 10 yards
2. Attacking players attempt to dribble the ball past the two defenders in their attacking lane
2. Each defender has a 10 x 10 yard space to defend. Defenders are not allowed to tackle outside of this area
3. Attacking players rotate to the next line after each attempt
4. Rotate defenders at set intervals

Coaching Points

1. Correct tackling technique (bloke or poke tackle)
2. Ankle locked
3. Body weight forward to gain possession

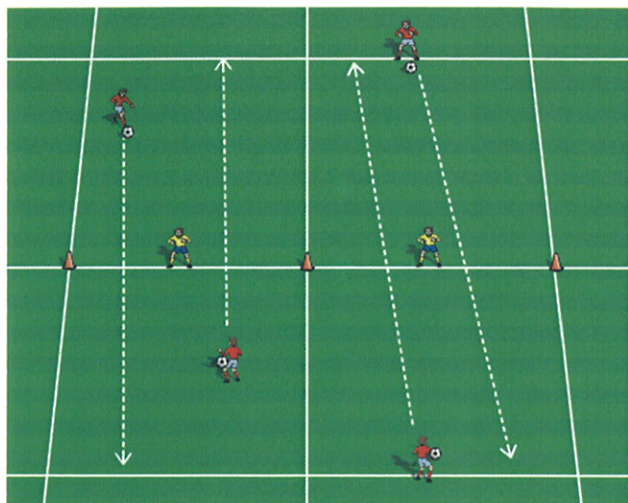
Progression/Regression:

1. P – Increase the size of the area to 30 x 15
2. R – Allow defenders to recover into second area to tackle and create 1 vs.2



New York Red Bulls – Practice Activity

Activity #	M1302	Curriculum	Advanced
Section	Main Theme	Topic	Tackling
Key Learning Outcome(s)	Develop correct tackling techniques (poke and block)		



Activity M1302 – Advanced – Tackling

Organization

1. 20 x 10 Yard Area
2. 6 Players (4 attackers and two defenders)
3. One ball per attacker

Instructions

1. Attacking players each start 20 yards apart on a end line.
2. The defending player starts on the centre line between the two markers.
3. The defending player can only move along the line and is not permitted to move forwards or backwards.
4. The attacking players must attempt to change places.
5. They can both leave at the same time.
6. The defender attempts to tackle one of the two attacking players.
7. Rotate players after a set time limit

Coaching Points

1. Body position should be side on to one of the two players
2. Lock the ankle for both the poke and block tackle.
3. Step in and plant the foot before block tackling.
4. Use the side line as an extra defender.

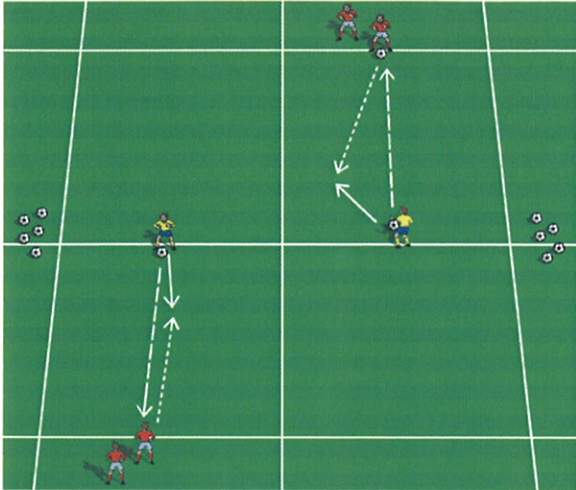
Progression/Regression:

1. P – Allow only one attacker at a time to go.
2. R - Allow defenders to move off the line as forwards set off



New York Red Bulls – Practice Activity

Activity #	M1303	Curriculum	Advanced
Section	Main Theme	Topic	Tackling
Key Learning Outcome(s)	Closing down and correct tackling technique		



Activity M1303 – Advanced – Tackling

Organization

1. 20 x 10 Yard Area
2. 6 Players (4 attackers and 2 defenders)
3. Defenders start's with the ball
4. Additional balls by the defender

Instructions

1. The activity starts with the defender passing the ball into one of the two attackers
2. The defender is permitted to close the attacking player down on their first touch
3. The attacking player must attempt to penetrate the end line
4. After each attempt the attacking players joins the next line and the defender re-starts the activity from the center
5. Points are awarded for a successful dribble or tackle
6. Rotate players after a set time limit

Coaching Points

1. Angle and speed of approach.
2. Body Position should be side ways on and low to the ground.
3. Be patient
4. Correct option to block or poke.

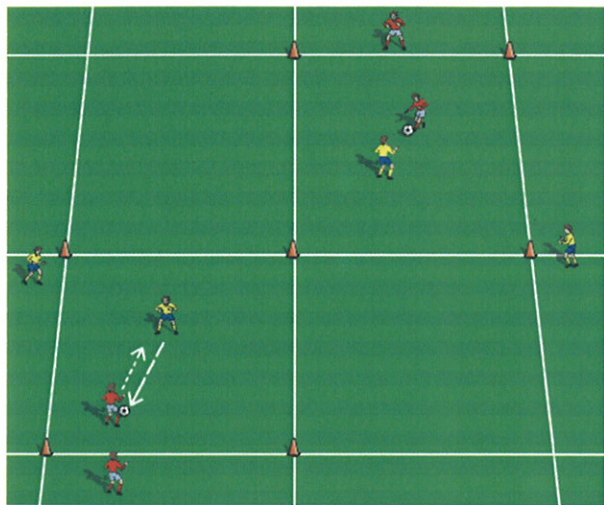
Progression/Regression:

1. P – Allow 2nd attacker to support the ball from behind.
2. R – Reduce the closing distance for the defender.



New York Red Bulls – Practice Activity

Activity #	M1304	Curriculum	Advanced
Section	Main Theme	Topic	Tackling
Key Learning Outcome(s)	Closing down and correct tackling technique		



Activity M1304 – Advanced – Tackling

Organization

1. 20 x 10 Yard Area
2. 6 Players (4 attackers and 2 defenders, 2 defenders resting)
3. One ball per attacker

Instructions

1. Attackers start with the ball.
2. On the attackers first touch the defender comes into close down.
3. Attacking players must attempt to penetrate the end line.
4. Defender must attempt to win the ball and penetrate attackers' end line.
5. Rotate attackers and defenders every few attempts.

Coaching Points

1. Angle and speed of approach.
2. Body Position should be side ways on and low to the ground.
3. Be patient
4. Correct option to block or poke.

Progression/Regression:

1. P – 2nd Attacker or defender becomes active if 1st player is beaten.
2. P – Play 2 vs. 2
3. R – Reduce the space to 10 x 10 yards
4. R – Play 1 vs. 2



New York Red Bulls – Practice Activity

Activity #	M1305	Curriculum	Advanced
Section	Main Theme	Topic	Tackling
Key Learning Outcome(s)	Closing down and correct poke tackling technique		



Activity M1305 – Advanced – Tackling

Organization

1. 5 x 5 x 5 Yard Area
2. 12 Players (each work in pairs)
3. 1 ball per pair

Instructions

1. Players are divided into pairs
2. One attacker and one defender
3. The attacking player attempts to penetrate into the triangle with a dribble
4. The defender attempts to prevent this
5. Rotate players after a set time limit

Coaching Points - Poke Tackle

1. Poke the ball using the front foot (one closet the ball)
2. Lock the ankle
3. Weight is on the back foot
4. Poke the ball at an angle (diagonal)

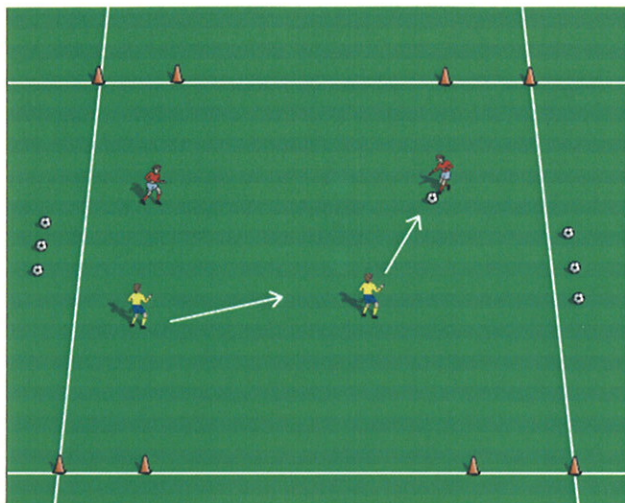
Progression/Regression

1. P – Increase the size of the attacking area
2. P – Attackers can penetrate more than one attacking area
3. R – Play 1 vs. 2
4. R – Attackers must penetrate two sides of the triangle, allowing a chance for the defender to recover



New York Red Bulls – Practice Activity

Activity #	C1300	Curriculum	Advanced
Section	Conditioned Game	Topic	Tackling
Key Learning Outcome(s)	Application of correct technique in game setting		



Activity C1300 – Advanced – Tackling

Organization

1. 20 x 20 yard area
2. 4 Players (2 vs.2)
3. Two 3 yard goals in each corner of the end line
4. One ball (additional around the outside)

Instructions

1. Teams attempt to score by dribbling the ball through one of their opponents goals
2. If the defending teams wins the ball they attempt to score in the their opponents goals
3. If the ball leaves the area the game is restarted with a kick in
4. No corners or goal kicks, defending team restarts play from the back of the area with one free pass (this can not be intercepted)

Coaching Points

1. Moments to tackle
2. Correct application of each tackling technique (poke or block)

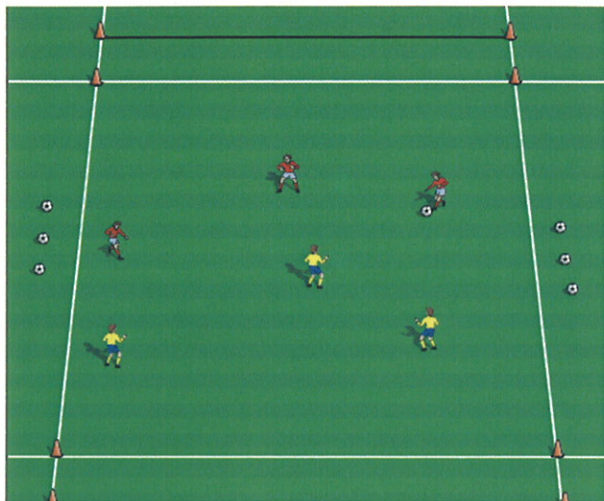
Progression/Regression:

1. P – 3 vs. 3
2. P – Add goalkeepers and goals
3. R – Reduce the size of either goal in the corner to make the scoring area smaller
4. R – Players must stop the ball between the goals in order to score



New York Red Bulls – Practice Activity

Activity #	C1301	Curriculum	Advanced
Section	Conditioned Game	Topic	Tackling
Key Learning Outcome(s)	Application of correct technique in game setting		



Activity C1301 – Advanced – Tackling

Organization

1. 30 x 25 yard area
2. 6 Players (3 vs. 3)
3. Two 5 yard end zones marked out at each end
4. 1 Ball (additional around the outside)

Instructions

1. Teams attempt to score by running the ball into the opposition's end zone
2. The ball must be stopped inside the end zone in order for the score to count
3. The opposing team then re-starts the game from their end zone
4. If the ball leaves the area a kick is taken to re-start the game
5. No goals or corners, so the opposing team re-starts the game if the ball leaves the back of the end zone by running the ball back in

Coaching Points

1. Moments to tackle
2. Correct application of each tackling technique (poke or block)

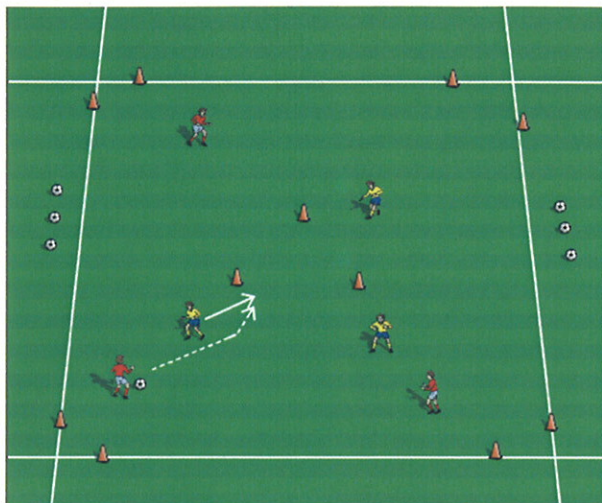
Progression/Regression:

1. P – Add goalkeepers and goals
2. R – Reduce the size of the area to 25 x 20 yards



New York Red Bulls – Practice Activity

Activity #	C1302	Curriculum	Advanced
Section	Conditioned Game	Topic	Tackling
Key Learning Outcome(s)	Application of correct technique in game setting		



Activity C1302 – Advanced – Tackling

Organization

1. 30 x 30 yard area
2. 6 Players (3 vs. 3)
3. One centre triangle zone of 10 x 10 yards, four small counter goals (2 yards apart) in each corner of the area
4. 1 ball (additional balls around the outside)

Instructions

1. The attacking team attempts to score by dribbling or passing the ball into the centre triangle zone
2. If a pass is made inside the triangle then a second attacker must be in there to receive it in order for goal to be scored
3. If the defending team wins possession of the ball they must attempt to score in anyone of the four corner goals by dribbling the ball through under control
4. Rotate teams after a set time limit

Coaching Points

1. Moments to tackle
2. Correct application of each tackling technique (poke or block)

Progression/Regression:

1. P – Increase the size of the central attacking space
2. R – Play with two balls
3. R – Reduce the size of the central attacking space
4. R – Play 2 vs. 3 so cover is always present