



TACKLING AND CONTACT SKILLS METHODOLOGY

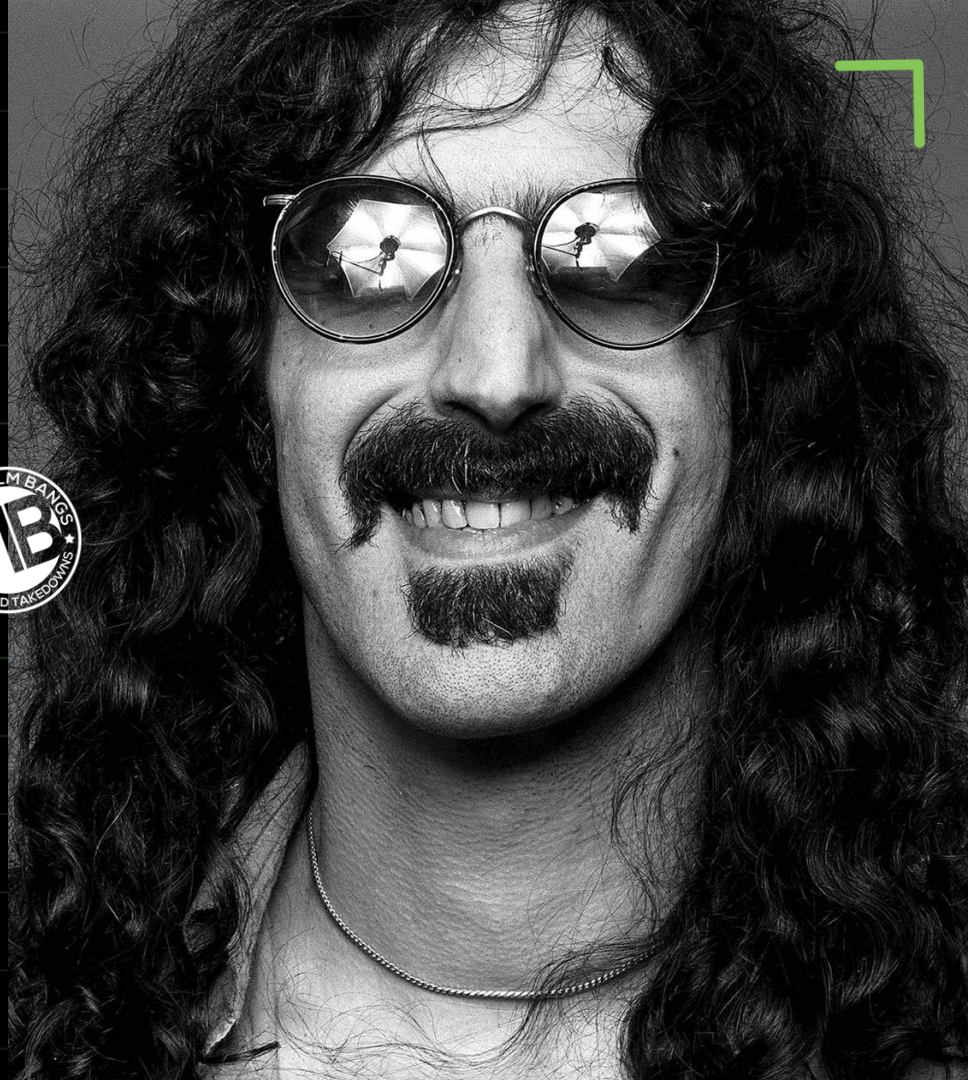
FOR COACHES OF AUSTRALIAN RULES FOOTBALL



**“The mind is like
a parachute.
It doesn’t work if
it isn’t open”**

Frank Zappa

Grammy Award Winning Musician. Singer, Songwriter.



THE BIGGEST CHALLENGES IN PRESENTING TACKLING TO COACHES

“BACK IN MY DAY”

- We tackled to hurt or injure
- We didn't understand the long term effects of repeated concussions

THE GAME HAS EVOLVED

- All sports do
- And therefore, so must we.

CHRONIC TRAUMATIC ENCEPHALOPATHY

‘The condition known as chronic traumatic encephalopathy (CTE) was formerly believed to exist primarily among boxers, and was referred to as dementia pugilistica. It is a progressive degenerative disease which afflicts the brain of people who have suffered repeated concussions and traumatic brain injuries, such as athletes who take part in contact sports, members of the military and others. The term encephalopathy derives from Ancient Greek en- "in," kephale "head," and patheia "suffering." Chronic traumatic encephalopathy is a condition of brain damage which persists over a period of years or decades and which is the result of traumatic impacts to the cranium.’

Sourced from the [Brain Injury Research Institute](#).



OUR TACKLE ON GET YOUR TACKLE
OUR TACKLE ON GET YOUR TACKLE

YOU CAN'T HAVE A
NEW REALITY
WITH AN OLD MENTALITY

OUR TACKLE ON GET YOUR TACKLE
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BIGGEST TACKLING MISCONCEPTIONS

A black and white photograph of two netball players in action. One player is in a crouched position, holding a Sherrin netball, while the other player is leaning over her, attempting to tackle her. The background is a dark grid pattern.

1

**YOU HAVE TO BE TOUGH / STRONG
TO BE A GOOD TACKLER**

2

IT'S ALL ABOUT INTENT

**IT IS MOST OFTEN
'TAUGHT' IN A
COMBATIVE /
COMPETITIVE DRILL**

**THE BIGGEST
MISTAKE MADE
WHEN TEACHING
TACKLING**



**TACKLING IS SOMETIMES
IDENTIFIED AS A 1%ER SKILL**

**THE 1%
HAS 100%
OF CONTENT**



SOME OF THE 100% OF THE 1%

- **Front / Side Tackling Technique**
- **Chasedown Tackling Technique**
- **Stoppage / Stationary Tackling**
- **Technique**
- **Open Play Tackling**
- **Constested Tackling**
- **Timing the Tackle**
- **Bumping**
- **Levers**
- **Body Work**

**SO WHERE
DO I BEGIN?!**





BEGIN AT THE BEGINNING

Understand that it's the process
that provides the outcome.

Just like kicking. It's the
fundamentals & technique that
are the key – so train them!

Prioritize what YOU want to teach.

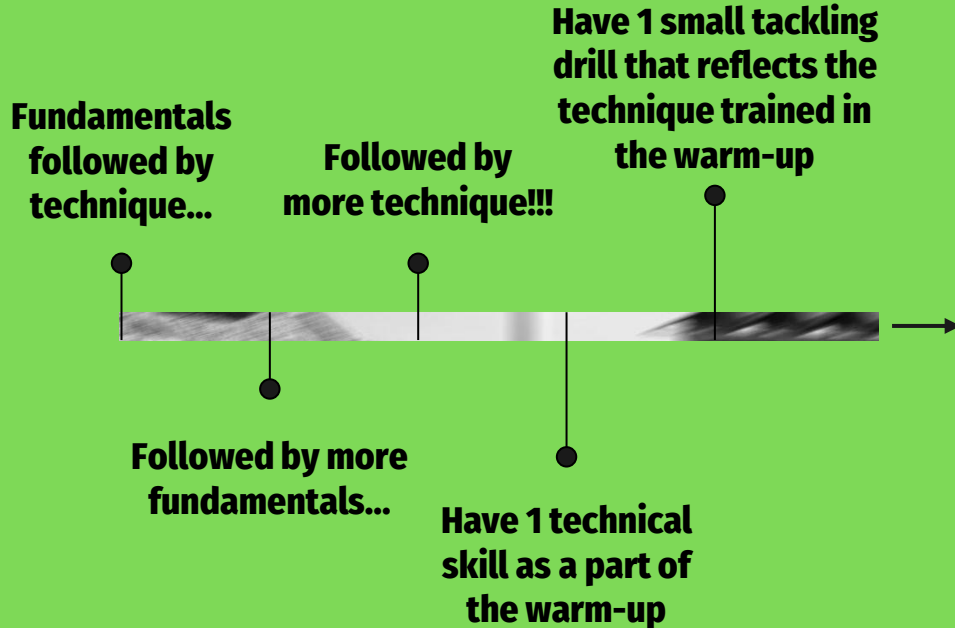
THE GOAL

To create habitual, automatic or unconscious movement(s) These terms refer to the movements being ingrained and effortless due to repeated practice or consistent patterns of behaviour.

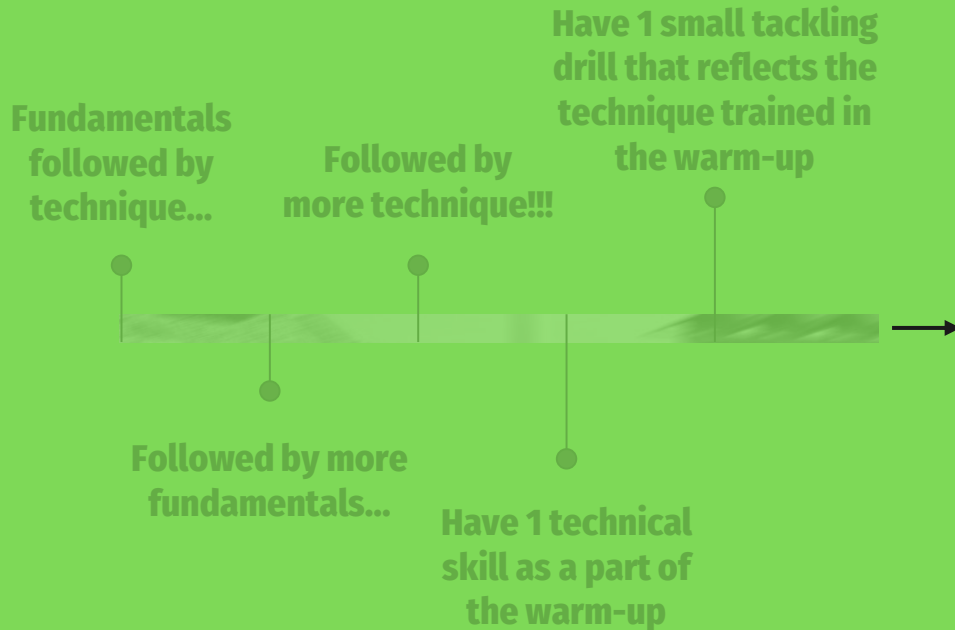
The movements also need to be safe, effective and efficient for all persons involved in the tackle.



THE PROCESS



THE OUTCOME



Safe, Efficient & Effective tackling execution

Players who are confident with contact

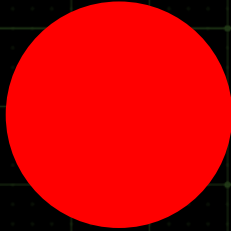
Players who understand that there is a technical side and process to all skills

A dramatic reduction to the risk of injury

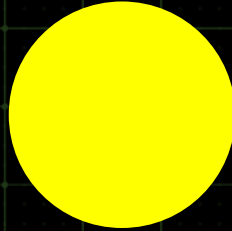
THE BIGGEST CHALLENGES

- **Over-assertive vs Under-assertive, aka 'Finding the Gears'**
- **Co-Operative vs Competitive**
- **Purposeful vs Appeasement**
- **Rushed vs Controlled**
- **'Buy-In'**

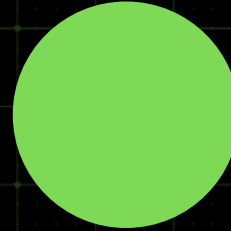
**Technique Only.
No Competition.**



**Slight Resistance
& Competition.**



**Means Go –
Game Style.**





**TACKLING IS THE
INDIVIDUAL'S
SELFLESS
CONTRIBUTION
TO THE TEAM**



**“Practice doesn’t
make perfect,
Practice makes
permanent”**

Neil Adams

9th Dan Judoka. 2 x Olympic Silver Medalist. 1981 World
Champion. 7 x European Champion.





THANK YOU

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