



# MALCOLM BANGS

## TACKLES AND TAKEDOWNS ✂

### SESSION SUMMARY

## AFL VICTORIA 2026 COACHES FORUM

### Practical Tackling Component -

#### *Prioritise fundamental skills before games/competitions.*

- Progression: simple connection → controlled impact → live contact.
- Always emphasise head safety, balance, and technique.

#### *Fundamental Front & Side Tackling techniques.*

- Same leg, same shoulder.
- Cheek to cheek, ear to rear.
- Connect Shoulder at the Hip (Aim for thigh & you won't go high).

#### *Fundamental Drills to promote Safe, Effective tackling techniques.*

##### *• Scarecrow Squeeze Game:*

- Player 1 Feet apart, arms/hands in front
- Player 2 Wraps up Player 1 - Same Leg, Same Shoulder, Cheek to cheek, ear to rear.
- Player 2 Squeezes Player 1 tight attempting to keep both arms pinned (5 secs).
- One the whistle Player 1 attempts to slide both hands from the tackle.
- 2 hands up - Player 1 wins. 1 hand or no hands up Player 2 wins.

\*The sole intent of the drill is to have players repeatedly execute correct tackling technique automatically.

##### *• Scarecrow Drill:*

- Player 1 Feet apart, arms out to the side.
- Player 2 Identifies Midline and Connects the tackle from 1 step. Slight Impact.
- Ensure Same Leg, Same Shoulder, Cheek to cheek, ear to rear technique is used.

\*The sole intent of the drill is to progress further to stepping in an out of the tackle position using correct technique for both left and right tackles.

##### *Tackle Pad Progression:*

- Tackle Pads should be low - preferably at thigh height.
- The player connects the tackle from 1 step, timing shoulder and foot at the same time.
- Ensure Same Leg, Same Shoulder, Cheek to cheek, ear to rear technique is used.

\*The sole intent of the drill is to now combine effective impact whilst maintaining correct technique.

***\*Remember the inside shoulder concept to effectively corral opposition and more importantly assist tacklers to use the correct shoulder during tackle execution to protect their heads.***

