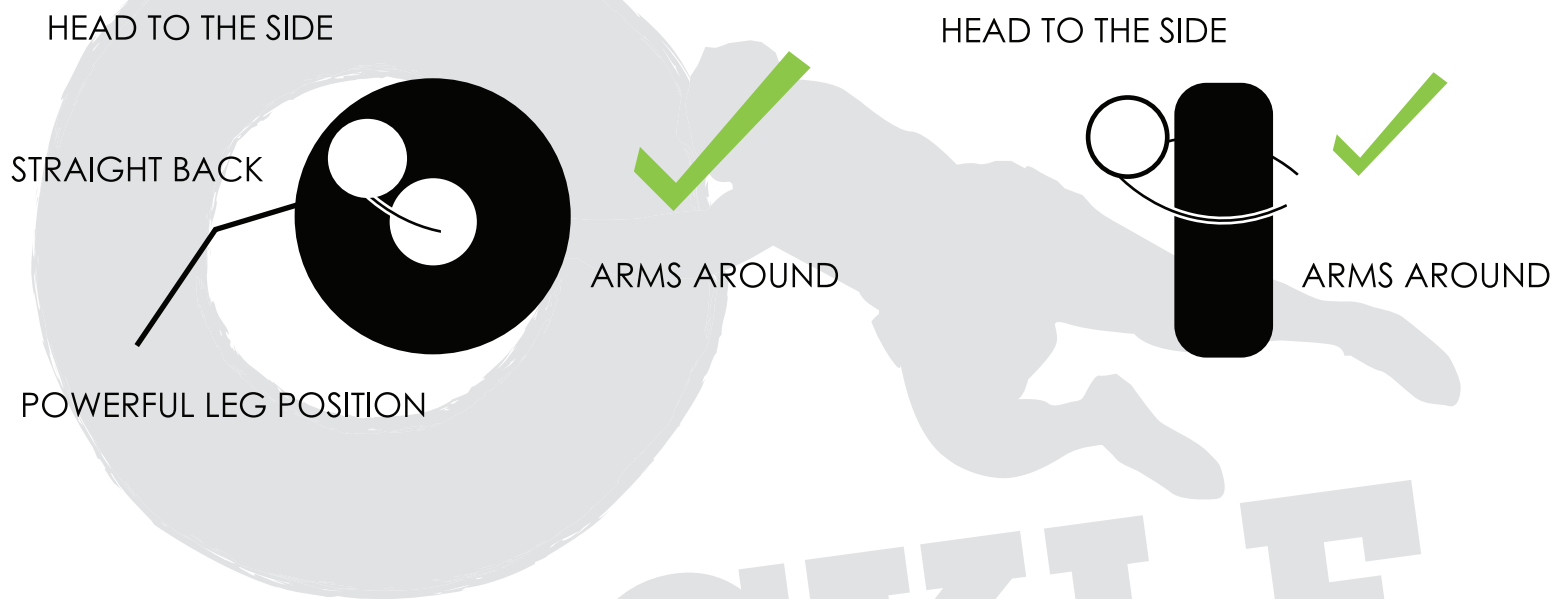
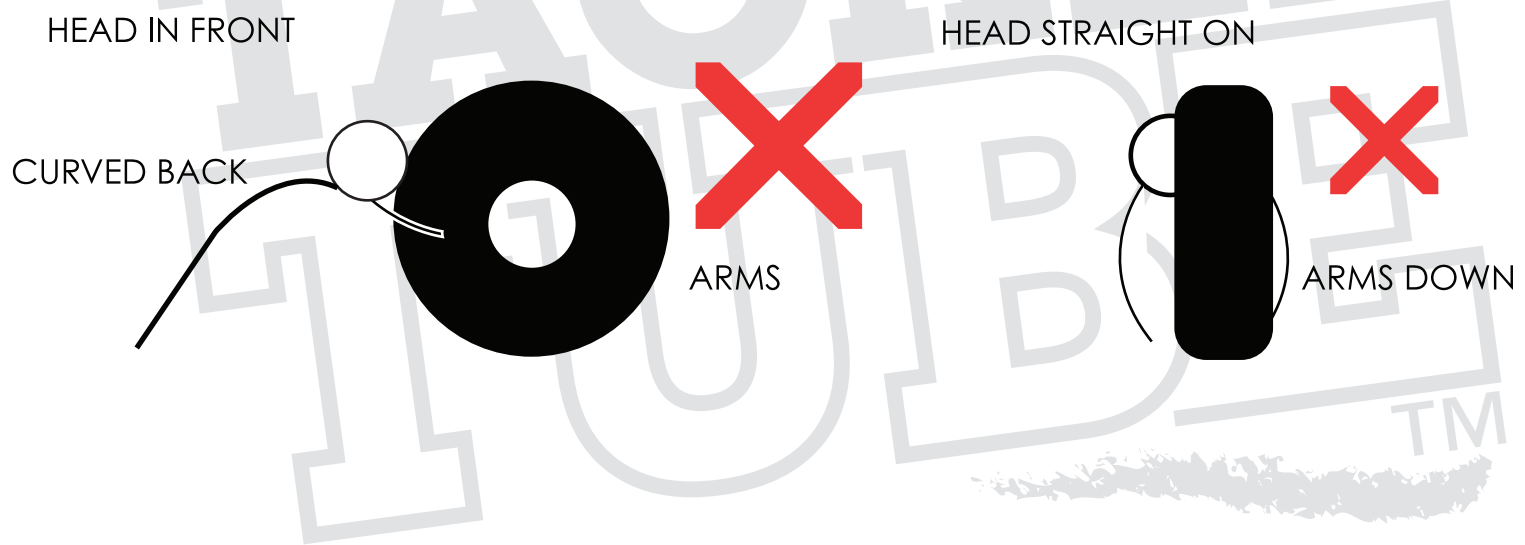


KEYNOTES

GOOD BODY POSITION FOR A REAR & HEAD ON TACKLE



BAD BODY POSITION FOR A REAR & HEAD ON TACKLE



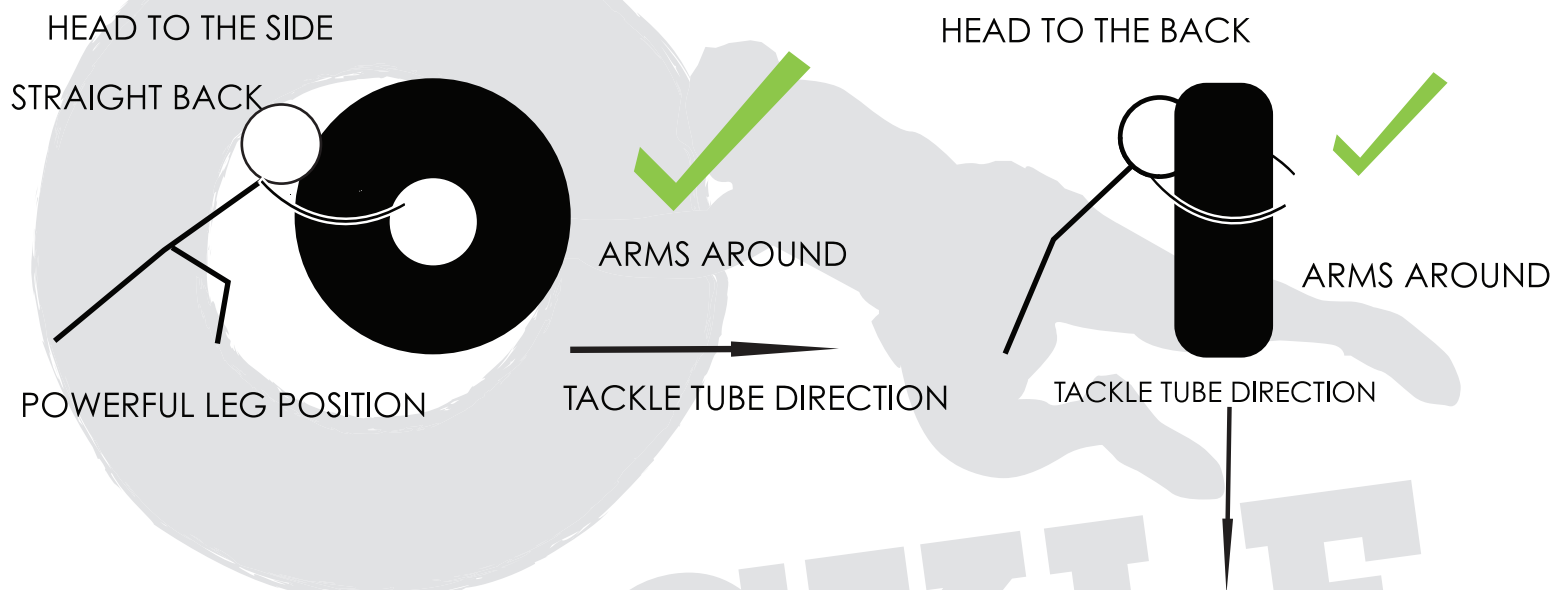
THE RETURN PORTION OF EACH DRILL IS FOR YOU, AS A COACH, TO DEVELOP ANY PRE OR POST TACKLE SKILLS YOUR TEAM NEED TO DEVELOP; ie... RUCK CLEARING, PASSING SKILLS, CONTACT SKILLS, EVASION SKILLS & RUNNING DRILLS.



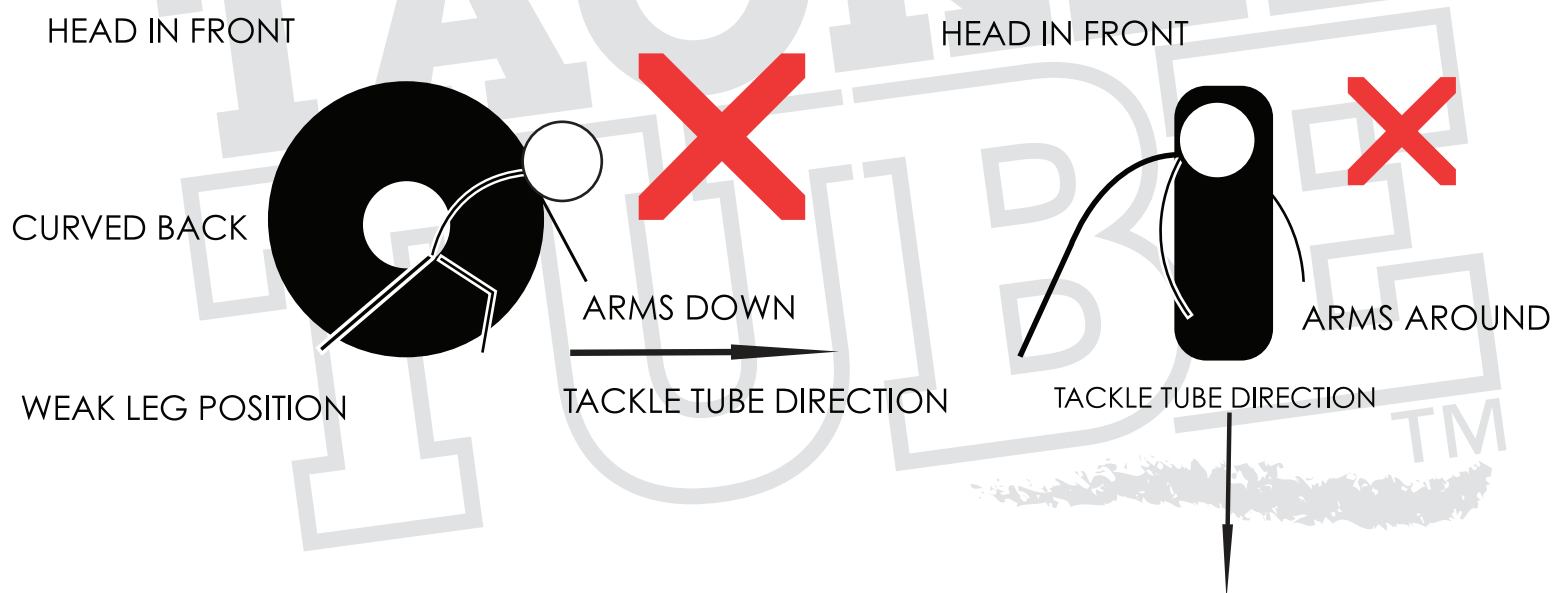
Tackle Zone: The white center of the Tackle Tube is designed to orientate the player and focus the mind. It gives the player a focal point heading in to make the tackle, and again once the tackle has been made and they're back up on their feet to turn over the ball. The white Tackle Zone indicates where the attacking player would hold the ball, and where the defending player needs to focus. This is where all the action takes place.

KEYNOTES

GOOD BODY POSITION FOR A SIDE ON TACKLE



BAD BODY POSITION FOR A SIDE ON TACKLE



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Tackle Zone: The white center of the Tackle Tube is designed to orientate the player and focus the mind. It gives the player a focal point heading in to make the tackle, and again once the tackle has been made and they're back up on their feet to turn over the ball. The white Tackle Zone indicates where the attacking player would hold the ball, and where the defending player needs to focus. This is where all the action takes place.