

## Poke Tackle

This soccer tackling technique is usually executed when the defender is approaching the ball carrier from the side, or from behind. It's also your only tackling option when the opponent is shielding the ball, forming a barrier between you and the ball. Because the situations you'll be using the poke tackle in may vary, there isn't such a strict positioning set of rules, but for the most part you'll want to **keep as close** to the defender as possible and focus on where he's controlling the ball to.

To execute a successful poke tackle is knowing when to extend your leg for the steal. Since extending your leg past the ball carrier and poking it will usually throw you off balance, it's important to choose a safe time to do it, otherwise a skilled player will take advantage of your miss-tackle and dribble you with ease.

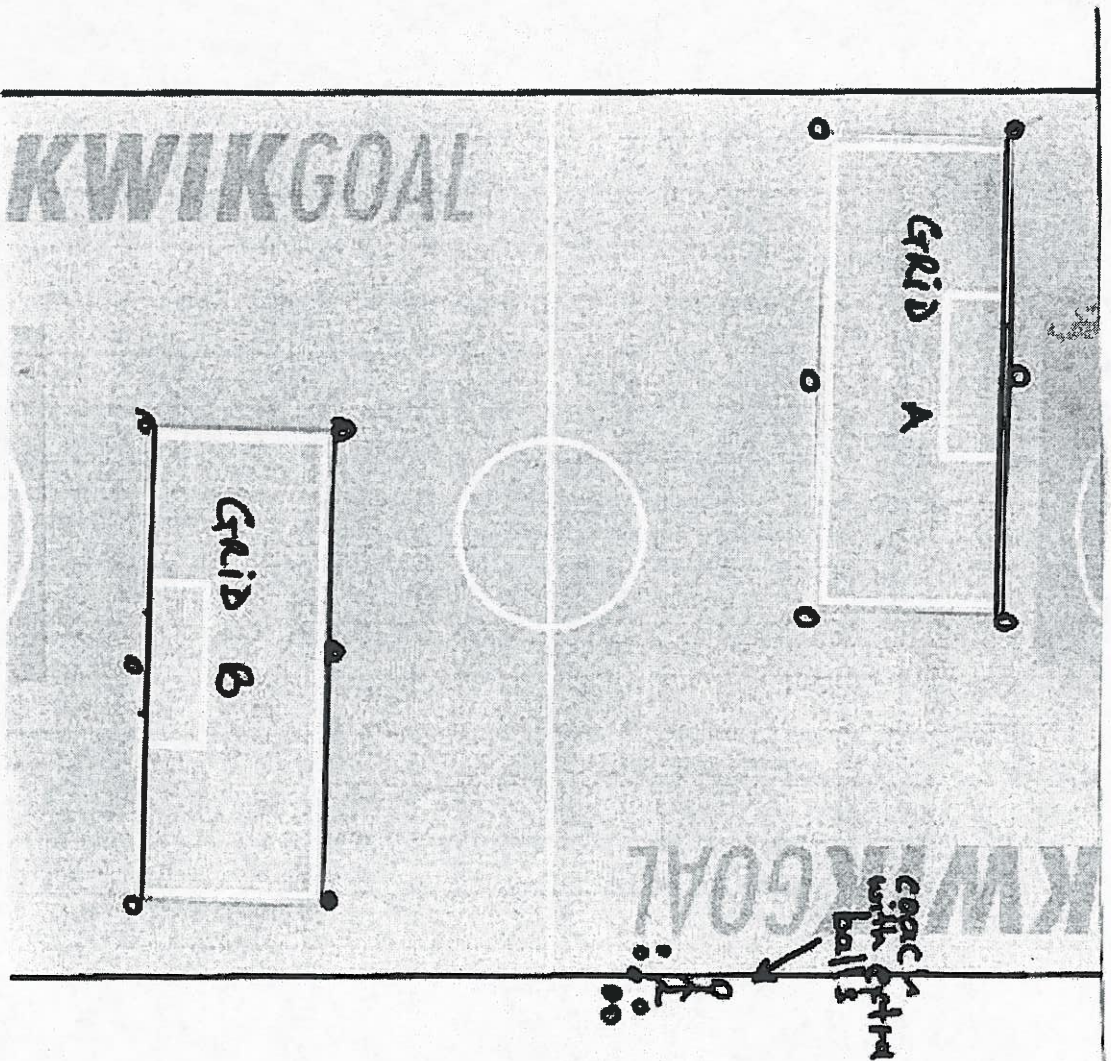
To reduce throwing yourself completely off balance while extending your tackling leg towards the ball, bend your supporting foot and push yourself forward as soon as you've poked the ball away from the other player.

Since the player you're tackling will try to shield it away from you, you will have to extend your foot either around the side, or through his legs. It's very important that you don't physically contact the ball carrier before tackling the ball, or the referee will call a foul. That's why anticipation and knowing when to choose the right moment to attack the ball are two very important skills when executing a poke tackle

\*Have players pair up and take turns (switch) defending the ball.



# SMALL-SIDED GAME # 1



\* Divide player into 2 equal teams.

\* Set-up two small grids 15x10 as shown above with

\* Set-up team 1 inside of Grid-A<sub>1</sub> and team 2 outside

Around Grid B with-out balls.

\* At coach's signal players from team 1 will try to dribble

pass players of team 2 into Grid B and stop their

ball in the grid, leave it & get another from the coach.

\* Players of team 2 cannot enter or run thru the Grid B

\* Player of team defend their Grid B using the Jockey in

\* Block & Poke Tackling Methods.

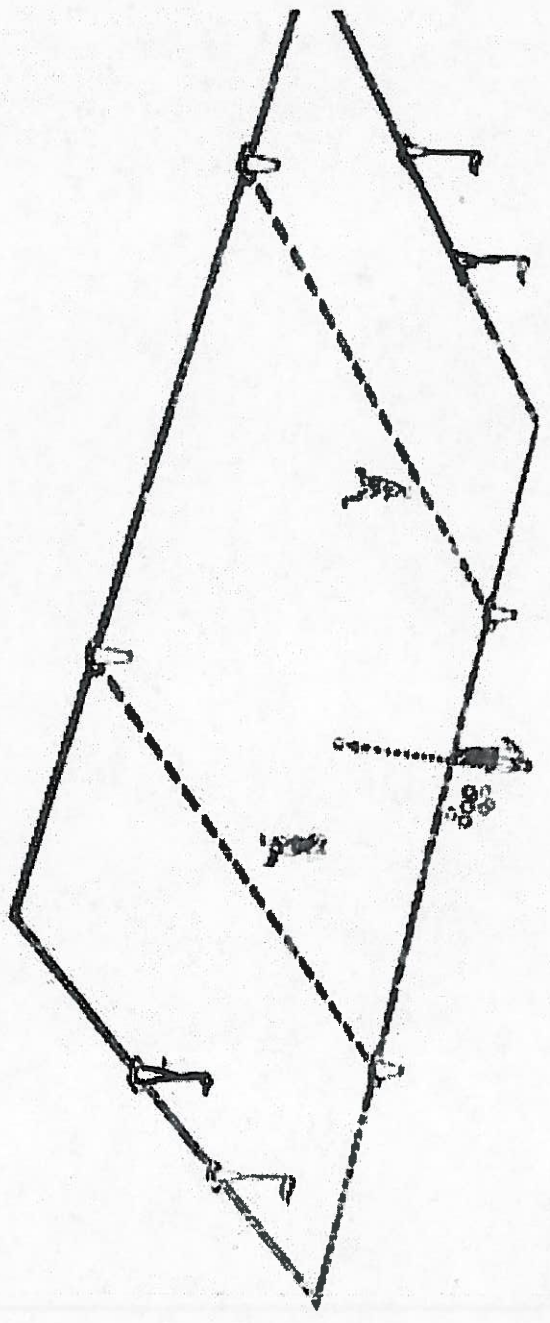
\* SWITCH TEAMS AROUND



# The Numbers Game

## Objective

To develop good attacking and defending skills in a "fun game" practice and to use 1 vs 1 and 2 vs 2 as the learning situation.



## Organization

- Use the 30 x 20 field.
- **Flag** goals **behind**
- All players start **A** goal line.
- Each player on each team is given a number.
- Coach calls out number . . . e.g. "three" . . . and rolls the ball into play.
- The two opposing number 'three' players leave the goal line immediately and compete for possession for a maximum of 20 seconds.
- Coach keeps the balls by him and rolls another ball into play if one is kicked out.
- Call two numbers — "one" and "three" — to create 2 vs 2.
- Remaining players **stand behind**

*their goal & wait for their number to be called.*

- If one player fails to respond to the number a penalty is called — a free shot at open goal from half-way line, to keep players on their toes and make it fun.

## Teaching points

- If organization is working, let them play, enjoy the game and learn by trial and error.
- Encourage attackers to take on opponents and **Go for Goal!**
- Defenders should **stay on their feet** rather than slide tackling.
- Defenders must run back even when beaten.

## Target

- To outscore opposing team.