

St. Mary's Youth Soccer Training Series

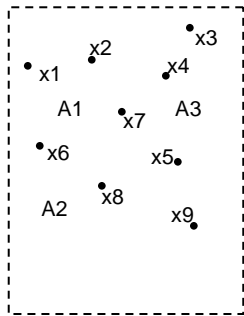
Topic: Block Tackling
Age/Level: U-12 and up
Type: Run → Pass → Dribble



Notes:
 This session is designed to progress the players through a session that focuses on block tackling.

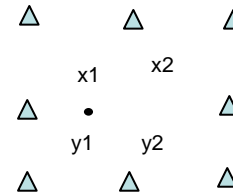
Thanks to Nathan Neblett.

Progression: (Warm-up)
Exercise: Pass and Recover
Time: 15-20 Minutes



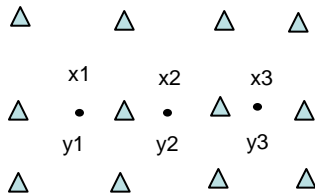
In a 10x10 grid, two-thirds of the players start with a ball dribbling around the grid. The other third of the players must take a ball. If X1 loses the ball, he or she must get another. If A1 pokes the ball out of the grid, he or she does not get the ball. Alternate 1 minute of play with 1 minute of stretching.

Progression: 3
Exercise: 2v2 Match Play
Time: 10 Minutes

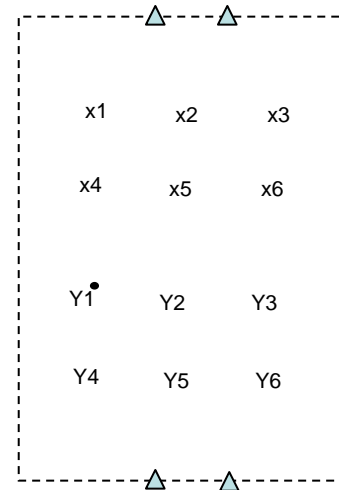


Shift one of the teams down 1 lane from progression 2 so each player has a new partner. Remove cones to create 2v2 in each lane. The x's start with the ball and try to reach the other side for a point. If the other side is reached, turn around and repeat. Restrictions are if the ball is poked out then the original team still has possession and no shielding is allowed. Play for 15 and then 30 seconds, then reset. Emphasize on Block Tackle technique.

Progression: 2
Exercise: Technical Tackling
Time: 30-35 Minutes



Two players begin facing each other in each lane with a ball between them. Plant the left foot slightly wider than the shoulder width, with the knee slightly bent. On the command of "Go", both players attempt to tackle the ball with the inside of their right foot. Check for balance. Switch to left foot. Step 2: Designate one side as attacker. On the command, the tackling player push the ball through the attack. Progress to trying to roll the ball over, using the other foot, and both players getting to tackle. Step 3: Same as Step 2, except the attacker starts on one end of the grid and dribbles in with a specific foot before being tackled. Emphasize: keep eye on the ball, plant the non-tackling foot firmly outside the ball with the knee slightly bent to keep a low center of gravity, keep the ankle locked and the toe slightly up on the tackling foot while going through the center of the ball, bend forward over the ball for balance, push through for low momentum tackles, roll over for high velocity tackles, don't fall down, and make the max effort to get away.



Progression: 4
Exercise: Small Sided game 6v6 Game
Time: 15-20 Minutes

In a 20x10 grid, play 6v6 with no restrictions. Points are scored by dribbling through the goal. Still looking for defenders to use block tackle technique to win balls.