

|  |
| --- |
| ***Class: Y4*** |
| ***Lesson: FOOTBALL (TACKLING)*** |
| ***Lesson Objective:***  TO TACKLE CORRECTLY |
| ***Resources:***  FOOTBALL, CONES, BIBS |

|  |
| --- |
| ***Warm Up:***  JOGGING AOUND THE AREA, SKIPPING, JUMPING, SIDE STEPS ON THE COACHES COMMAND. DYNAMIC STRECHES WILL FOLLOW.  **Coaching Points:**  ***Safety Points:***  BE AWARE OF WHOS AROUND |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***  PARTICPANTS WILL START IN A ZONE, THEY WILL JOCKEY THE PLAYER BACK.  NEXT, PARTICIPANTS WILL TRY TO INTERCEPT THE BALL WHILST BEING TAKEN ON. IN THE ZONE. THE THIRD PART OF THE DRILL WILL BE FOR PARTICIPANTS TO TACKLE.  **Coaching points:**  JOCKEY, STAY LOW, SIDE ON CHANGING SIDES, KEEP THEM ARMS WIDTH AWAY.  ***Safety Points:***  BE AWARE, DON’T KICK THE BALL TO HARD |
| ***Warm Down***:  JOGGING, WALKING, FOLLOWED BY STATIC STRECHES.  **Coaching Points:**  ***Safety Points***:  BE AWARE OF WHOS AROUND |
| ***Plenary:*** |

|  |
| --- |
| RED:  SHORTER DISTANCE |
| AMBER:  STANDARD SESSION |
| GREEN:  LONGER DISTANCE |