



# Delivering the TackleReady+ Program

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# PURPOSE

The TackleReady+ program allows new and existing participants to learn correct and safe techniques, preparing them for the tackle version of Rugby League. The three-session program aims to increase player confidence and physical competence in all tackling situations.

To enhance the overall enjoyment of participants, the TackleReady+ program compliments the NRL SafePlay Code and Tag Rugby League competitions to offer a safe and progressive introduction to tackle Rugby League.

The TackleReady+ program addresses concerns commonly influencing parent's perception towards Rugby League; in relation to their child's size, strength and abilities. Therefore, the TackleReady+ program focuses on key competencies to reduce the effects of varying size, maturation and skill level.

## Our Objectives

### **Players**

Provide a systematic introduction to tackling and being tackled with the aim of enhancing players' competence and confidence leading to a greater level of enjoyment.

### **Coaches**

Educate club coaches with the necessary skills to teach new and existing Rugby League participants how to tackle and how to be tackled safely.

### **Parents**

Give parents peace of mind, and highlight the Games' commitment to offering a fun, safe and inclusive environment.

**8-9 year olds**

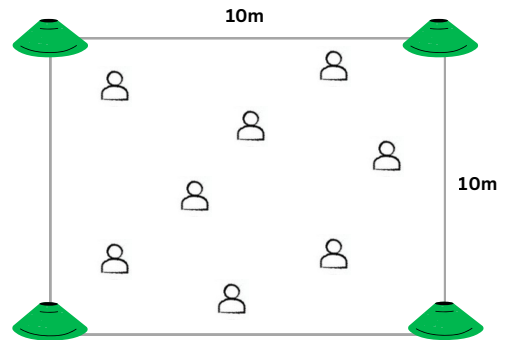


# 8-9 YEAR OLDS

## Session 1: PHYSICAL LITERACY & PREPARE TO TACKLE

### Warm Up:

- Use **playful games** as your warm-up activities to ensure kids are engaged and are having fun;
- Incorporate **Mascot Moves** to help develop agility, balance and coordination, laying a strong foundation for tackling;
- Incorporate **safe fall** aspects (e.g., sink-tuck-roll) to the warm up.



### Equipment Required:

Balls



Markers

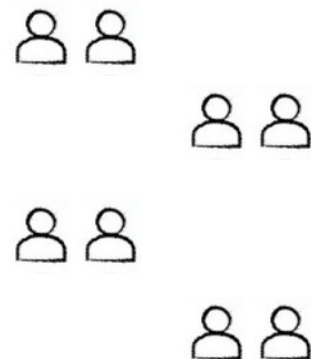


Whistle



### Activity 1: Knees Tackle to Standing Tackle

- **Introduction to the tackle technique** in both kneeling and standing positions;
- Focus on the correct **positioning of the shoulder** in the **belly button area**, and having the head on the opposite side to the shoulder;
- Players **wrap their arms** around the attacker, locking their arms around the body and squeezing tight;
- Encourage players to **drive to the side** and **land with their body on top** of the attacker.



Regression 1: Standing tackle

Regression 2: Introduce paddling/ fast feet

Progression: Start back-to-back before spinning and affecting the tackle.

### Equipment Required:

Balls



Whistle



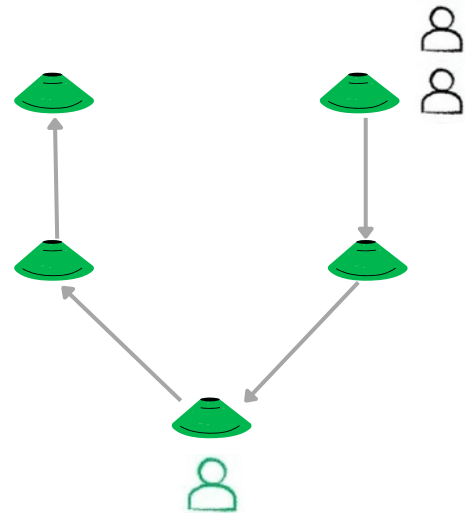
## Activity 2: High Tens, Low Tens

- A dynamic activity to teach players to **approach and step in close** to the attacker;
- It also promotes **agility and directional change**.
- In the Low Tens, players wrap their arms around the attacker, ensuring they place their **shoulder in the belly button area** of the attacker, and keep their head on the opposite side.

Regression: Introduce paddle/fast feet at the change of direction into attacker.

Progression 1: Low Tens

Progression 2: Affect tackle and take attacker to ground.



### Equipment Required:

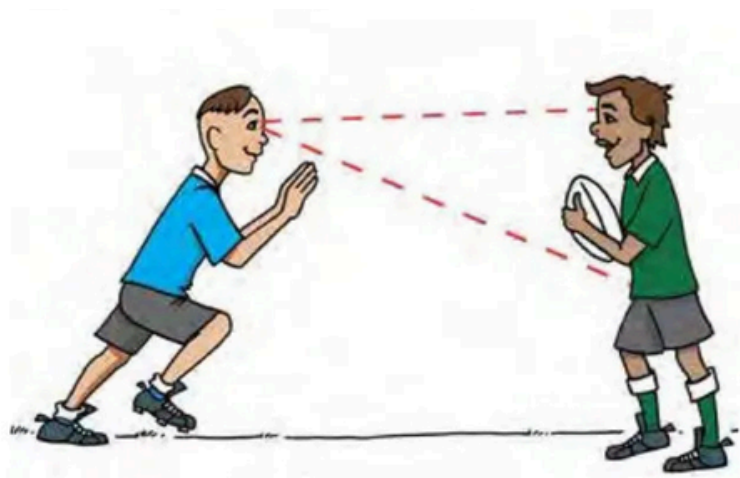
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Whistle



## Quick Tip



### When approaching the attacker:

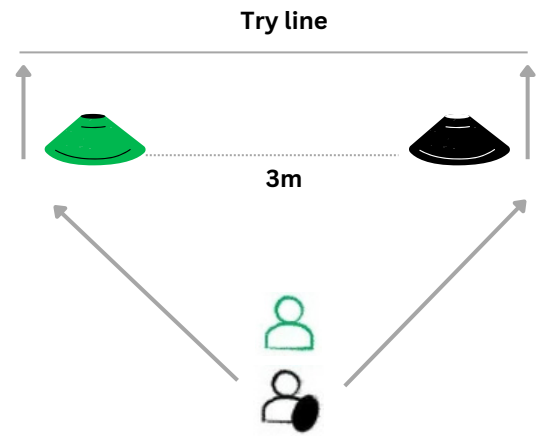
- **Keep your eyes up!**
- **Keep a strong posture!**
- **Focus on having a straight back!**

### Activity 3: Score a try, Save a try

- A dynamic activity to practice **safe tackling with both left and right** shoulders;
- It also promotes **reaction time and decision making** on whether to use the left or right shoulder for tackling;
- Encourage the attacker to **fall safely and forward only**.

Regression: Walking, slow jog

Progression: Introduce paddling/ fast feet



#### Equipment Required:

Balls



Markers



Whistle

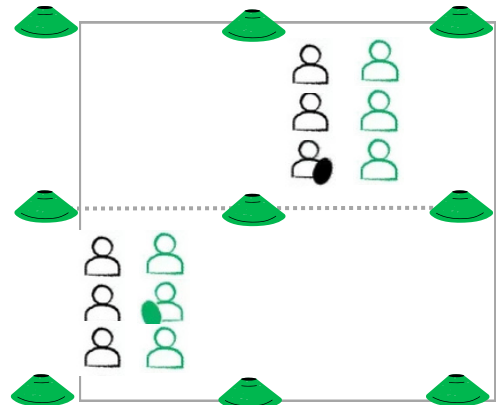


### Activity 4: Tackle Game - 3 v 3

- In this activity, players learn how to **tackle safely within a game-like environment**;
- The objective is to score a try within three chances;
- If an error occurs, it counts as one chance, and play restarts with a play the ball while the defending team retreats 3m back behind the referee;
- Emphasise the importance of **safe tackling and safe landing techniques** to minimise injury risk during play.

Regression: Narrower field

Progression: Wider field



#### Equipment Required:

Balls



Markers



Whistle

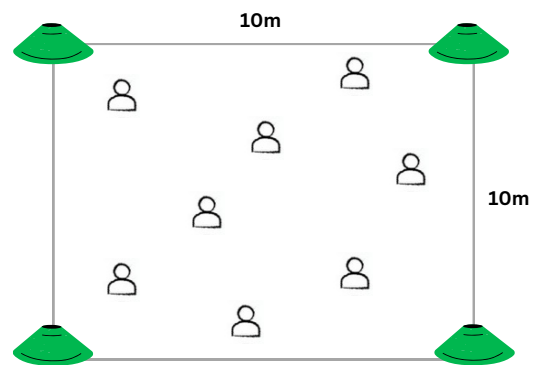


## 8-9 YEAR OLDS

# Session 2: INTRODUCTION TO TACKLE & TACKLE SELECTION

### Warm Up:

- Use **playful games** as your warm-up activities to ensure kids are engaged and are having fun;
- Incorporate **Mascot Moves** to help develop agility, balance and coordination, laying a strong foundation for tackling;
- Incorporate **safe fall** aspects (e.g., sink-tuck-roll) to the warm up.



### Equipment Required:

Balls



Markers



Whistle



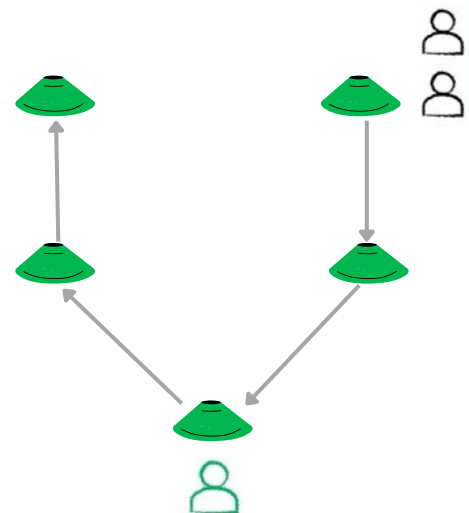
### Activity 1: High Tens, Low Tens

- A dynamic activity to teach players to **approach and step in close** to the attacker;
- It also promotes **agility and directional change**.
- In the Low Tens, players wrap their arms around the attacker, ensuring they place their **shoulder in the belly button area** of the attacker, and keep their head on the opposite side.

Regression: Introduce paddle/fast feet at the change of direction into attacker.

Progression 1: Low Tens

Progression 2: Affect tackle and take attacker to ground.



### Equipment Required:

Markers



Whistle

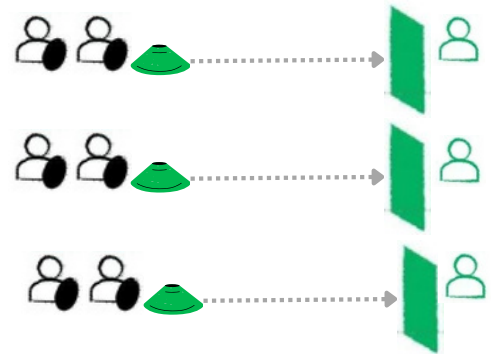


## Activity 2: Running into Tackle with Pads (Safe fall)

- Players learn how to **brace for a tackle** and use a **safe forward landing** technique;
- They also learn to securely **hold and protect a ball** while driving through the resistance of the pads;
- Encourage players to **play the ball** while standing up.

Regression: Walk, slow jog, less resistance of the pads

Progression: Paddling/ fast feet at the start of the activity and/or just before driving through the pads.



### Equipment Required:

Balls



Markers



Hit Shields



Whistle



## Quick Tip



### Play the Ball

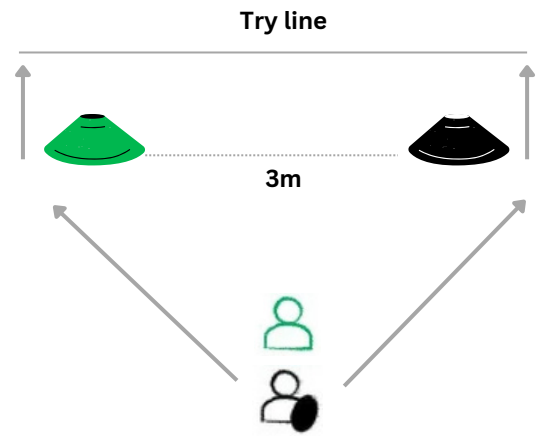
- Snap your knees up!
- Sweep your leg around!
- Touch the ball with your foot!

### Activity 3: Score a try, Save a try

- A dynamic activity to practice **safe tackling with both left and right** shoulders;
- It also promotes **reaction time and decision making** on whether to use the left or right shoulder for tackling;
- Encourage the attacker to **fall safely and forward only**.

Regression: Walking, slow jog

Progression: Introduce paddling/ fast feet



#### Equipment Required:

Balls



Markers



Whistle

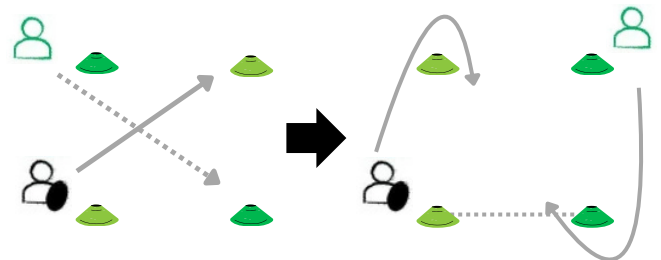


### Activity 4: Side On Tackle grid progressing to Front On Tackle grid

- In this activity, players learn to progress from a side-on tackle to a **front-on tackle**, affecting a safe and effective tackle;
- Encourage players to apply safe tackling mechanics of **Hit, Wrap, Drive to the Side, Land on Top**;
- Encourage players to practice **tackling with left and right** shoulders.

Regression: Walking, slow jog

Progression: Increase speed



#### Equipment Required:

Balls



Markers



Whistle

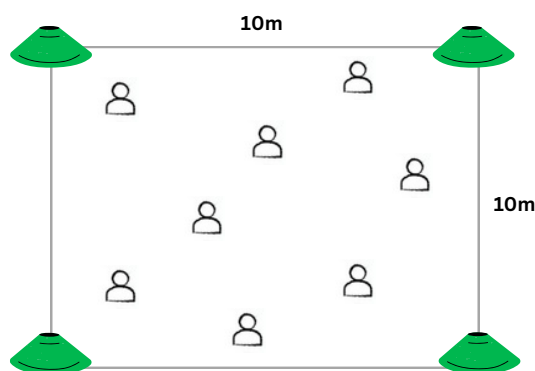


## 8-9 YEAR OLDS

# Session 3: TACKLE ID, BRING IT TOGETHER & GAME SIMULATION

### Warm Up:

- Use **playful games** as your warm-up activities to ensure kids are engaged and are having fun;
- Incorporate **Mascot Moves** to help develop agility, balance and coordination, laying a strong foundation for tackling;
- Incorporate **safe fall** aspects (e.g., sink-tuck-roll) to the warm up.



### Equipment Required:

Balls



Markers



Whistle



## Quick Tip



### When affecting the HIT:

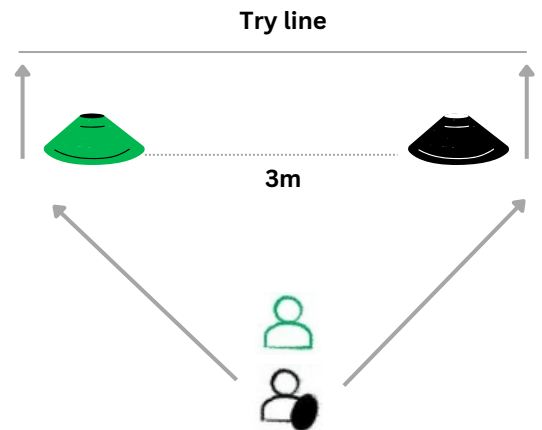
- **Keep your eyes up!**
- **Change height through the joints (hit, knees, ankles)!**
- **Maintain a straight back!**

## Activity 1: Score a try, Save a try

- A dynamic activity to practice **safe tackling with both left and right** shoulders;
- It also promotes **reaction time and decision making** on whether to use the left or right shoulder for tackling;
- Encourage the attacker to **fall safely and forward only**.

Regression: Walking, slow jog

Progression: Introduce paddling/ fast feet



### Equipment Required:

Balls



Markers



Whistle

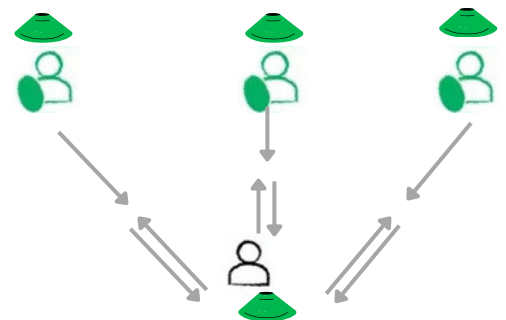


## Activity 2: Tackle Challenge

- Players learn how to affect **different types of tackle** (front-on and side-on) using both shoulders;
- Encourage safe tackling mechanism of **Hit, Wrap, Drive to the Side, Land on Top**, as well as **safe landing** techniques;
- This activity also teaches players' ability to **react quickly** to reset (return to marker) to get ready for the next tackle;
- Encourage the attacker to **fall safely**.

Regression: Walk, slow jog

Progression: Random selection of front vs left/right tackle



### Equipment Required:

Balls



Markers



Whistle



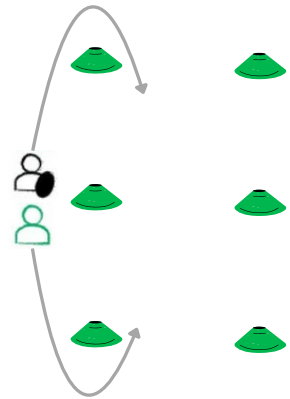
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### Activity 3: One on One Tackle Grid

- Players learn how to tackle **1:1 in a more dynamic environment**;
- Players learn to **read the attacker, and make a decision** on how to affect a safe tackle using either their left or right shoulder;
- Encourage safe tackling mechanism of **Hit, Wrap, Drive to the Side, Land on Top**, as well as **safe landing** techniques;
- Encourage the attacker to **fall safely**.

Regression: Walk, slow jog, smaller grid

Progression: Increase pace, larger grid



#### Equipment Required:



## Quick Tip



#### For the WRAP:

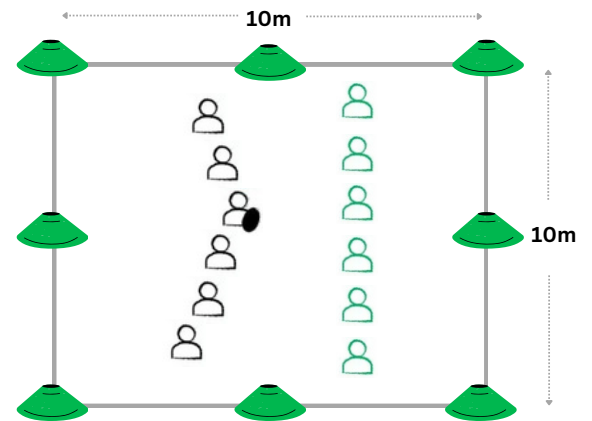
- **Keep your feet in close!**
- **Shoulders at belly-button height!**
- **Head to the side and tight!**

## Activity 4: 6 v 6 Game

- In this activity, players learn how to tackle safely within a **game-like environment**;
- The objective is to score a try within six chances;
- If an error occurs, it counts as one chance, and play restarts with a play the ball while the defending team retreats 3m back behind the referee;
- Emphasise the importance of **safe tackling and safe landing techniques** to minimise injury risk during play.

Regression: Narrower field

Progression: Wider field



## Equipment Required:

Balls



Markers



Whistle



## Quick Tip



### For DRIVE to the SIDE & LAND ON TOP

- Keep your head in close!
- Keep arms wrapped and knees bent!
- Push toward the attacker to roll them onto their back.
- Land safely on top!

**10-12 year olds**

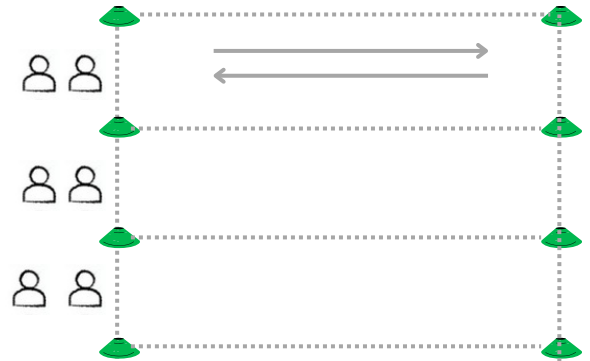


# 10-12 YEAR OLDS

## Session 1: TACKLE REVISION & TACKLE SELECTION

### Warm Up: Prepare to Play

- Warm up activities based on **fundamental movement skills** to reduce injury and preparing the players for tackling;
- Incorporate **general warm up, hopping and landing, and general strength activities.**



### Equipment Required:

Balls



Markers



Whistle



## Quick Tip



### When affecting the HIT:

- **Keep your eyes up!**
- **Change height through the joints (hit, knees, ankles)!**
- **Maintain a straight back!**

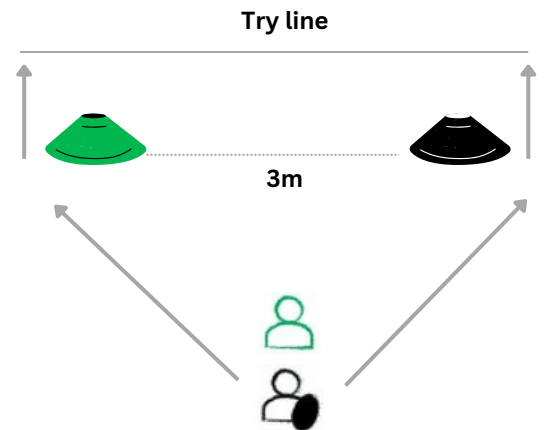
## Activity 1: Score a try, Save a try

- A dynamic activity to practice **safe tackling with both left and right shoulders**;
- It also promotes **reaction time and decision making** on whether to use the left or right shoulder for tackling;
- Encourage the attacker to **fall safely and forward only**.

Regression: Walking, slow jog

Progression 1: Introduce paddling/ fast feet

Progression 2: Start both players standing back to back.



### Equipment Required:

Balls



Markers



Whistle

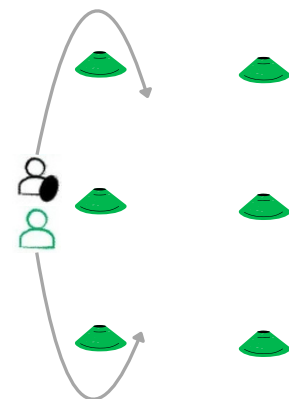


## Activity 2: One on One Tackle Grid

- Players learn how to tackle **1:1 in a more dynamic environment**;
- Players learn to **read the attacker, and make a decision** on how to affect a safe tackle using either their left or right shoulder;
- Encourage safe tackling mechanism of **Hit, Wrap, Drive to the Side, Land on Top**, as well as **safe landing** techniques;
- Encourage the attacker to **fall safely**.

Regression: Walk, slow jog, smaller grid

Progression: Increase pace, larger grid



### Equipment Required:

Balls



Markers



Whistle



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### Activity 3: Tackle Challenge

- Players learn how to **affect different types of tackle** (front-on, side-on and from behind) using both shoulders;
- Encourage safe tackling mechanism of **Hit, Wrap, Drive to the Side, Land on Top**, as well as **safe landing techniques**;
- This activity also teaches players' ability to **react quickly to reset** (return to marker) to get ready for the next tackle;
- Encourage the attacker to **fall safely**.

Regression 1: Walk, slow jog

Regression 2: Remove tackle from behind

Progression: Random selection of front vs left/right vs from behind tackle

#### Equipment Required:

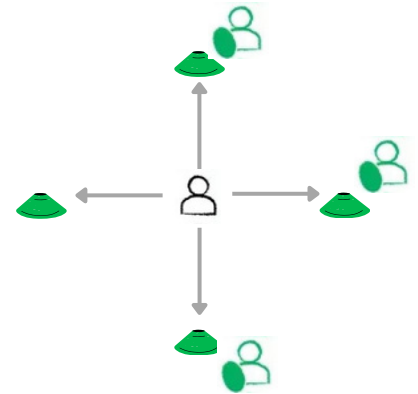
Balls



Markers



Whistle



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### Activity 4: Contact Circle

- In this activity, defenders are encouraged to focus on the **Hit and Wrap** stages of the tackle;
- Defenders also develop **teamwork** to increase their defensive awareness and spatial control;
- The attacker learns how to **run into contact**, and how to **position themselves in a safe** and effective manner.

Regression: Smaller circle

Progression 1: Larger circle

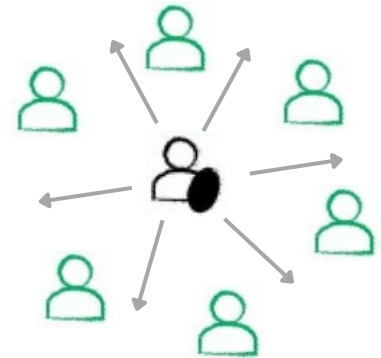
Progression 2: Take to ground - Encourage players to communicate in tackle by adding a call like "I'm ball" then second defender can drop and take the attacker to the ground.

#### Equipment Required:

Balls



Whistle

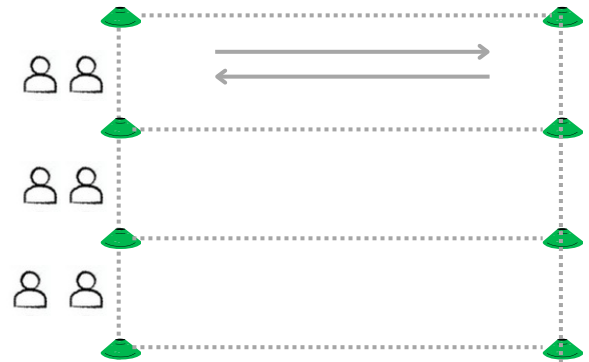


## 10-12 YEAR OLDS

# Session 2: TACKLE CONSOLIDATION & 2 DEFENDER TACKLE

### Warm Up: Prepare to Play

- Warm up activities based on **fundamental movement skills** to reduce injury and preparing the players for tackling;
- Incorporate **general warm up, hopping and landing, and general strength activities.**



### Equipment Required:



## Quick Tip



### For the WRAP:

- **Keep your feet in close!**
- **Shoulders at belly-button height!**
- **Head to the side and tight!**

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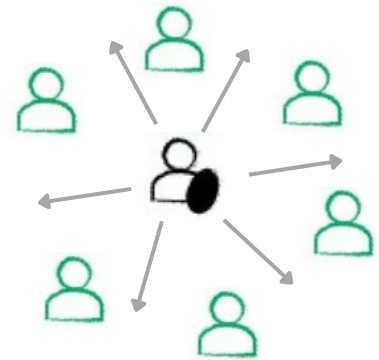
## Activity 1: Contact Circle

- In this activity, defenders are encouraged to focus on the **Hit and Wrap** stages of the tackle;
- Defenders also develop **teamwork** to increase their defensive awareness and spatial control;
- The attacker learns how to **run into contact**, and how to position themselves, and **land safely on their knees**.

Regression: Smaller circle

Progression 1: Larger circle

Progression 2: Take to ground



### Equipment Required:

Balls



Whistle



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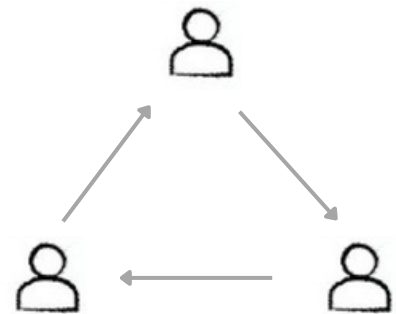
## Activity 2: Tackle Triangle

- In this **re-action time activity**, defenders work together to safely affect the **Hit and Wrap** component of the tackle before safely driving the attacker to the ground and landing on top;
- Defenders also develop **teamwork** to increase their defensive awareness and spatial control;
- The attacker learns how to **run into contact**, and how to **position themselves in a safe** and effective manner.

Regression 1: Hit and Wrap only

Regression 2: Smaller triangle

Progression: Larger triangle



### Equipment Required:

Balls



Whistle

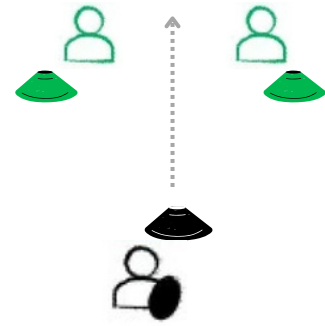


### Activity 3: Tackle Grid 2 v 1

- In this **re-action time activity**, defenders work together to safely affect the **Hit and Wrap** component of the tackle before safely driving the attacker to the ground and landing on top;
- Defenders also develop **teamwork** to increase their defensive awareness and spatial control;
- The attacker learns how to **run into contact**, and how to **position themselves in a safe** and effective manner.

Regression: Hit and Wrap only

Progression: Reaction drill (coach indicating left or right shoulder tackle)



#### Equipment Required:

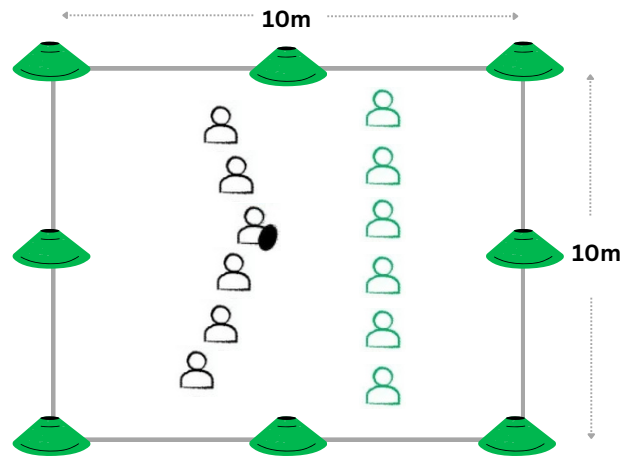


### Activity 4: 6 v 6 Game

- In this activity, players learn how to tackle safely within a **game-like environment**;
- The objective is to score a try within six chances;
- If an error occurs, it counts as one chance, and play restarts with a play the ball while the defending team retreats 3m back behind the referee;
- Emphasise the importance of **safe tackling** and **safe landing techniques** to minimise injury risk during play.

Regression: Narrower field

Progression: Wider field



#### Equipment Required:

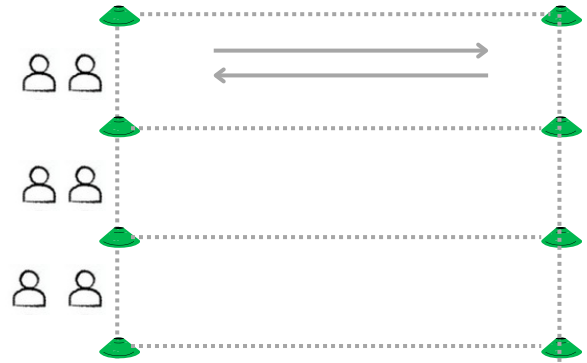


## 10-12 YEAR OLDS

# Session 3: 2 PERSON TACKLE & INTRODUCTION TO MARKER/RUCK DEFENCE

### Warm Up: Prepare to Play

- Warm up activities based on **fundamental movement skills** to reduce injury and preparing the players for tackling;
- Incorporate **general warm up, hopping and landing, and general strength activities.**



### Equipment Required:

Balls



Markers



Whistle



## Quick Tip



### For DRIVE to the SIDE & LAND ON TOP

- Keep your head in close!
- Keep arms wrapped and knees bent!
- Push toward the attacker to roll them onto their back.
- Land safely on top!

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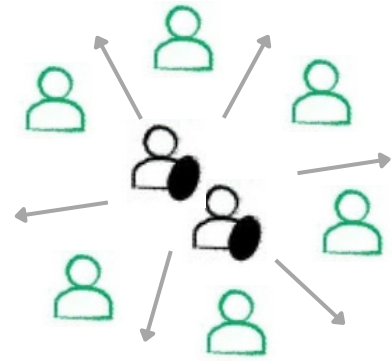
## Activity 1: Contact Circle - 2 Attackers

- In this activity, defenders are encouraged to focus on the **Hit and Wrap** stages of the tackle;
- Defenders also develop **teamwork** to increase their defensive awareness and spatial control;
- The attackers learn how to **run into contact**, and **how to position themselves in a safe** and effective manner.

Regression: Smaller circle

Progression 1: Larger circle

Progression 2: Take to ground



### Equipment Required:



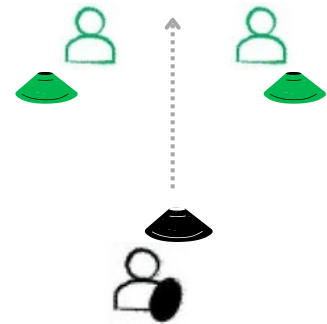
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## Activity 2: Tackle Grid 2 v 1

- In this **re-action time activity**, defenders work together to safely affect the **Hit and Wrap** component of the tackle before safely driving the attacker to the ground and landing on top;
- Defenders also develop **teamwork** to increase their defensive awareness and spatial control;
- The attacker learns how to **run into contact**, and how to **position themselves in a safe** and effective manner.

Regression: Hit and Wrap only

Progression: Reaction drill (coach indicating left or right shoulder tackle)



### Equipment Required:

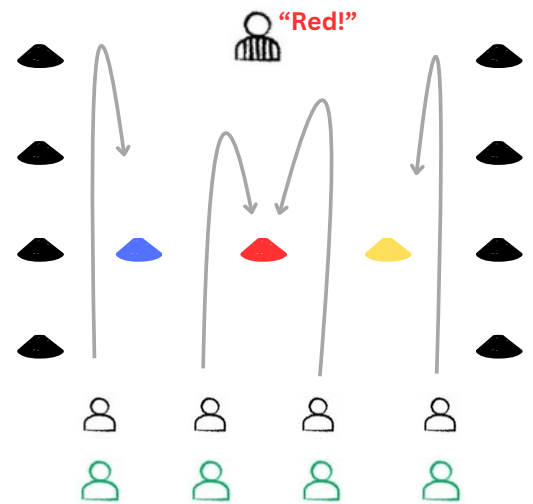


### Activity 3: Introduction to Marker

- Defenders learn to get into **markers and ruck defence position** quickly, with the **correct spacing and movement**.

Progression 1: Add 2nd channel to have two groups competing against each other.

Progression 2: 2nd line of players play the ball at the coloured marker and roll down the channel for 3 plays (full contact)



#### Equipment Required:

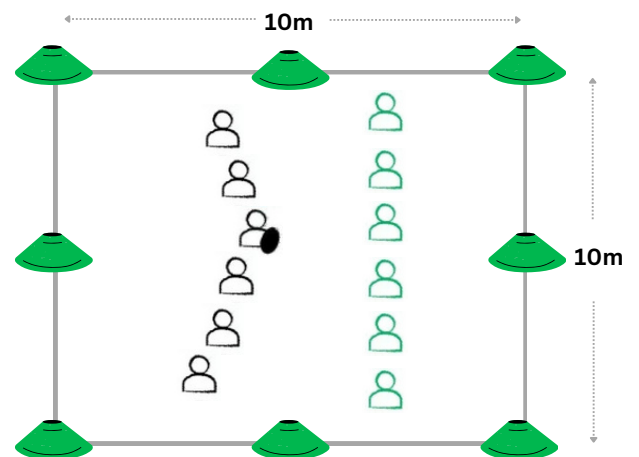


### Activity 4: 6 v 6 with Introduction of bias constraint

- In this activity, players learn how to tackle safely within a **game-like environment**;
- The objective is to score a try within six chances;
- If an error occurs, it counts as one chance, and play restarts with a play the ball while the defending team retreats 3m back behind the referee;
- Emphasise the importance of **safe tackling** and **safe landing** techniques to minimise injury risk during play.

Regression: Narrower field

Progression: Wider field



#### Equipment Required:



