



Tackle Ready

Aim

With an average of 176 tackles per game, it is vital to ensure that all players (and coaches) can perform (and coach) the tackle safely and effectively.

- To be able to build on safe tackling introduced in Rugby Ready
- To be able to increase the technical mastery for both players and coaches
- To be able to coach, analyse and assess individual tackling skills
- To be able to foster a “Tackling Culture” within the rugby environment

Tackle Ready identifies skill-specific movement patterns relating to the core components of the tackle and takes them from a simple static form through to dynamic combined movements. This program is relevant for all ages and stages of players and provides coaches and players with the specific tackle stages and detailed key performance indicators to improve player's technical proficiency, accuracy, confidence and tackle mindset.

Five Stages of Tackle Ready

The five stages include specific drills and activities to help players to become fundamentally sound and offers suitable progressions for all levels and are the following

1. **Tracking**
2. **Preparation**
3. **Connection**
4. **Acceleration**
5. **Finish**

Tracking: the ability to get to the ball-carrier with speed and accuracy, closing down the ball-carrier's space, thus enabling the tackler to choose the correct tackle for the situation.

Preparation: using the correct body positions, proper foot placement for contact and selection of the tackle type and level.

Connection: Winning the collision at the point of contact, through accurate technique, proper mentality and self-control.

Acceleration: The ability of the tackler to generate force through their feet and into the ground, providing sustained pressure and the generation of controlled power.

Finish: Taking the ball-carrier to the ground in a dominant and controlled manner and preparing for the next decision.

Phases of Tackle Ready	Key Performance Indicators	Exercises
Tracking	Vision, Decision Action cycle (VDAs)	Link to Exercises that Target Tracking 1. Laser Focus 2. Burst Drill 3. Reaction Box 4. Angle Track Drill 5. Angle with Obstruction 
	Laser Focus (find, fixate and maintain focus on the ball-carrier)	
	Communication	
	Angle and approach (how the tackler approaches the ball-carrier)	
	Change of direction	
	Approach Height and Speed	
	Come to Balance	
	Anticipation (individual opponent analysis)	
Preparation	Anticipation (opposition team analysis)	Link to Exercises that Target Preparation 1. Dip Time 2. Balance and Foot Placement 3. Overs & Unders 
	Ability to Get Square (square is strong).	
	Drop Height (stay big and dip time).	
	Dominant Contact Angle (hips, spine, head, eyes). Balance and Foot Placement. 1. <i>Power step (Same foot, same shoulder)</i> 2. <i>Paddle to Power Step (Same foot, same shoulder)</i>	

	3. <i>Power Step to run through (same foot, same shoulder)</i> 4. <i>Paddle to single-foot /double-foot launch</i> Shoulders in front of Hips (load the toes, never sit). Claws up, elbows in (wrist above elbow). Foot in the Hoop.	
<u>Connection</u>	Initial shoulder contact accuracy left/right Shoulder Jab (“cut through” mentality) Shoulder Connection point Arm Wrap and Clamp Iron Grip (strong fingers) Hip and core activation Arrowhead (ear to body) React and reshape	Link to Exercises that Target Connection 1. Shoulder Resistance 2. Shoulder Jab 3. Speed Clamp 4. Shoulder Target levels 5. Levels Reaction 6. Clamp Endurance 
<u>Acceleration</u>	Roll over the front foot. Studs in the grass (generating controlled power and strong feet). Leg Drive. Control the ball-carrier. Regain feet.	Link to Exercises that Target Acceleration 1. Regain Feet 2. Activate Feet 3. Grapple and Feet

	Acceleration through torque (circular speed on roll finish).	- Band Resisted Acceleration - Square Up Acceleration - Acceleration Contact	
	Never stop working		
<u>Finish</u>	Ability to reshape and regrip	Link to Exercises that Target Finish - Climb in Drill - Wrap and Clamp Part 1 - Wrap and Clamp Part 2 - Catching the Leg - Clamp on the Floor - Live Tackle and Finishes	
	Tighten the clamp and grip (no space, no daylight)		
	Dominate to the ground		
	Finish on Top		
	Tackler / Legal Exit		