

THE PSYCHOLOGY OF TACKLING



WHAT YOU NEED TO KNOW

The psychological aspect of tackling plays a vital role in the outcome of any competitive soccer game. A successful tackle in the game can install confidence not only for the challenging player, but to the team as a whole. It is estimated that each player will face approximately forty individual confrontations per game. The more these individual battles are won the greater success the team has.

Tips to Consider:

Make your first tackle count, this will give you confidence and impose authority over the player you are marking. Be aggressive and focus on the ball. Blank out any distractions and don't be intimidated by the fans. Don't get involved in "trash talking", this will only take away from your concentration. Don't be half hearted in the tackle. Go 100% for the ball or don't go at all.