

THE SLIDE TACKLE



WHAT YOU NEED TO KNOW

Step One: Approach the ball from a "Side-On" position. Keep the head steady and eye's fixed firmly on the ball. While turning sideways into the tackle, extend the closest arm to the ball and reach for the ground. This will help take the weight off the upper body as you slide to the ground. At the same time the player should collapse the leg closest to the ball to get to the ground quickly.

Step Two: When the player is on the ground alongside the ball, the player should then extend the upper leg and using a sweeping action, attempt to win the ball.

Step Three: If you cannot keep possession of the ball, then all attempts should be made to redirect the ball away from the player. The slide tackle should only be used as a last resort to dispossess a player.

As you will be lying on the ground it will be a disadvantage should the tackle not be successful.