

# TIMING OF THE TACKLE



## WHAT YOU NEED TO KNOW

Timing a tackle is an art in itself. You must assess the flight of the ball quickly. Does your opponent have good control over the ball or are they still trying to get the ball under control?

If their eyes are fixed on the ball and still trying to secure it, this is a perfect time to catch your opponent unexpectedly. Should your opponent have the ball under good control, caution is your best option.

### **Tips to consider:**

Watch your opponent's head. Is their head down and looking at the ball or up and scanning the field of play? If it's down, go for the ball, if it's up, be patient. Wait until the attacker pushes the ball out of their feet to make your tackle. This is the point where the ball is furthest away from the body and harder to control. The longer you delay the attack, the more time it gives your teammate to recover goal-side of the ball. Don't dive into the tackle if you are the last defender. Stay on your feet. Use a slide tackle as a last resort.