



# Let's play!

## The Tackle Ready program provides a fun and engaging introduction to Tackle Rugby League.

The six-session program delivered by accredited NRL Tackle Ready deliverers aims to increase player confidence and competence in all tackling situations by progressively teaching correct and safe techniques.

### Mascot Moves

Each session will begin with the NRL Mascot Moves. These are specifically selected exercises that develop **fundamental movement skills, balance and coordination**. These core physical skills provide the building blocks for more complex sporting skills. Developing competence in these areas at an early age can promote a life-long involvement in sport.

[playrugbyleague.com](http://playrugbyleague.com)

## What they'll learn

The program focuses on three key technical skill areas:

- › **Safe landing**
- › **Making a tackle**
- › **Running into a tackle**

Each of these skill areas are taught using terminology and buzzwords that provide simple and effective instruction that is easy for the children to understand.



# Session Breakdown

## Session 1 Physical Literacy

The aim of this session is to prepare the children's physical skills by introducing the NRL Mascot Moves. During this session, the children will also practice Safe Landing and how to Run into a Tackle.

## Session 2 Preparing to Tackle

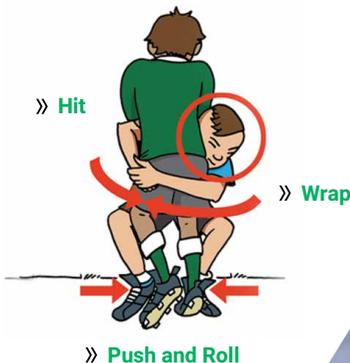
During this session, the children will learn how to keep themselves and their opponent's safe when making a tackle and being tackled. We continue to practice our safe landing technique and running into a tackle, as well as introducing the Tackle Zone.

## Session 3 Introducing the Tackle

It's time to introduce the Tackle. Progressing on from previous sessions, remembering our safe landing and running into a tackle technique, we will introduce the fundamentals of a one on one tackle.

## Session 4 Tackle Selection

The aim of this session is to help players identify and adopt appropriate tackle technique when a ball carrier is trying to get past them to score a try.



## Session 5 Game Introduction

After revising all the skills introduced so far, the children will progress to a 3 v 3 game. This will allow the players to practice tackling and being tackled in a controlled game-environment.

## Session 6 Game Simulation

Let's play! During the sixth and final session, the children will pull everything together and progress to a 6 v 6 game where they can practice their skills in a modified game of Rugby League.

Please note: To demonstrate the skills effectively, there may be some instructional physical contact between the coach and your child during the Tackle Ready sessions.

