

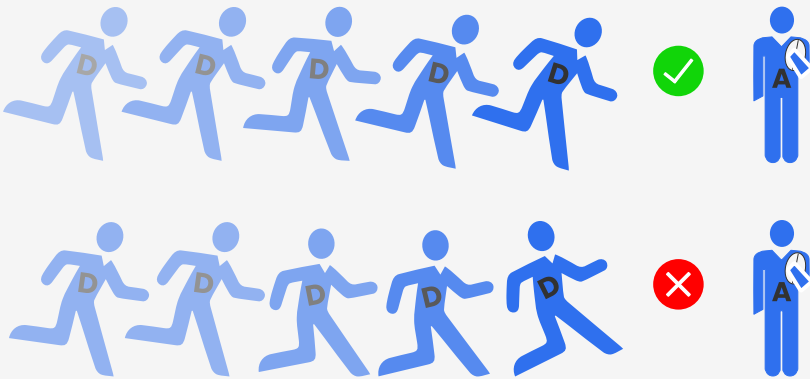
01 LINE-D

BODY SHAPE DRILL > NO CHANGE OF DIRECTION (COD)


D = DEFENDERS spread out as a defensive line & on the whistle move fwd similar as a D line moving fwd.

From the halfway point the players are instructed to take twice as many steps as they approach the Coach/Defender to make a tackle

C = The COACH is simply a marker where the attack meets the defence.



SIDE VIEW -
ANGLE OF BODY

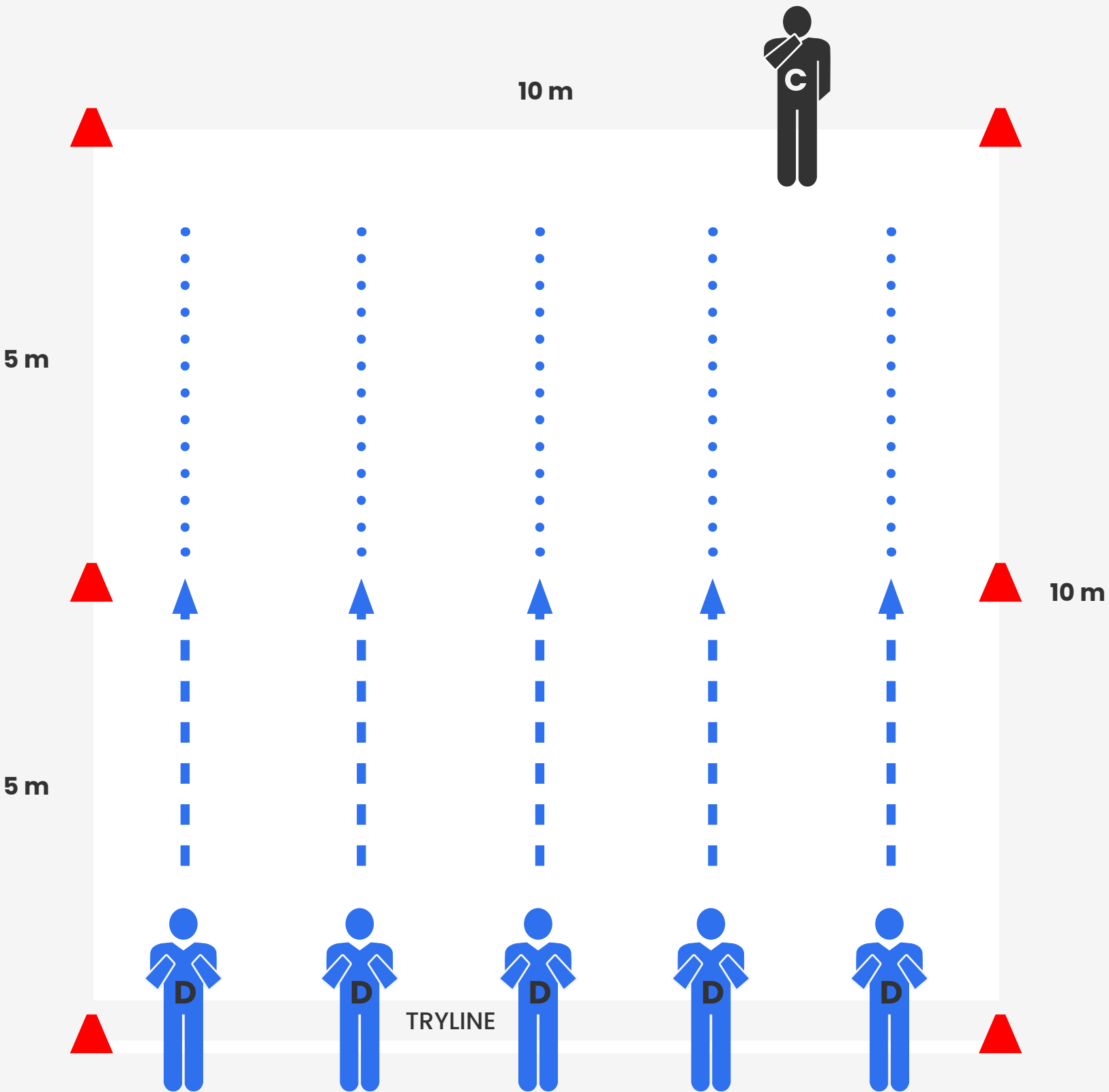


Coaching Points

Body shape stays fwd with head over toes & feet get shorter

Hands are up in a boxers stance ready to execute tackle

Defenders control speed going fwd with shorter steps



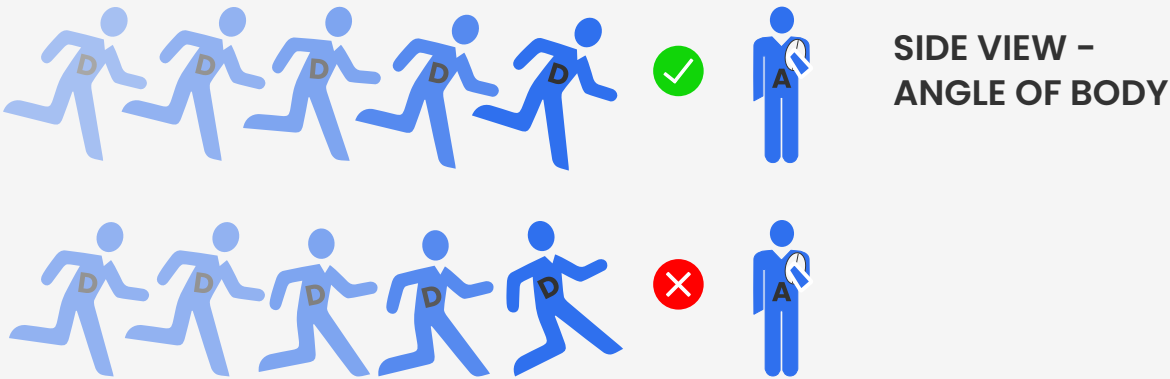
02 LINE-D

BODY SHAPE DRILL > ADD CHANGE OF DIRECTION (COD)

D = DEFENDERS spread out as a defensive line & on the whistle move fwd similar as a D line moving fwd.

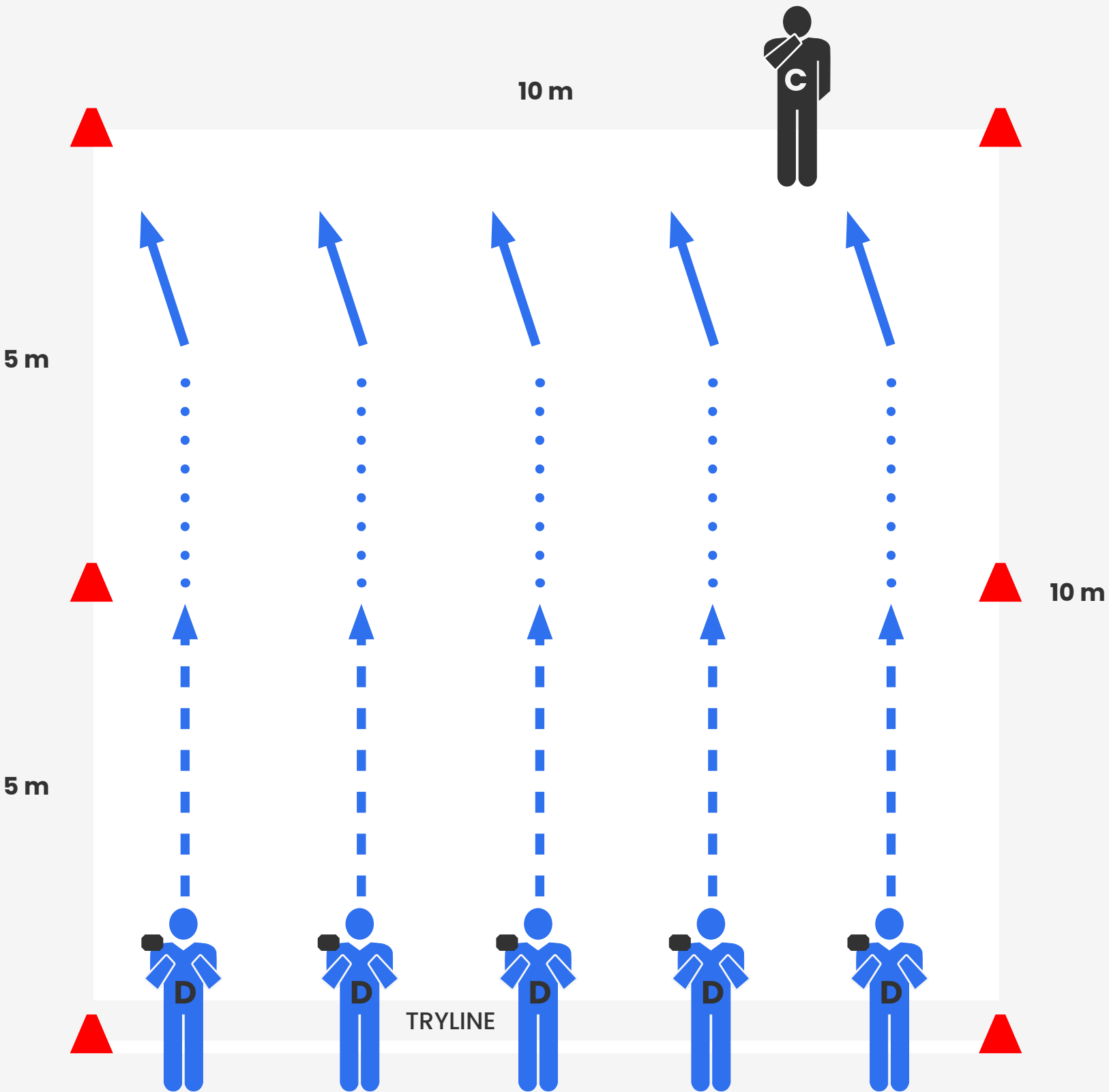
From the halfway point the players are instructed to take twice as many steps as they approach the Coach/Defender to make a tackle

C = The COACH is simply a marker where the attack meets the defence. The coach then indicates which shoulder they will make the tackle on by pointing in that direction (this example a left shoulder tackle)



Coaching Points

- Body shape** stays fwd with head over toes & feet get shorter
- Hands** are up in a boxers stance ready to execute tackle
- Defenders** control speed going fwd with shorter steps
- Step in** with lead leg (left) to match (left) shoulder



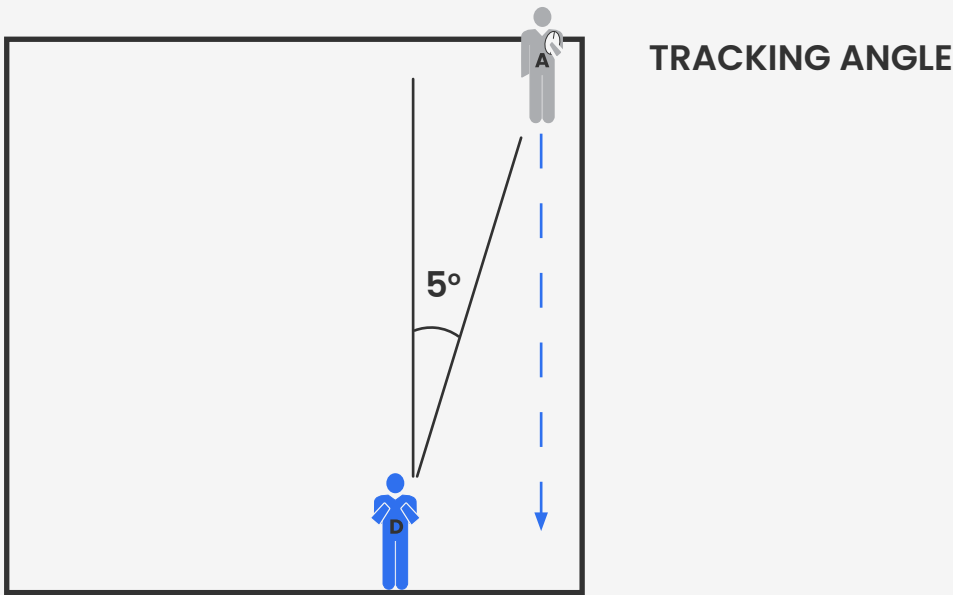
03 1 ON 1


TRACKING DRILL > NO COD (CHANGE OF DIRECTION)

D = DEFENDER - track to push/ tackle zone

A = ATTACKER -NO change of direction in running line

- Angle of approach is 5 degrees
- This example = RIGHT SHOULDER TACKLE



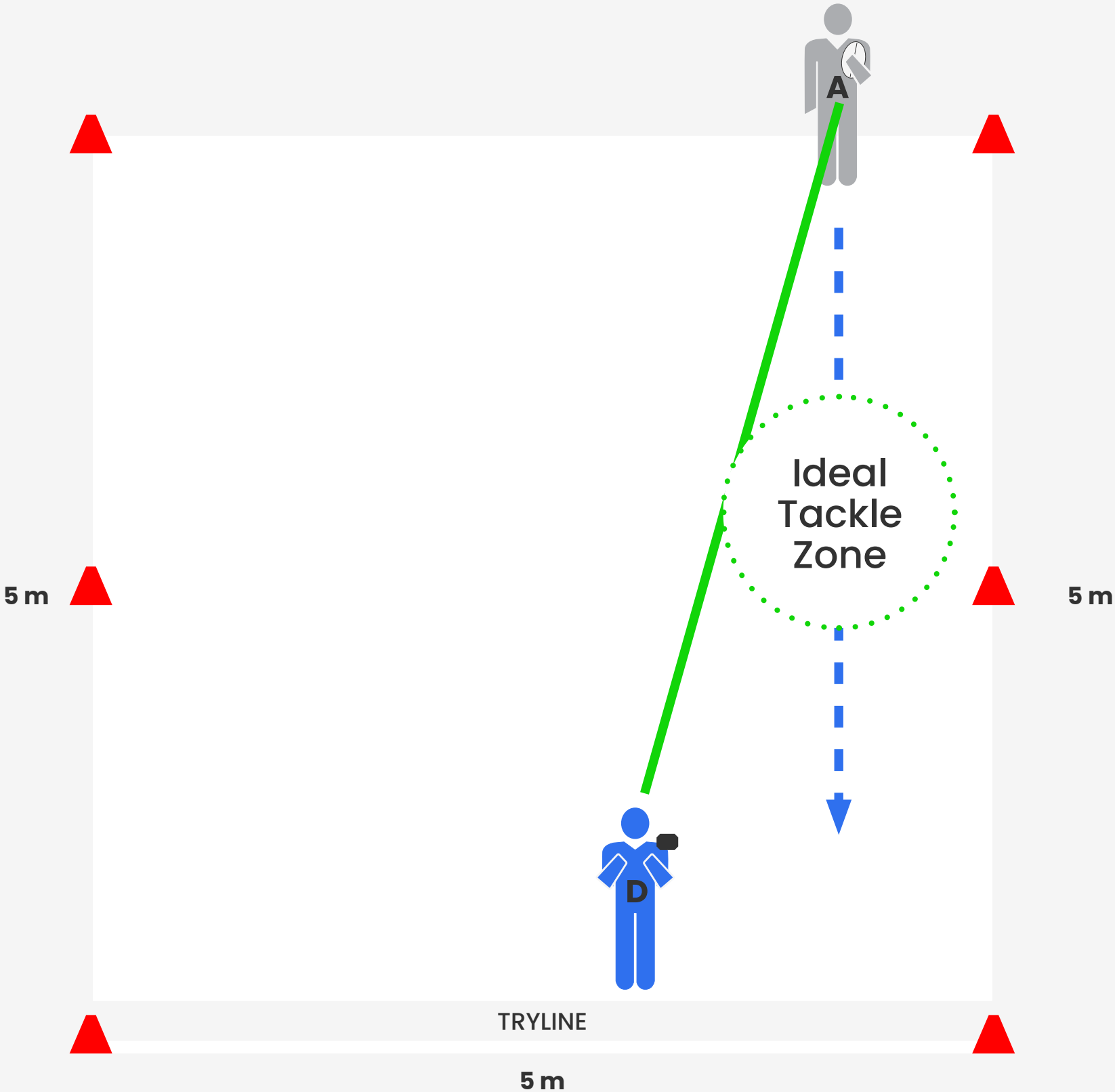


Coaching Points

Take control as a defender

DEFENDER DO NOT go where you think the attacker will end up – go to where they are NOW

“Get up the line”



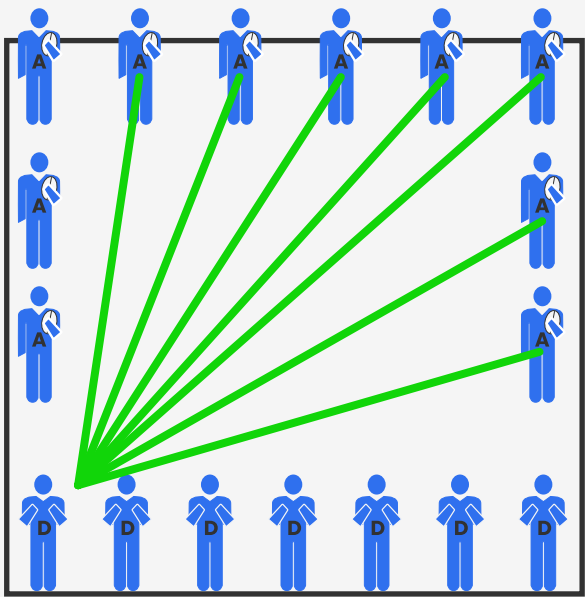
Follow the
safe-D tracker
– it shows you
where to go

04 1 ON 1 – VARIATIONS

TRACKING DRILL > NO COD (CHANGE OF DIRECTION)

D = DEFENDER - track to push/ tackle zone
A = ATTACKER - NO change of direction in running line

- Angle of approach can be anywhere
- This example = ALL OPTIONS
- Train LEFT & RIGHT shoulders = ALL OPTIONS



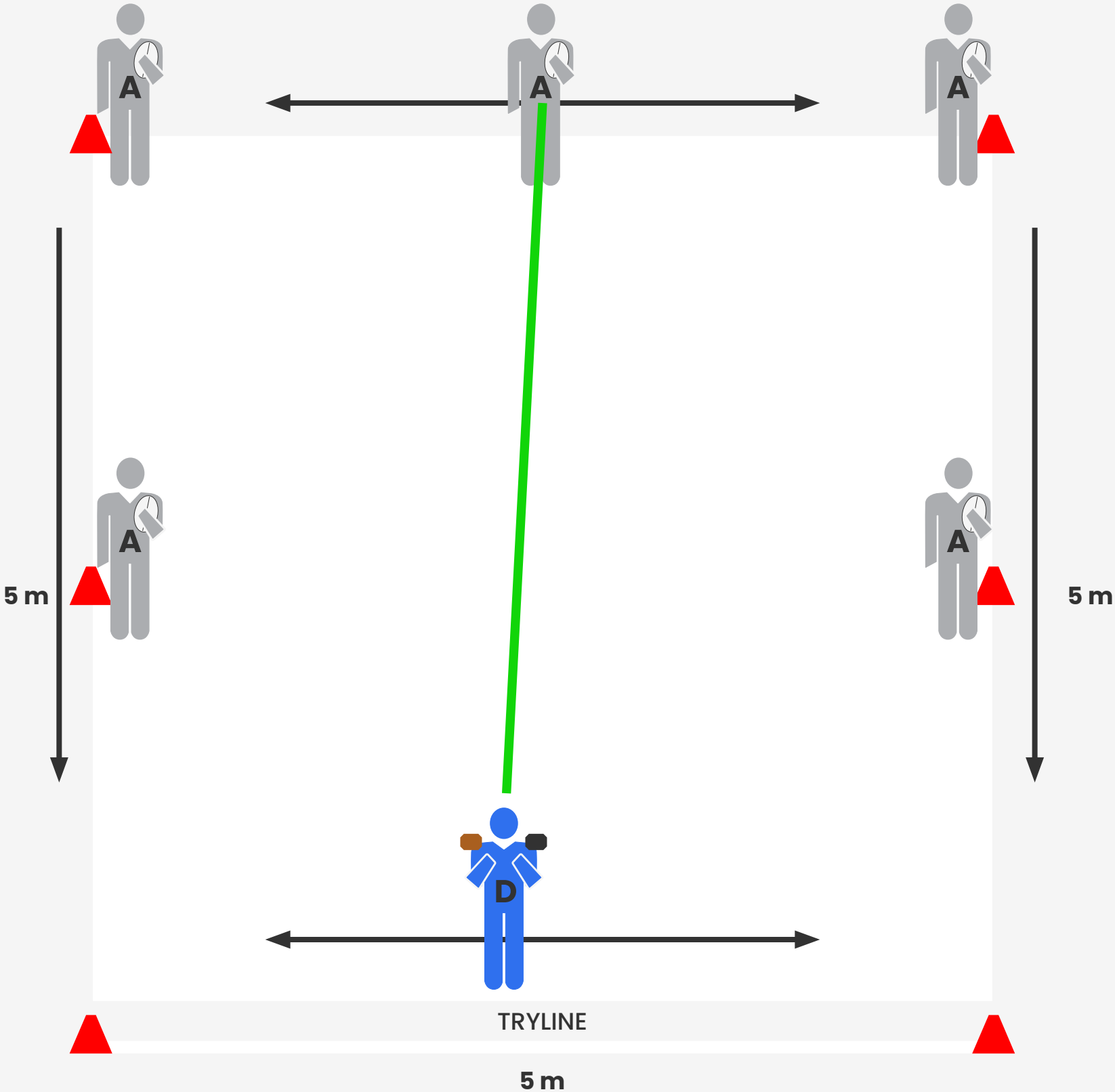
TRACKING ANGLE
VARIABLE REPS

V Variations
REPEATS CAN BE SETUP FROM VARIED
STARTING POINTS FOR THE ATTACKER
& OR THE DEFENDER DEPENDING ON
HOW YOU WANT TO EXPLAIN/TEST/
STRESS/ASSESS CAPABILITY



Coaching Points

Body shape stays fwd with head over toes & feet get shorter
Hands are up in a boxers stance ready to execute tackle
Step in with lead leg (left) to match (left) shoulder
DEFENDER - Proactively get out to meet the Attacker



- DEFENDER -
"Get up the line"

safe-D™
tracker

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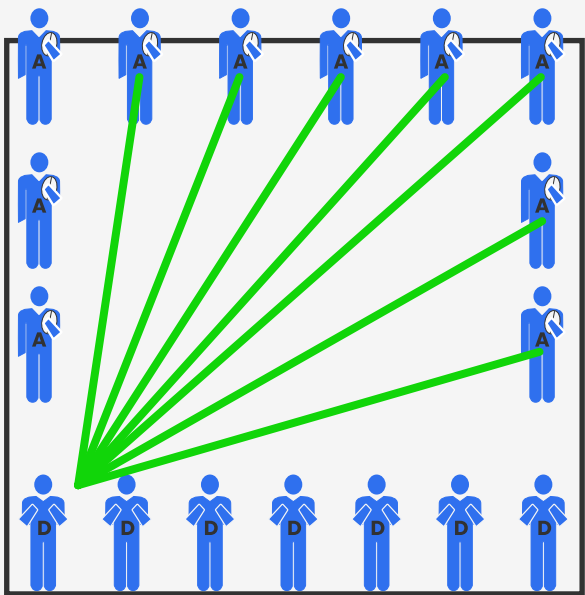
05 1 ON 1 – WITH COD

TRACKING DRILL > ADD COD (CHANGE OF DIRECTION)

D = DEFENDER - track to push/ tackle zone

A = ATTACKER -ONE change of direction in running line

- Angle of approach can be anywhere
- This example = ALL OPTIONS



TRYLINE

V Variations

REPEATS CAN BE SETUP FROM VARIED STARTING POINTS FOR THE ATTACKER & OR THE DEFENDER DEPENDING ON HOW YOU WANT TO EXPLAIN/TEST/STRESS/ASSESS CAPABILITY



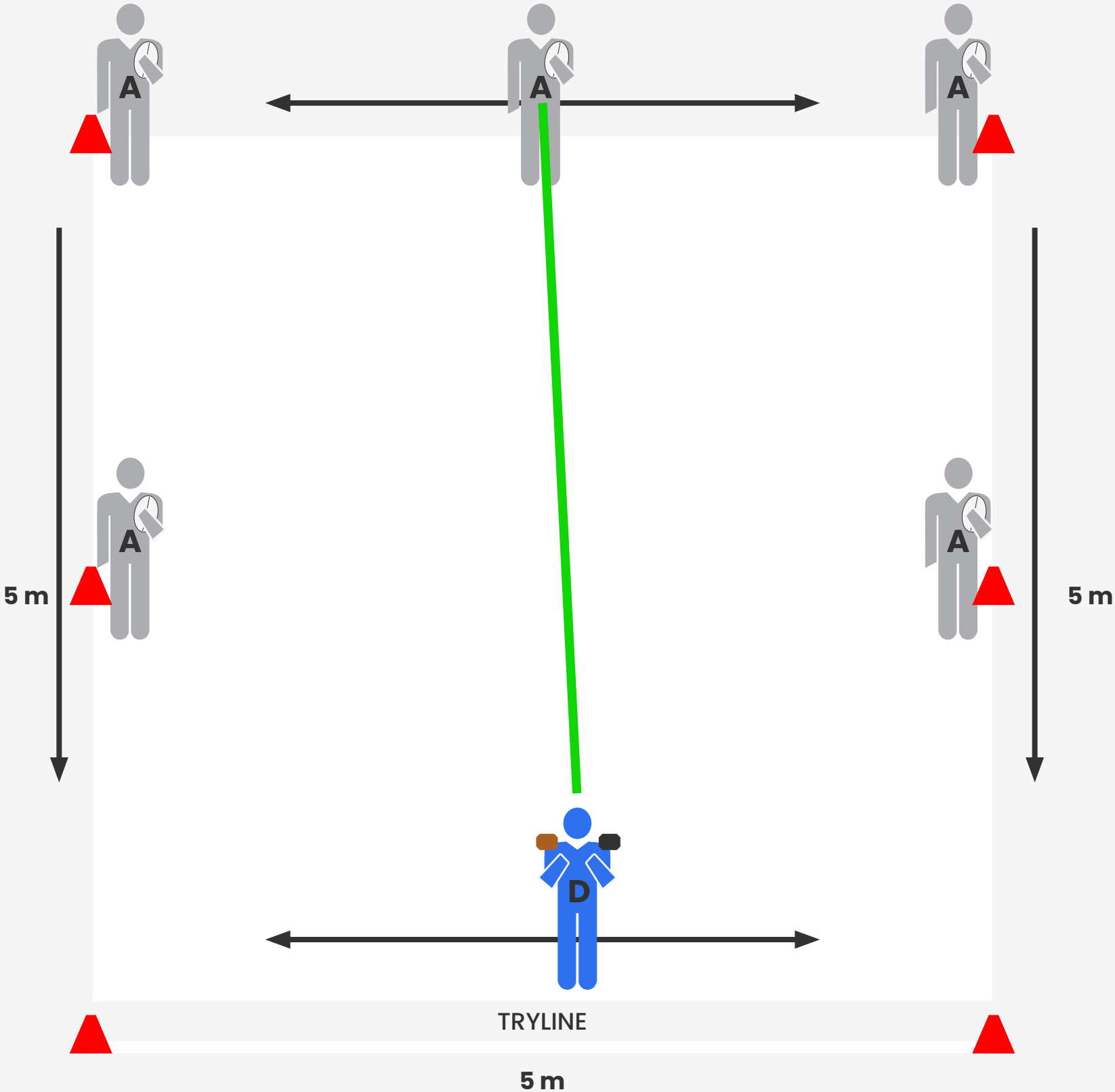
Coaching Points

Always have the ATTACKER on a left or right shoulder to start with

“Angle of approach” “Tracking angle” is different each time!

Defender DO NOT go where you think the attacker will end up — go to where they are NOW

When shifting shoulders, you should just step in with other foot to execute



– DEFENDER –
First movement is towards the attacker

