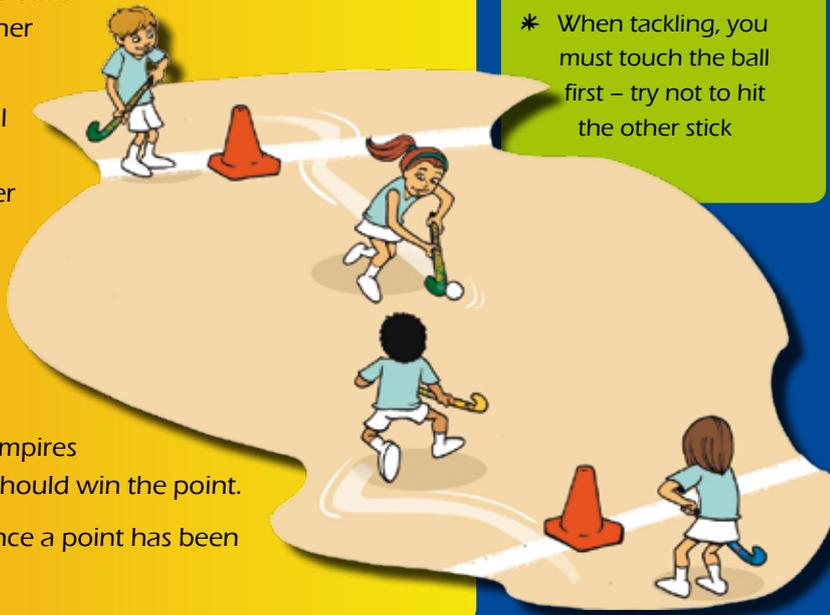


# Active Tackle Challenge



- 1) You need to be in groups of four for this challenge.
- 2) You need two cones, a stick each, and one ball per group. Only two players in this challenge will be active at any one time – the other two players will be watching.
- 3) Stand opposite each other across the width of a netball court. Place one of the cones on each end of the netball court.
- 4) If you have the ball (player 1), your aim is to get to the cone on the other end by dribbling it and not letting the other player (player 2) steal it.
- 5) If you do not have the ball, your aim is to steal the ball by tackling player 1. Remember that you should only hit the ball with your stick and should not hit the other player's stick.
- 6) Player 1 will win a point if they manage to dribble the ball to the cone on player 2's side and player 2 will win a point if they manage to successfully stop player 1 from doing this.
- 7) The two players who are watching could act as the umpires and decide if the ball has been taken fairly and who should win the point.
- 8) Swap over with the two players who are watching once a point has been scored.



### Remember

- \* Only use the flat side of the stick (if this is the Quicksticks stick, this is the green side)
- \* When tackling, you must touch the ball first – try not to hit the other stick

## Teaching Points

### Moving with the ball (dribbling)

- \* The ball should be in contact with the flat (green) side of the stick – this results in close control
- \* The ball should be ahead of the feet
- \* Encourage children to run with their knees slightly bent with their backs straight (so they try to look ahead of the ball, not at their feet)
- \* Encourage children to move their feet and keep balanced (when the ball moves in any direction or distance)

### Tackling



**Safety Point** Encourage children to line up the flat (green) side of the stick with their opponents' stick (as this will be where the ball will be coming from).

- \* Children should keep the stick on the floor when they tackle
- \* Children should have a wide grip on the stick and a low stance if possible – this allows more strength and control

## Equipment

- \* 4 cones per group
- \* 1 ball per group
- \* 1 stick per player

## Adaptations

### Easier

- S** Make less space available so that it is easier to tackle
- T** Walk through it
- E** N/A
- P** Start closer together

### Harder

- S** Make more space available so that it is harder to tackle
- T** Go at running pace
- E** Use a smaller ball
- P** Start further apart