

Ball and all tackle - the technique, do's and don't's

The ball and all tackle is a technique often used by big powerful teams who can “front up” and dominate the hit. This tackle can be extremely effective at smothering the ball and stopping the attacker from off loading or presenting to his support but if the tacklers body position is out of alignment and not timed correctly they will get bounced and miss the tackle.

Keys to a successful ball and all tackle:

1. Foot placement, left foot with left shoulder, right foot with right shoulder. The foot placement needs to be close to the contact point.
2. Shoulder strike with the tip of the shoulder to hit onto the ball.
3. Latch onto the attackers ball-carrying arm at the tricep taking away the power to pass, place or move.
4. Squeeze the attacker tight suffocating or minimizing movement.
5. Leg drive & hip thrust must be initiated at the hit and squeeze to drive through the attacker and ball.

Common mistakes with the ball and all tackle:

1. Mismatch - this is the most common mistake when a much smaller player tries to tackle a player double his size with the ball and all technique. More often than not the smaller player gets bounced. Rather aim low and recycle onto your feet quickly to steal the ball.
2. Upright body position - no matter how big a player is if their body position is too up right they have no stability and anchor to launch into the tackle, they will loose the tackle contest.
3. Foot placement too far back - if the tacklers foot is back from the contact point, they will not have a strong leverage point which will significantly decrease the power of the hit.
4. Sliding spine and head looking down - if the tackler hits with their spine not in alignment (straight) the power will slide away from the tackle point decreasing the effectiveness of the hit. If the tackler bends their back and looks down towards the ground that is where their power will be aimed and not at the desired tackle point. Straight spine and eyes up = power into the target.

I highly recommend that this tackle technique be taught to players with the understanding that timing and body position is key and making them understand when they can dominate an attacker or not (match ups).