



SAFE & EFFECTIVE TACKLING METHODS

By Mick Cutajar

Safe and Effective Tackling Methods

FREE ebook

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Introduction

First and foremost, the art of falling and rolling safely in defensive play or counter attack is not a natural method, you must learn how to fall and roll.

Martial arts, has been around for a long time and its laws are simple, all must know how to roll and fall whilst running or standing still. The basic forward rolls over your “head” that was once shown in all schools has simply faded out thus creating decades of incorrect methods of landing safely or breaking the fall and rolling safely.

It’s not natural knowing how to fall. This needs to be taught and practised and should be included as a warm up. From basketball to rugby league, Rugby Union even ALF or netball, all endure heavy contact at some point of a game. This will build self-confidence and motivation and eliminate all risks of injury very quickly.



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Aim

To deliver an easy, safe and effective education and training program on methods of effective safe grappling / tackling in defence and attack play.

This basic manual caters for all ages of league from junior level right up to top level first grade.

In some cases, team trainers and managers must consult their league group first before applying these methods.

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About the Author

Mick cutajar: A Professional Sports Coach

Qualifications: Bachelor of psychology, Masters in terrorism and security. Diploma in sports coaching with master's level in teaching. Holder of a diploma in counselling and communication, cert 3 & 4 in fitness.

Mick is a senior examiner for several martial arts codes from judo to MMA / Pangration. Mick has been lucky enough to have represented Australia and Malta at International level for close on 30 years. This includes winning world cups in jujutsu. He has represented Australia at world titles in Pangration, placing second and reserve for the 2008 Olympic selections for Judo. 2014, finishing third at the world master's judo championship held in Spain. He is a specialist for strength wrestling and conditioning methods

Some of Mick's positions:

National coach for the International Budo federation from 2001-2009. State coach for the NSW KJA.

For those who didn't know, Mick played footy since he was a kid, for teams such as Berkeley Eagles, Port Goannas, Picton Knights, Bally Hotel, West Devils, Malabar Sharks (Long Bay team) then South Sydney rep team for the South's junior's events. He was selected several times for the NSW Armature rep team and was also invited to trial with the WA Reds, Penrith, Parramatta and South Sydney.

Mick has assisted many teams in improving the counter methods of moving weight and increased knowledge of effective tackling to increase their chance of making the finals, even winning them. This includes some of the players from the 2010 finals. St George Illawarra, CRL representative team, the Butchers, Port Kembla juniors from 10-16yrs age group and Wests Juniors 6-9, years age group.

Acknowledgements

Students from the judo club. Kyle, Rochelle, Peter, Tom and Lloyd for all their help in assisting with the methods at our local park all are accomplished athletes in their field.

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Text supported by Lauralee Grace, Massage therapist / strapper. Qualifications: Associate Diploma in Health Science (Massage Therapy). Certificate 2 in Sports Coaching

Method pictures taken by Lisa Vogt (my beautiful partner)

My program

My program is simple and a must for developing player techniques in rolls, falls and take-down this has proven to not only increase power in defensive play but also to reduce the risk of injury.

I have been throwing players on their back for 40 years at National and international level I have also played Rugby league so I know what is needed to achieve success on the field.

My job is to re-educate players in their defensive techniques to minimise injury, slow the play down and most importantly winning the game.

My methods of training athletes to use hip pivots, rolls, falls and use specialised take-downs has improved the defensive game & lifted it to new heights.

This manual will provide a complete education and practical training for hit / stick / tackle in grappling the players to the ground. I will show you step by step via clear photos on how to complete the methods, followed by tips and benefits for its use in the game.

After you have mastered the basic rolls and falls, I will suggest a simple but very practical warm up method.



Certificate of Appreciation from the 2010 Premiers

Key Points of Interest

Key points of interest and understanding in defensive play and counterattack that will benefit all who complete this program.



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Considerations in being a defender

- Must be a committed defender
- Must put the player carrying the ball on ground as fast as possible and at the same time slow down the play-the-ball process.
- Must have the ability to make all tackles.
- Must stop your opponent from getting on your weak side.
- Must be able to take on a high work-load.
- Must know methods of locking the ball up with grappling/tackles methods preventing any offload.
- Must know how to slow the play down by placing attackers on their backs as often as possible.

Considerations in being an attacker

- Encourage tackled player to get to his feet quickly to play the ball, using hip pivots.
- Must be able to take the defensive line "front on".
- Must have mobility/evasive skills from correct stances.
- Must have the ability to offload passes and keep your arms free in the tackle.

What you're about to view looks very easy however when you combine everything together for drills your fitness is soon tested.

Rolls

Front Roll Instructions

1. From on your knees place your left hand down on the ground.



2. Turn your head to the left (looking at your shoulder).



3. Slowly start to naturally fall forward, the correct angle will happen because you have no post supporting your right side.

Benefits of learning this method of rolling backwards are:

When **in defence**, the player palms you backwards off your feet. Don't try to fight the motion, simply go with the drive backwards. Let your arms go out to the sides naturally.

Make sure your head is tilted to the side. When this method is applied, you're able to safely fall and roll backwards in a controlled manner reducing the risk of injury to the spine and making sure you're able to spring back up onto your feet to make another tackle.

Benefits when in attack:

You can apply the same method of falling back when you're being tackled in some cases using your legs as a counter method block in rolling the defender completely over you with the momentum of them holding your leg /legs. This makes sure of a quick play the ball and reduces the load of impact. This is a level 2 method.

View the example, broken down into steps. View video tutorial [here](#)

Example of Palm Push and Roll:

Benefits of learning this method of rolling backwards are:

1. When in defence, the player palms you backwards off your feet.
2. Don't try to fight the motion, simply go with the drive backwards.
3. Let your arms go out to the sides naturally.



4. Make sure your head is tilted to the side
5. When this method is applied, you're able to safely fall and roll backwards in a controlled manner, reducing the risk of injury to the spine.

Falls

Front Face Fall

This fall is by far the most difficult and at times scariest technique to learn and master. Just falling forward is not as simple as it seems so we will start from the confidence building method from your knees.

1. Start, hold the ball in your right arm, raise your left arm out in front of you at shoulder level and bend it so that your hand is almost in front of your face (not touching).



2. Start to fall forward turn your head to the side.
3. Do not straighten out your arms keep them in the current position.



Push and Side fall examples.

Step by step example of a **BAD** counter of being pushed out. As you can see bad turning made it very easy to be pushed out.

1. In this set you can see the push on the top left chest has forced my weight off balance as I attempt to palm.



Tackling or finishing (grounding a player)

Hit-stick-pivot-tackle (HTPT)

This method is by far the one that makes the most impact. Not only is it a safe and easy method but it's hard to escape.

Benefits: Slows the play down by making the player stop get up and face the correct way. Learn this method from the knees first.

1. Notice the right knee is up and changes position (downwards) as I move my hips and pivot out to the left.



The “with palm H-S-P-T”

1. With this action, you must parry the palm inwards at the elbow, with your right hand. This will automatically change the point of impact.
2. At the same time start to place your left hand on their right arm, “the hit”, trapping the ball.



3. Start to slide in close to their open side, “the stic”.
4. Your right knee has not changed at this point.
5. Make sure your head is on the opposite side to the ball for this method and tucked up under their armpit for more control.



6. Note: Make sure your chin is tucked down and out to the side (slightly). This will expose your shoulder muscle to take any impact. View video tutorial [here](#)

Using the post leg method static:

One on one

Post leg stance is a very powerful method. The post leg method allows the point of impact to transfer the weight of impact through to the “*post leg*” that recoils the weight sending the weight, backwards with you controlling the direction. This method should be used not only in front grappling / tackling attempts, but in “all” tackles.

1. Look at the position of the front leg. It's lowered to act as a spring to take the first point of impact.



Line-cover stance: two on one.

1. When working in pairs try to make sure not to cross over your stance with your partner. It's an easy mistake. When using the post leg method when defending your line.



1. **(Picture 2 correct)** you can see the defender in the GREEN jumper has the post leg method position. He has his head in the safe correct position to utilise maximum force in delivering a strong tackle. He has also made it more effective to work in pairs to maximise the impact.



Line covers take down- bear hug method tackle

As we have seen in the last few pages the bad line cover, where the post leg was not in position and you were not working as a team. The bear hug method is a last resort to stop a try. This is not for everyone as you're required to put your body on the line.

1. In this example (picture 1-2) you can see the defender in the GREEN jumper has both legs in a parallel position making it easy to push past and score a try.



Warm up training drills.

It is very important that you pay attention to the ground game as much as you do the running game, as I explained it often overlooked below is a simple drill to warm up before a game.

1. complete as many of the rolls and falls as possible in 30seconds. This means you do forward rolls left and right, backward rolls left and right, side falls left and right, face falls (7) in total. Try not to do the same roll same side you must do 1left 1 right. This will also help with your concentration skills. View video tutorial [here](#)
2. Pad push offs, this will test you and your core. Complete this for 30seconds also make sure you push yourself up and across as if you were getting up off a player. View video tutorial [here](#)
3. Hip Pivots, this will test your ability to hold your own body weight as you complete the drill for 30 seconds. View video tutorial [here](#)

Complete these 3 drills for 30 seconds 3 times.

Example:

rolls and falls for 30 seconds, pad push offs 30 seconds then hip pivots for 30 seconds then complete all the same drill another 2 times. Of course, you may start on 20 seconds and build up.

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contact: coach@judo1.com.au wollongongjudo@hotmail.com

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