



WEBINAR 1

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Tackling – Different pressures and footwork skills

Timing of Webinar Contents:

00.10 Introduction

TACKLING FOOTWORK

03.47 Closing pressure – poor footwork

05.53 Stutter step

07.58 Closing pressure – good footwork

08.57 Coaxing pressure - High shoulder

11.24 Coaxing pressure - Drop step/slide step

15.15 Good footwork – in game video clip

SPORTS PERFORMANCE

16.22 Skill acquisition framework/timing/Habit Curve

GROWCOACH GOLD

20.20 “Repeat, repeat, repeat” – use time wisely warmup time etc.

21.56 Footwork drills

QUESTIONS & ANSWERS

24.10 Dropping off V Physical Pressure, footwork at game pace

29.05 Tackle definition, drills to suit different ages