

Block, Lunge, Jab Tackling

Tackling in all its guises – including channelling

1. Force player onto the strong side (channelling him) – line your body up appropriately
2. Ensure you are not square so you cannot get eliminated if he goes right
3. Keep appropriate distance (usually a BIG step and half away from ball carrier) – commit when certain
4. Jab tackle to play for time

Detailed synopsis of the whole process

Not much in the way of demos so see other videos for demos



Example under pressure

Great example of PALM2



Further Examples

Also has jab tackles – used to slow things down



Simple fast view of the block tackle

see how the defender moves to channel the attacker



Great Commentary

Demonstration of both forehand and reverse stick tackles



All forms of tackling

Long winded but covers the whole process



Basic Hockey Tackling Techniques



Watch later



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