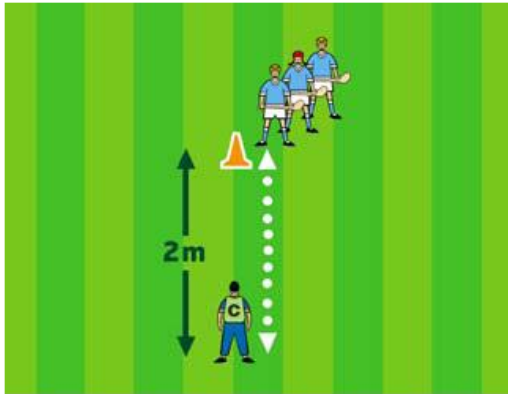


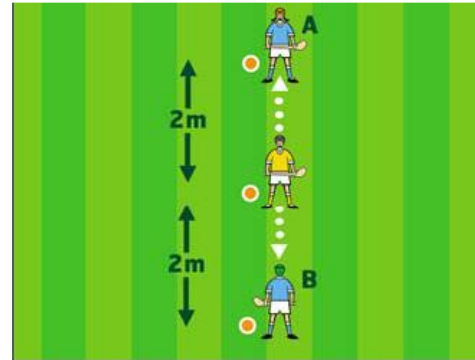
Basic Drill



Contact Block

Players line up and block the strike of the coach.

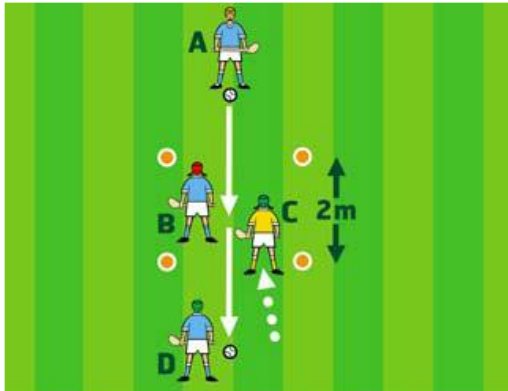
Basic Drill



Turn and Block

Blocking Player turns to block each player in turn.

Intermediate Drill



Hit the Target

Player A strikes to Player B. Player C attempts to block the strike to Player D.

Frontal Block - Key Points

1. As the opponent throws the sliotar up, bend into the tackle as if lunging. Reach forward sliding the non-dominant hand towards the dominant hand
2. Both thumbs face the Hurley bas with the toe facing towards the dominant side
3. As the opponent strikes, block down firmly on the sliotar and their Hurley
4. The block can be performed with one hand; stride forward with the dominant leg to increase reach

Head - Hands - Feet

STEP - Vary the activity

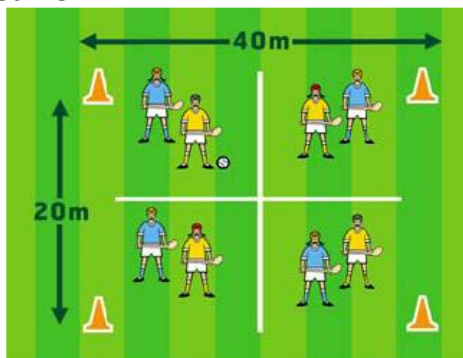
Vary Space

Vary Task

Vary Equipment

Vary Players

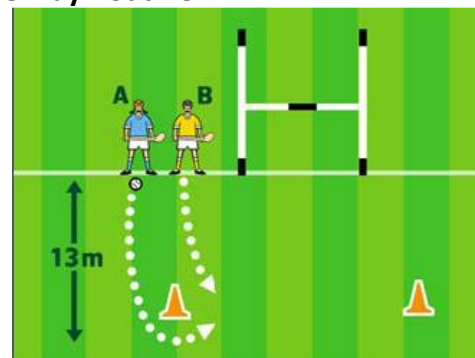
Fun Game



Grid Block

One pair in each part of the grid. Players try to keep possession by striking the sliotar to each other. Opponents attempt to block

Game Play Routine



Chase and Block

Players in pairs. Player A moves around the cone and attempts to score. Player B attempts to block.