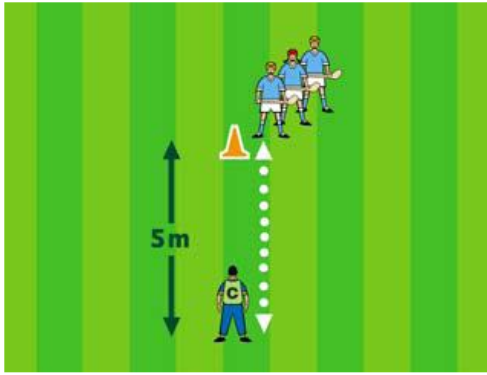


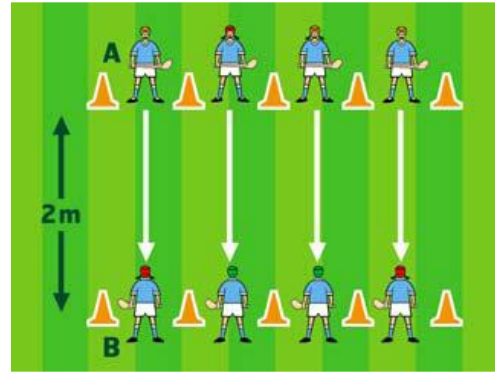
Basic Drill



Contact Block

No ball; Players jog forward and attempt to block the coach's swing

Intermediate Drill



Partner Block

Player B attempts to block Player A when striking the ball

Frontal Ground Block

Key Points

1. Adopt the ready position.
2. Release the non-dominant hand.
3. Step into the tackle with the dominant foot
4. Extend the dominant arm to right angle with hurley, blocking opponents hurley at point of strike

Head - Hands - Feet

STEP - Vary the activity

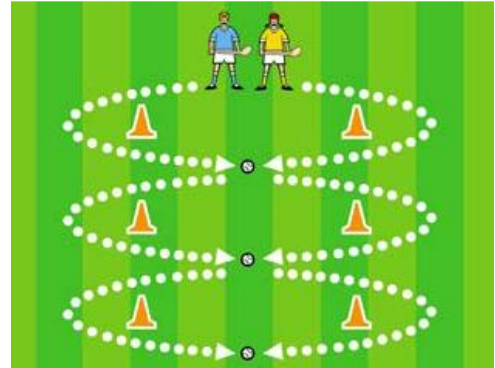
Vary Space

Vary Task

Vary Equipment

Vary Players

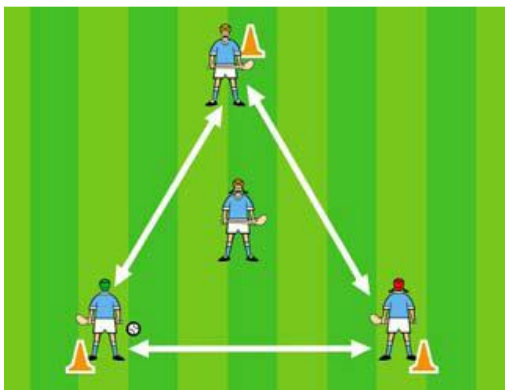
Intermediate Drill



Zig-Zag Block

Players contest each ball after running around the cones. 1 player strike, 1 player block

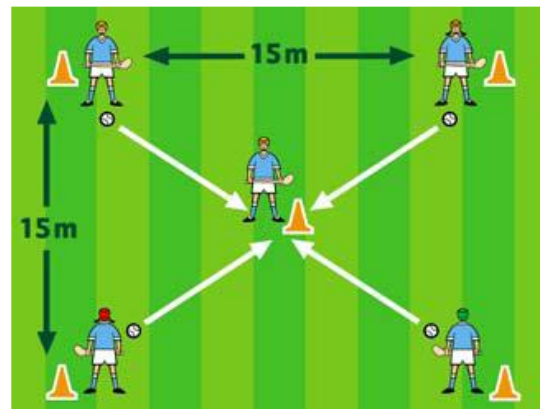
Fun Game



Piggy in the Middle

Player in the middle attempts to block the outer players playing the ball

Modified Game



Defend the Cone

Centre player moves to block outer players in turn, returning around centre cone each time.