

Blocking a Ball Overhead

Elite
Image

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

As much of the game is played in the air, Blocking a Ball Overhead is an essential skill in hurling. The ability to block and control a ball overhead is vital to winning possession, particularly in the half back, midfield and half forward positions.

Pg. 99-104 Hurling
Fun Do



Extend the hurley
above the head



Thumbs point
towards the bas



Keep eyes on the ball.
Block with the flat of
the bas



Release grip to deaden
the ball on impact and
catch



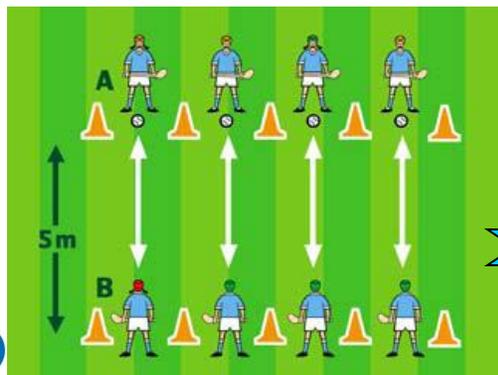
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Look out for:

- Moving too quickly underneath the ball
- Holding the hurley with the 'Toe' pointing inwards
- Extending the hurley too far back.

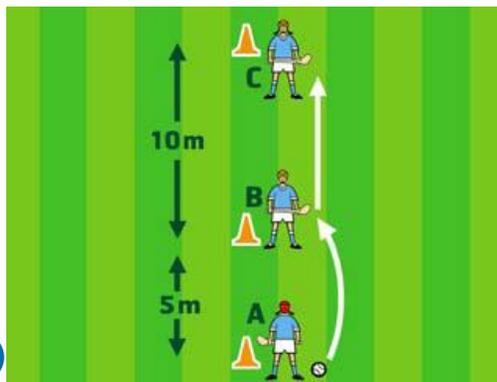
Blocking a Ball Overhead

Practice the Technique



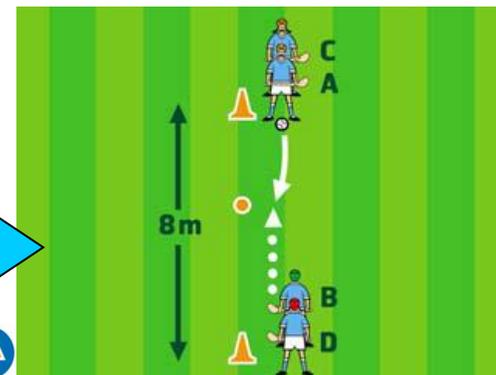
Block in Pairs

Throw the ball for partner to Block Overhead



Block and Pass

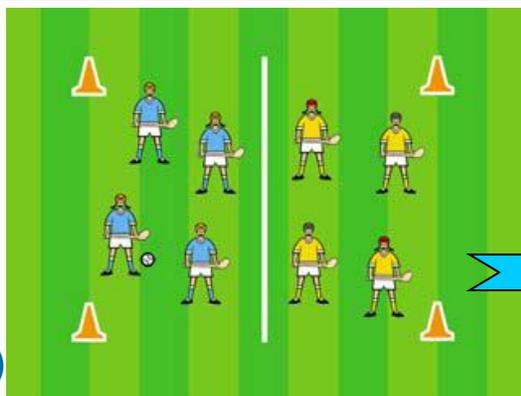
Player A, throws the ball up for Player B to block, control and strike to Player C, rotate and repeat.



Move and Block

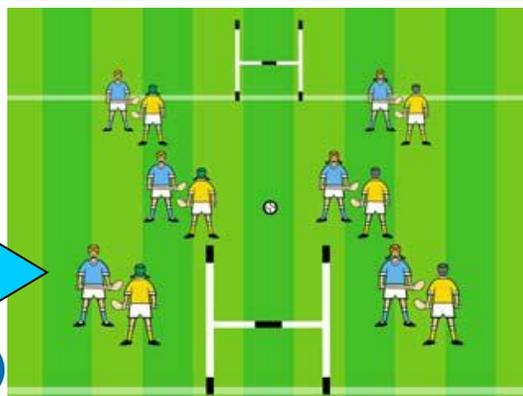
Player A, throws the ball up for Player B to block and hand pass to Player C, who throws for Player D and so on

Develop the Skill



Block Ball

Aim is to Block and catch the ball once struck into your section of the court.



Skill Point Game

3pts for a goal, 2pts for blocking a Ball into the hand successfully

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill