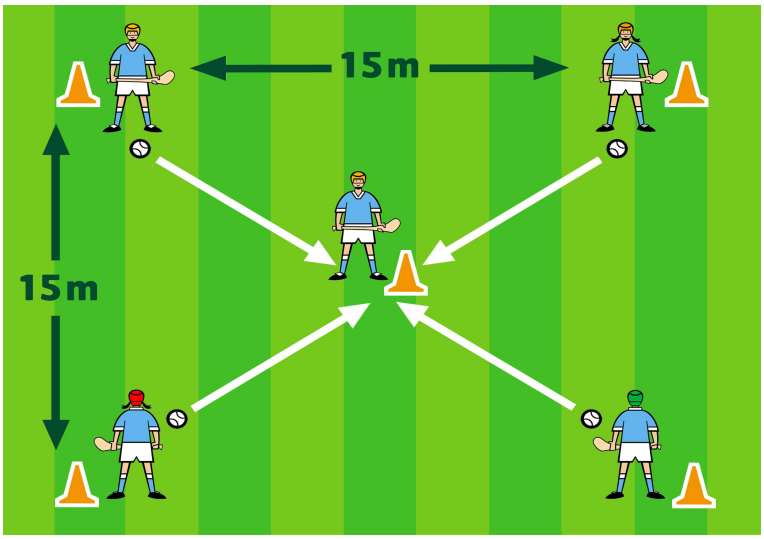
LEVEL 3

FRONTAL GROUND BLOCK - DEFEND THE CONE



EQUIPMENT LIST

- Cones
- Sliotar

This fun game to develop the Frontal Ground Block technique challenges the Players' to block a number of opponents in quick succession

Organisation

- Set up the games as shown
- In turn the outer players attempt to strike the balls to hit the centre cone
- The centre player moves to block each ball at the point of contact
- The centre player must run back around the centre cone after each block
- The Coach should signal for each of the outer players to begin moving
- Change the blocker and repeat
- The blocker who completes the greatest number of successful blocks is the winner

STEP Variation

Task - To increase the challenge, the Coach randomly calls which ball is to be contested, by assigning names or numbers to the outer players

Notes