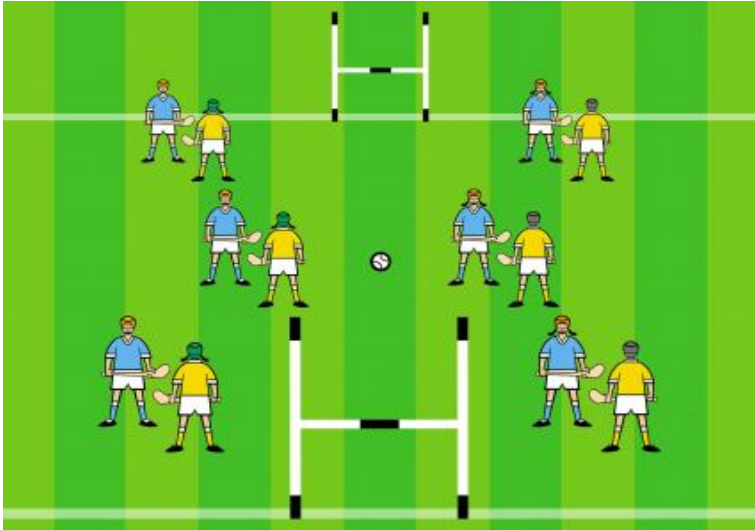


LEVEL 5

FRONTAL GROUND BLOCK - SKILL POINT GAME



EQUIPMENT LIST



Sliotar



Stopwatch



Whistle

This modified game to develop the Frontal Ground Block technique awards points to Players who perform the technique correctly during the game

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the Players
- Divide the Players into equal teams
- The Players may strike the ball on the ground, dribble and block the ball but may not lift the ball or take the ball into the hand
- Award 3 points for a goal and 2 points for each successful Frontal Ground Block

STEP Variation

Equipment - To begin with, use a larger sliotar, such as the First Touch sliotar, and as the players become more proficient, switch to a smaller sliotar, such as the Quick Touch sliotar

Notes

[illegible]