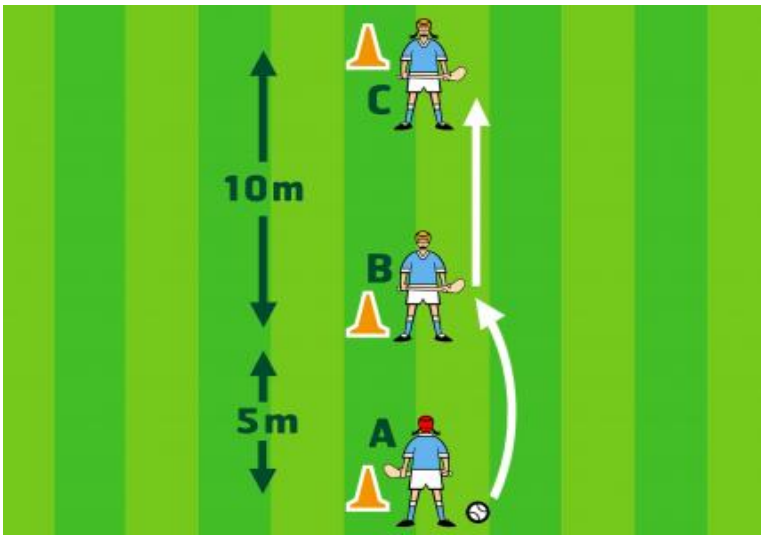
LEVEL 2

BLOCKING A BALL OVERHEAD - BLOCK & PASS



EQUIPMENT LIST

- Cones
- Sliotar

This is an intermediate drill to practice the Overhead Block technique requires the players to turn and strike the ball to another player after blocking

Organisation

- Mark out a distance of 10m and 5m using cones
- Divide the players into groups of three; one ball per group, one player at each cone
- Player A throws the ball underarm for Player B at the 5m marker
- Player B blocks the ball overhead allowing it to drop to the ground, then strikes the ball to Player C
- The players rotate and the drill continues

STEP Variation

As the players become more proficient challenge them to block the ball to catch it in the non-dominant hand before striking the ball to the receiver

Notes