LEVEL 1

BLOCK DOWN – IMITATION BLOCK

— FOOTBALL

EQUIPMENT LIST

- Cones
- Football

This basic drill to practice the Block Down technique is designed to familiarise the players with the feeling of blocking the ball

Organisation

- Each player has a ball
- Ensure each pair has adequate space to perform the technique in a stationary position
- In a kneeling position the players bounce the ball firmly off the ground spreading their hands to block the ball as it bounces back up

STEP Variation

Task - Progress the drill by getting the players to stand and toe tap the ball to themselves spreading the arms and hands to block the ball as it leaves the foot

Notes