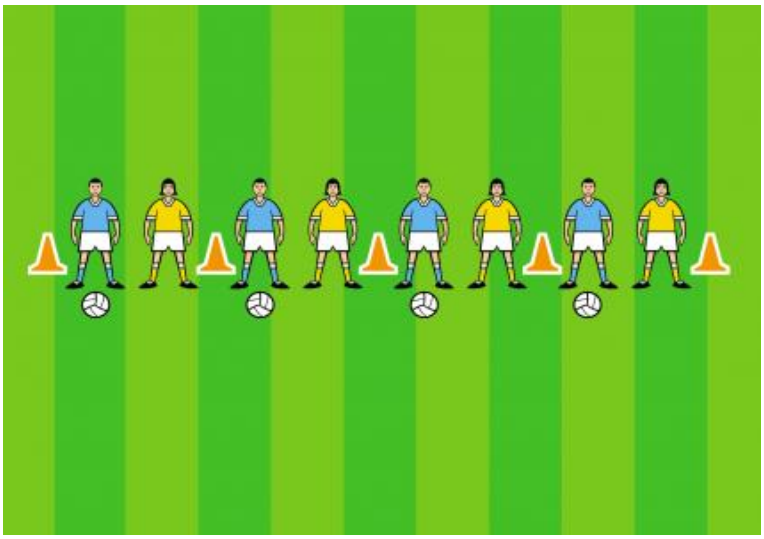
LEVEL 1

BLOCK DOWN – PARTNER BLOCK

— FOOTBALL



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This basic drill to practice the Block Down technique introduces an opponent

Organisation

- Divide the group into pairs; one ball per pair
- Ensure each pair has adequate space to perform the technique in a stationary position
- Player A toe taps the ball for Player B, in a kneeling position, to block as the ball leaves the foot
- Reverse the roles after a designated time
- This drill is particularly effective in improving the confidence of the player in performing the block down

STEP Variation

Task - Progress the drill by getting Player B to stand

Task - Challenge the blocker to step into the block from a meter or so away to improve their timing

EQUIPMENT LIST

- Cones
- Football

Notes