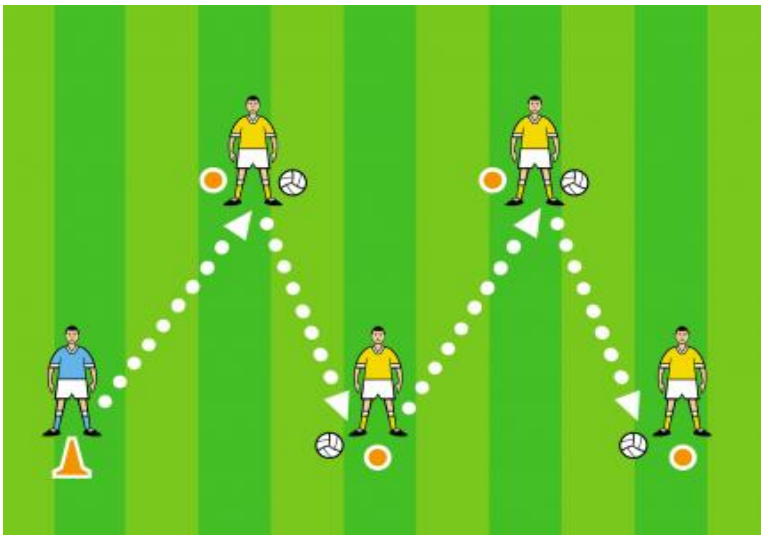
LEVEL 2

BLOCK DOWN – ZIG-ZAG BLOCK

— FOOTBALL



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This intermediate drill to practice the Block Down technique requires the blocker to move in different directions to perform the block

Organisation

- Divide the players into groups of 5
- 4 of the players stand at intervals of 5m apart; one ball per player
- The blocker beginning at one end of the line moves to block each player in sequence
- Rotate the blocker after each run

STEP Variation

Task – As the players become more proficient increase the pace of the drill

Task - As the players become more competent the blocker may be required to dive to block each kick

EQUIPMENT LIST

- Cones
- Football

Notes