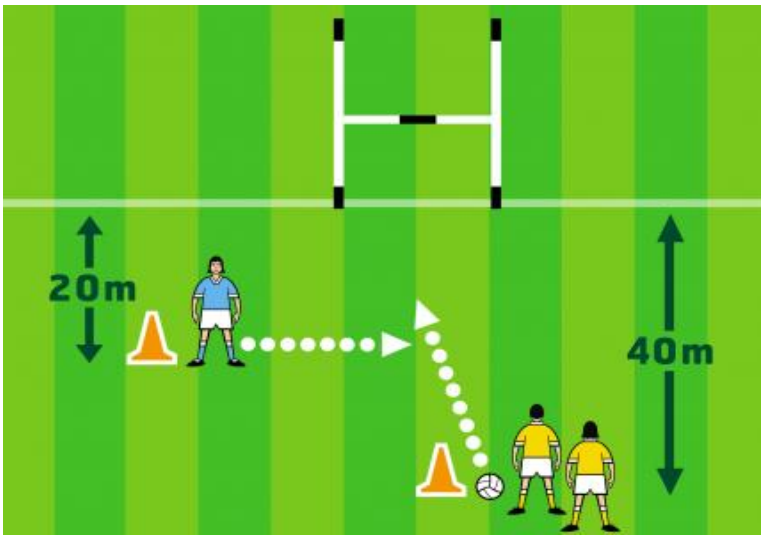
LEVEL 4

BLOCK DOWN – SHOOT & BLOCK II

— FOOTBALL



C Y

This is a game play drill to develop the Block Down

Organisation

- Place a cone approximately 40m directly out from goal
- Place a second cone approximately 20 from goal to one side
- Divide the players into pairs; one defender and one attacker
- Each attacker in turn solos towards goal shadowed by the defender
- Once within shooting range the attacker attempts to shoot for a point and the defender attempts to block
- Reverse the roles after a set number of attempts

STEP Variation

Players at the beginning – Increase the number of defenders to increase the occasions of blocking

EQUIPMENT LIST

- Cones
- Football

Notes