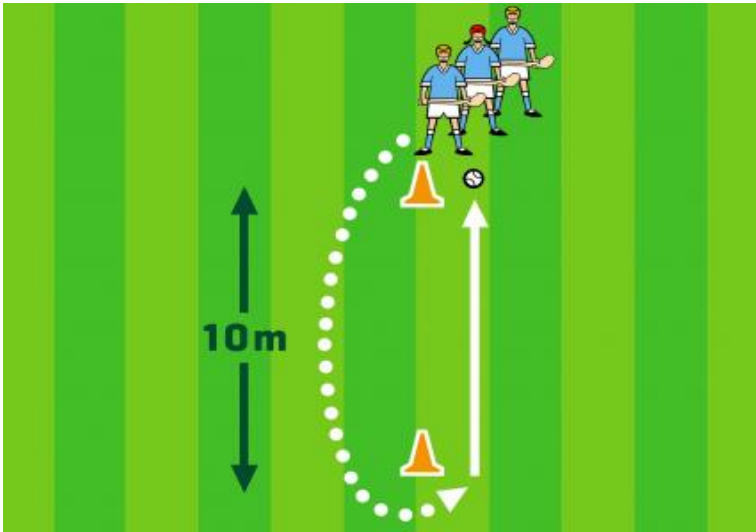


LEVEL 2

STOPPING A GROUND BALL - DRIBBLE, STRIKE & BLOCK



EQUIPMENT LIST

-  Cones
-  Sliotar

This intermediate drill to practice stopping a ball on the ground incorporates dribbling, striking and blocking

Organisation

- Mark out distance of 10m using cones
- Line the players up behind the first cone, one sliotar per group
- The first player dribbles around the far cone and strikes the sliotar on the ground to the next player before returning to the end of the line
- Each player in turn moves forward to block the sliotar and repeat the drill

STEP Variation

Task - To increase the challenge: Turn the drill into a relay race

Notes
