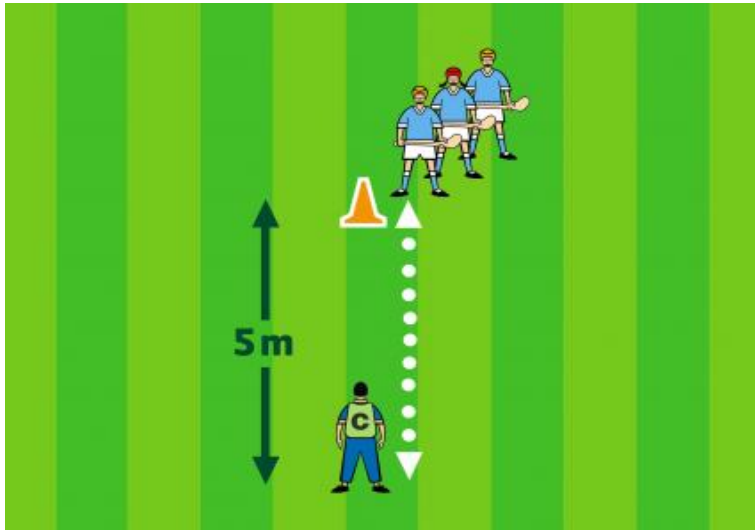


LEVEL 1

# FRONTAL GROUND BLOCK - CONTACT BLOCK

## — HURLING



This basic drill to practice the Frontal Ground Block technique aims to build the players' confidence in the contact situation

**Organisation**

- The players line up in single file 5m from the Coach
- The Coach uses a line or marker as an imaginary ball and swings in the direction of each player in turn, who strides forward and attempts to block the swing
- The Coach should adjust the strength of the swing to match each player's ability

**STEP Variation**

Equipment - As players gain confidence, introduce a ball, for example a First Touch sliotar

### EQUIPMENT LIST

 Cones

### Notes

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