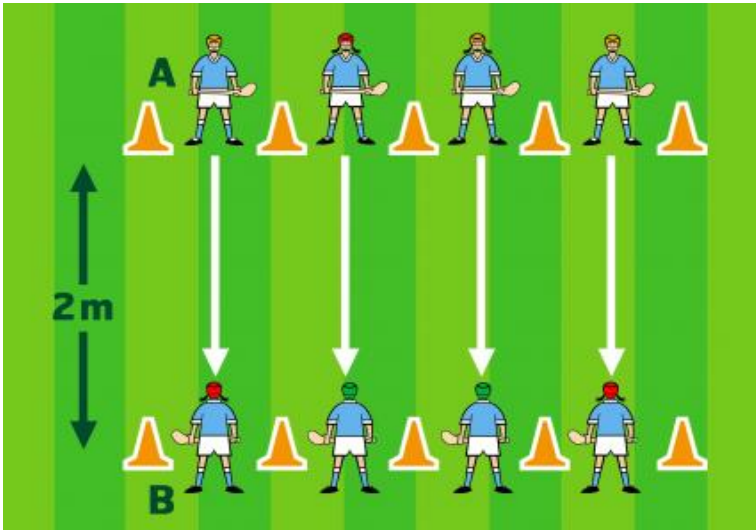


LEVEL 1

FRONTAL GROUND BLOCK - PARTNER BLOCK

— HURLING



EQUIPMENT LIST



Cones



Sliotar

This basic drill to practice the Frontal Ground Block technique requires the players to work in pairs

Organisation

- The players pair off, with Player A 2m in front of Player B, and facing to one side
- Both players begin in the Ready Position
- On a signal, Player A strikes an imaginary ball in the direction of Player B, who steps in to perform the Frontal Ground Block
- The Coach may count the players through the stages of the technique to help with timing
- Repeat the drill several times before swapping roles

STEP Variation

Space - As the players improve, gradually increase the distance between the striker and blocker

Equipment - As the players become more proficient, introduce a ball, for example a First Touch sliotar

Notes
