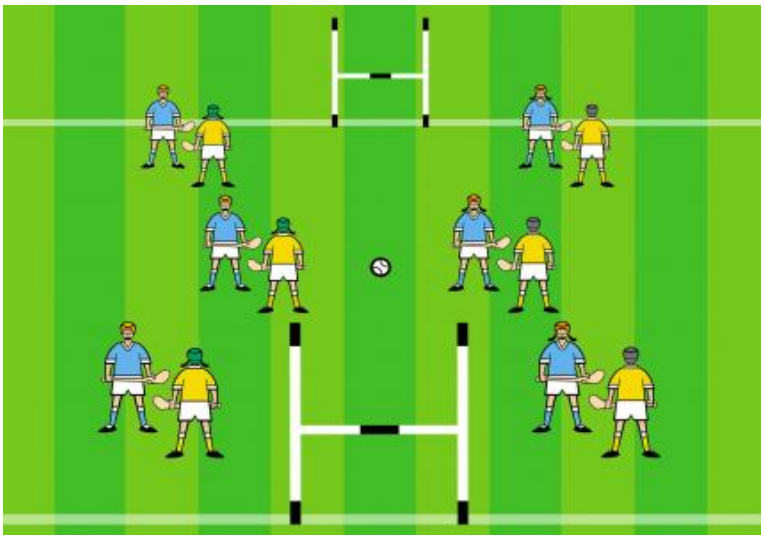
LEVEL 5

FRONTAL GROUND BLOCK - SKILL POINT GAME

- BUILDING



This modified game to develop the Frontal Ground Block technique awards points to Players who perform the technique correctly during the game

Organisation

- Using cones, mark out a playing area of appropriate size for the number and ability of the Players
- Divide the Players into equal teams
- The Players may strike the ball on the ground, dribble and block the ball but may not lift the ball or take the ball into the hand
- Award 3 points for a goal and 2 points for each successful Frontal Ground Block

STEP Variation

Equipment - To begin with, use a larger sliotar, such as the First Touch sliotar, and as the players become more proficient, switch to a smaller sliotar, such as the Quick Touch sliotar

EQUIPMENT LIST

- Sliotar
- Stopwatch
- Whistle

Notes