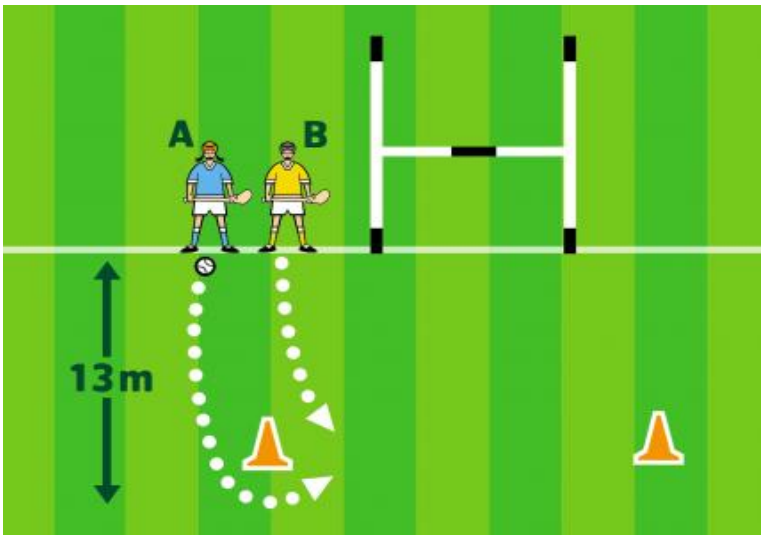
LEVEL 3

FRONTAL BLOCK - CHASE & BLOCK

— HURLING



C Y

This is a game play drill to develop the Frontal Block technique requiring the players to perform the block on an opponent striking for a point

Organisation

- Place a cone 13m from the end line on either side of the goal area
- The players line up in pairs to one side of the goals
- Player A solos to the cone to strike the ball on the inside for a point
- Player B follows and attempts to block
- Award points for a successful block
- Repeat the drill from either side of the goal
- Reverse the roles of the players after every second go

STEP Variation

Task - To increase the challenge to the blocker; Give the attacking player a head start

EQUIPMENT LIST

- Cones
- Sliotar

Notes