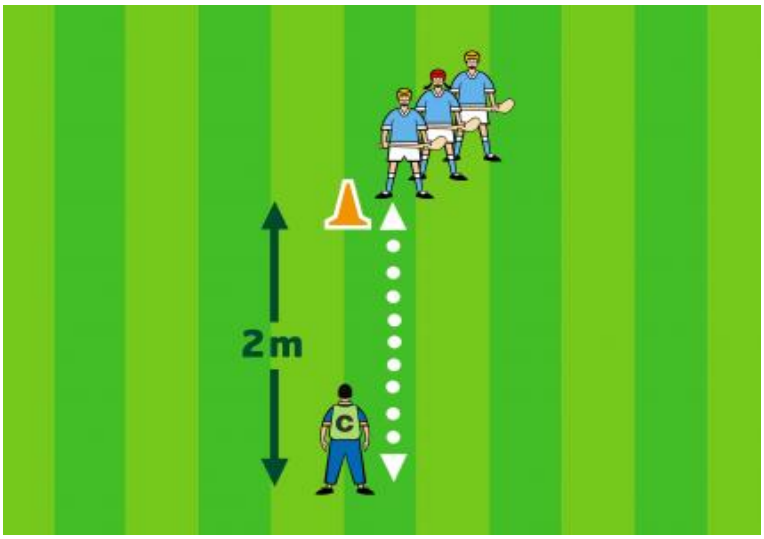
LEVEL 2

FRONTAL BLOCK - CONTACT BLOCK

— HURLING



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

Organisation

- The players line up in single file behind a cone
- The Coach stands approximately 2 meters away directly in front of the first player in the line
- Each player in turn advances to perform a block down on the coach striking an imaginary ball
- The coach should adjust the strength of their swing to suit each player's confidence and ability

STEP Variation

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

EQUIPMENT LIST

Cones

Notes