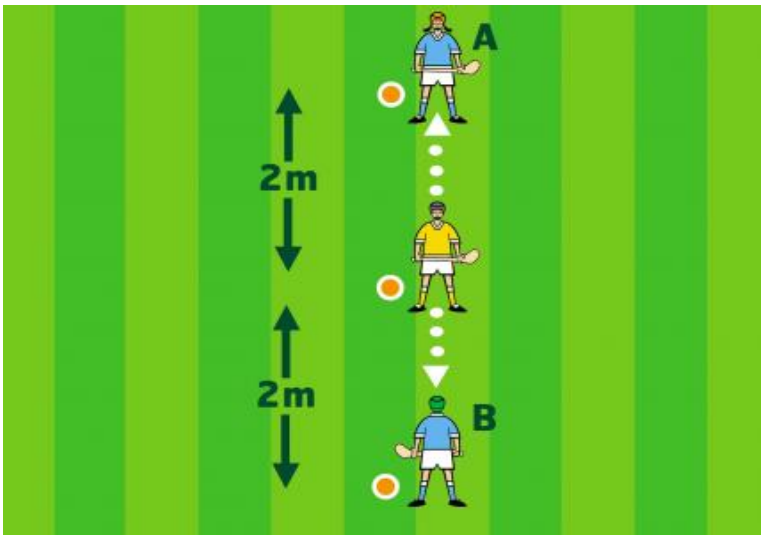
LEVEL 1

FRONTAL BLOCK - TURN & BLOCK

— HURLING



This basic drill to practice the Frontal Block technique requires the players to turn and block

Organisation

- Divide the Players into groups of three
- Place 3 cones in a line approximately 2 meters apart; one player at each cone
- Player A and Player B in turn strike an imaginary ball
- The centre player moves to block Player A and Player B in turn
- The coach may count or talk the players through the stages of the technique to help them with the sequence and the timing
- Change the centre player after a set time

STEP Variation

Equipment - To increase the challenge; introduce a ball, for example a First Touch sliotar

EQUIPMENT LIST

Cones

Notes