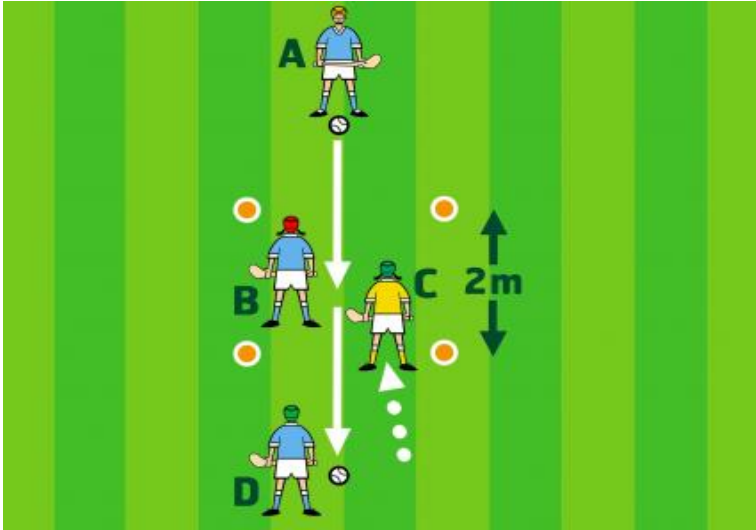


LEVEL 2

FRONTAL BLOCK - HIT THE TARGET

— HURLING



EQUIPMENT LIST



Cones



Sliotar

This is an intermediate drill to practice the Frontal Block technique

Organisation

- Mark out a grid 2m X 2m using cones
- Mark out a grid 2m x 2m using cones
- On a signal Player A, positioned 10m to one side of the grid, strikes the ball to Player B, positioned inside the grid
- Player C, beginning on the other side of the grid, attempts to block Player B from striking the ball to the player D at the far cone
- Player D continues the drill by striking to Player C as Player B attempts to block and so on

STEP Variation

Equipment - Use a large ball initially; Use a smaller ball as the players become more proficient

Notes
