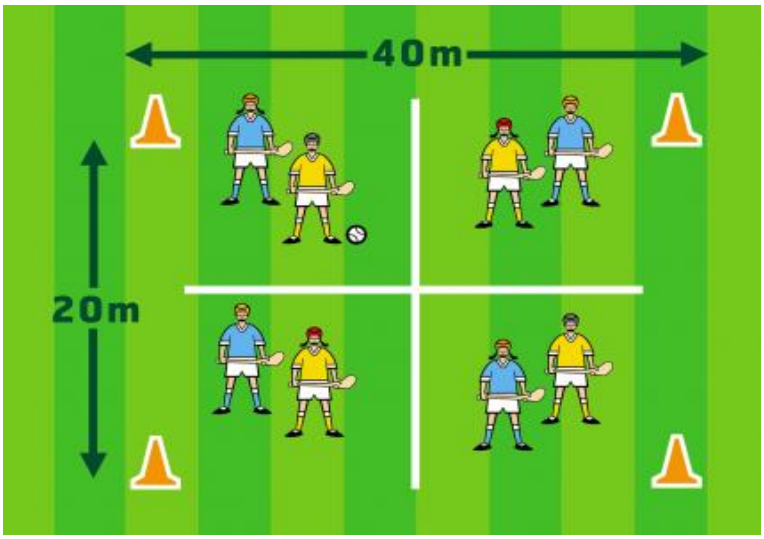
LEVEL 5

FRONTAL BLOCK - GRID BLOCK

— HURLING



C Y

This is a fun game to develop the Frontal Block technique

Organisation

- Mark out a grid approximately 40m X 20m using cones
- Divide the grid into 4 sections
- Divide the players into two teams of four, one player per section
- The players attempt to retain possession by striking the ball from section to section
- The opposing team attempt to block the strike attempts
- If the strike is successful, that team must be allowed to retain possession
- Continue the game for a set period of time

STEP Variation

Task - Initially allow the sliotar to be struck either clockwise or anti-clockwise; as the players progress, allow the sliotar to be struck in any direction

EQUIPMENT LIST

- Cones
- Player
- Sliotar

Notes