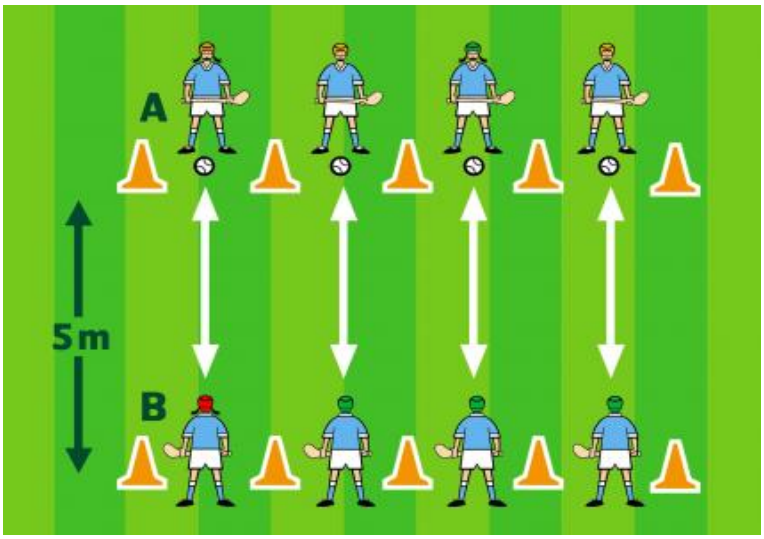
LEVEL 1

BLOCKING A BALL OVERHEAD - BLOCK IN PAIRS

~~PASSING~~



C Y

This is a basic drill to practice the Overhead Block technique

Organisation

- Mark out a distance 5m wide using cones
- Divide the players into pairs; one ball per pair
- Player A throws the ball underarm for Player B to block overhead
- Player B allows the ball to fall to the ground and strikes it back to Player A
- Reverse the roles after a set number of throws

STEP Variation

Task - As the players become more proficient challenge them to block the ball to catch it in the non-dominant hand

EQUIPMENT LIST

- Cones
- Sliotar

Notes