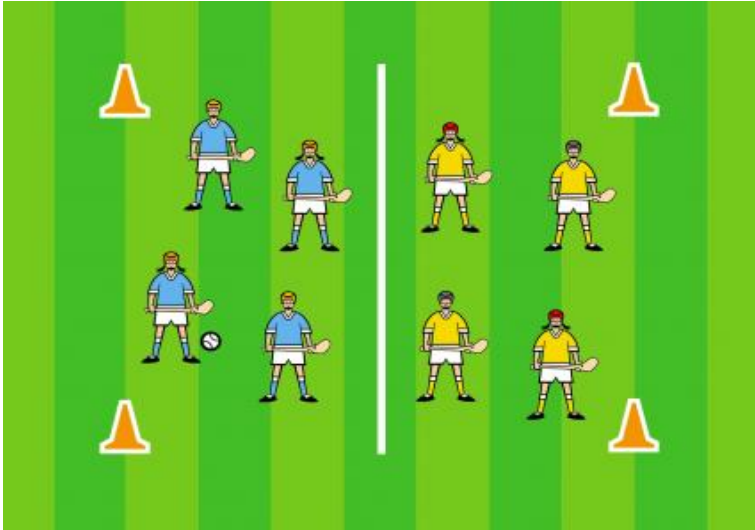


# LEVEL 5

## BLOCKING A BALL OVERHEAD - BLOCK BALL

### — HURLING



#### EQUIPMENT LIST

- Coach
- Cones
- Sliotar
- Whistle

This is a fun game to develop blocking the ball overhead

#### Organisation

- Mark out a court using cones
- Use a net or dividing line to mark the court into two sections
- Divide the players into two even teams
- The objective of the game is to maintain possession by blocking the ball overhead after it has been struck into your section of the court
- Points are awarded if the other team fail to control the ball and it falls to ground

#### STEP Variation

Players - To increase the challenge; Reduce the number of players on each team

#### Notes

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