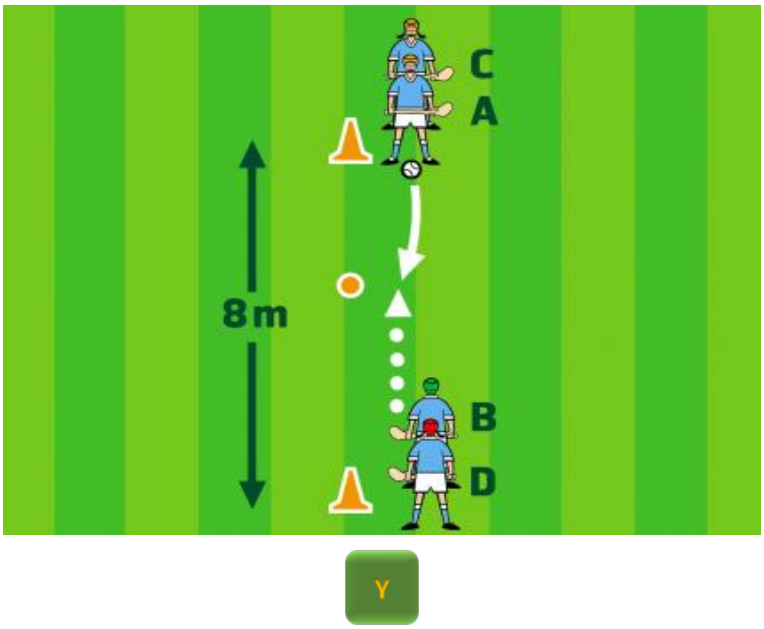
LEVEL 2

BLOCKING A BALL OVERHEAD - MOVE & BLOCK



This is an intermediate drill to practice the Overhead Block technique

Organisation

- Mark out a distance 8m wide using cones
- Divide the players into groups of four; one ball per group
- Position two players at one end of the area, the other two stand 5m from the other end
- Player A throws the ball underarm
- Player B blocks the ball overhead at the marker and hand passes it to Player C
- Player C throws the ball for Player D to catch
- Each player continues to the back of the opposite line

STEP Variation

Task - To increase the challenge; The feeder throws the ball at an angle requiring the blocker to adjust their positioning and adapt their technique

EQUIPMENT LIST

- Coach
- Cones
- Sliotar

Notes