

# BLOCK DOWN

The Block Down is a tackling technique used to prevent an opponent shooting for a score or passing to another player.



Stand close to the opponent. Approach from the side.

## KEY TEACHING POINTS

To Coach the Skill use the **IDEAL** method

- I**NTRODUCE the Skill
- D**EMONSTRATE the Technique
- E**XPLAIN the Activity
- A**CTION
- L**OOK and Observe



As the opponent attempts to play the ball, reach forward with hands close together. Eyes on the ball.



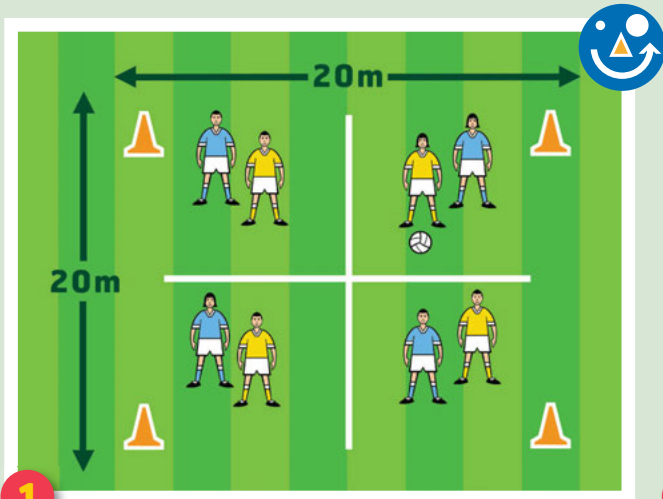
Block the ball at the point of contact with the foot. Move to regain possession.

## LOOK OUT FOR THESE COMMON ERRORS

- Shying away from contact
- Missing the ball as it passes through the outstretched arms
- Closing the eyes when attempting to block



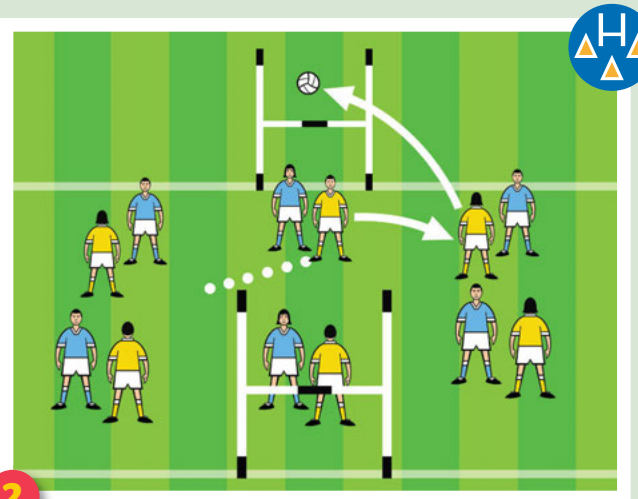
## BLOCK DOWN DEVELOP THE SKILL



1

### GRID BLOCK

Players in teams, one player per grid. Team attempts to keep possession using the kick pass. Opponents attempt to block.



2

### 6 v 6 KICK PASS ONLY

Teams should use foot passing predominantly. Award scores for effective block downs as well as points.

## VARIATIONS

The STEPR method is a simple way to vary any activity, game or drill.

**S**pace **T**ime **E**quipment **P**layers **R**ules

**S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity

**T** how long are players working for? Challenge the intensity by reducing the time

**E** alter the equipment. Use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge

**P** increase or decrease the number of players to vary the challenge or introduce opposition, from token opposition to partial opposition to full opposition

**R** adapt the rules of the game to assist with achieving a certain outcome.

## DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game

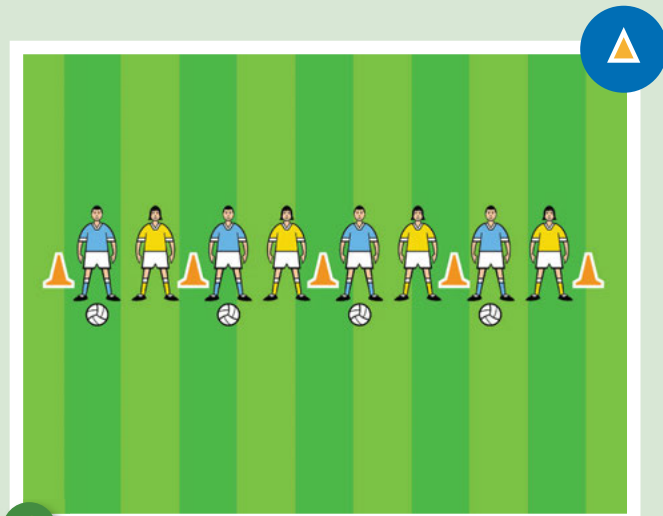


Modified Game



Game Play Routine

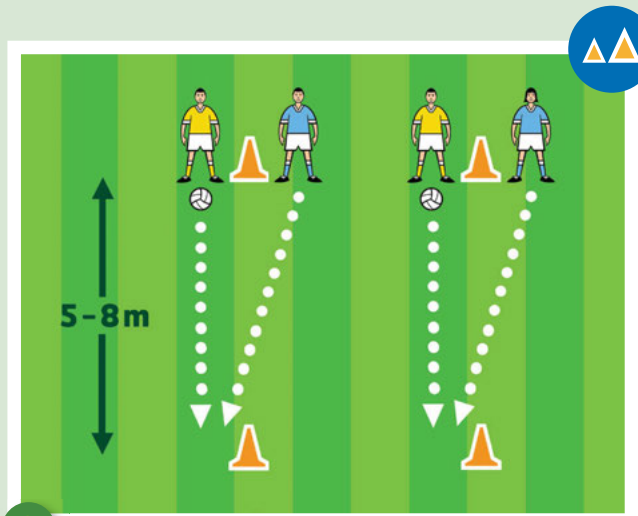
## BLOCK DOWN PRACTISE THE TECHNIQUE



1

### PARTNER BLOCK

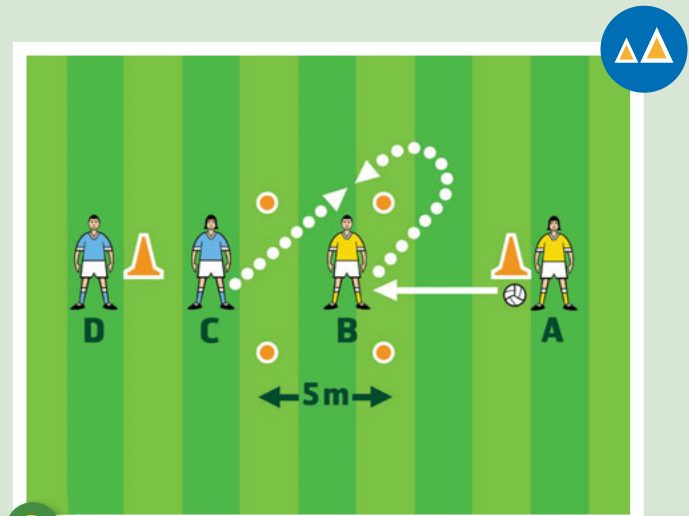
Players in pairs. Each player blocks as their partner attempts to kick.



2

### MOVE AND BLOCK

Players in pairs. Player in possession moves forward and attempts to kick, partner blocks.



3

### HIT THE TARGET

Player A passes to B who attempts to kick pass to Player D. C attempts to block.