

FRONTAL BLOCK

The Frontal Block, or Frontal Air Block, is a tackling technique used to block an opponent attempting to strike the sliotar from the hand, or double in the air.



As the opponent throws the sliotar up, bend into the tackle as if lunging. Reach forward sliding the non-dominant hand towards the dominant hand.

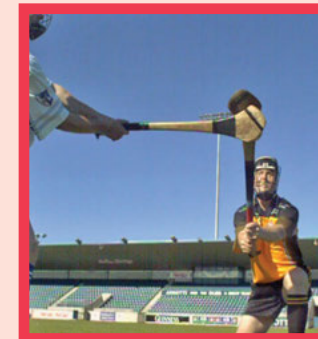
KEY TEACHING POINTS

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



Both thumbs face the bas of the Hurley, the toe of the bas faces away towards the dominant side.



As the opponent strikes, block down firmly on the sliotar and their Hurley.

LOOK OUT FOR THESE COMMON ERRORS

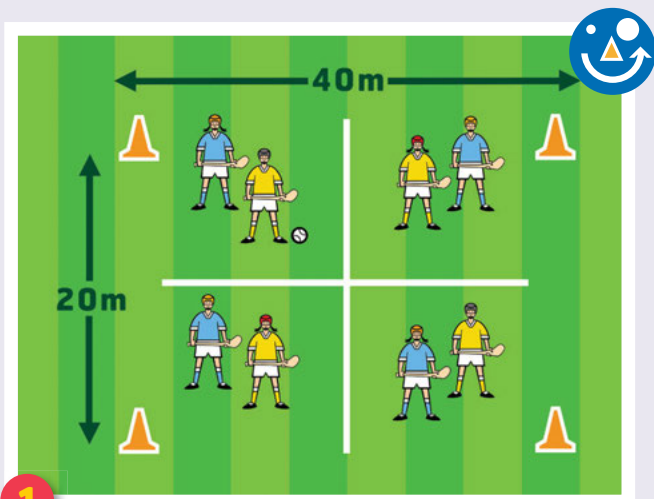
- Not stepping into the tackle
- Waiting for the opponents Hurley to strike the blocking Hurley
- Dropping the Hurley below the striking Hurley



The block can be performed with one hand, stride forward with the dominant leg to increase reach.



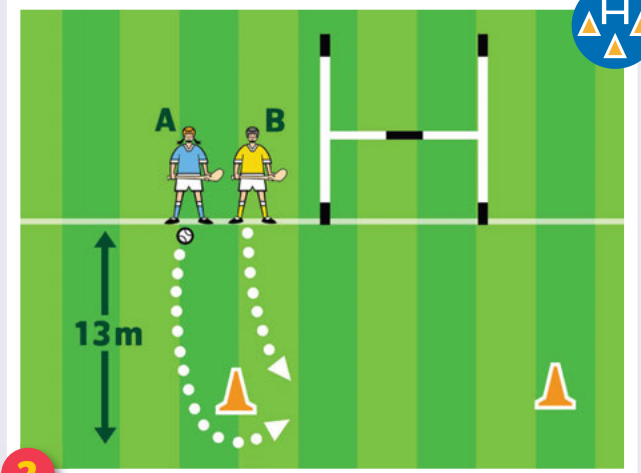
FRONTAL BLOCK DEVELOP THE SKILL



1

GRID BLOCK

Players in pairs, one per part of the grid. Players attempt to keep possession by striking the sliotar to each other. Opponents attempt to block.



2

CHASE AND BLOCK

Players in pairs. Player A moves around the cone and attempt to score. Player B attempts to block.

VARIATIONS

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

Space **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

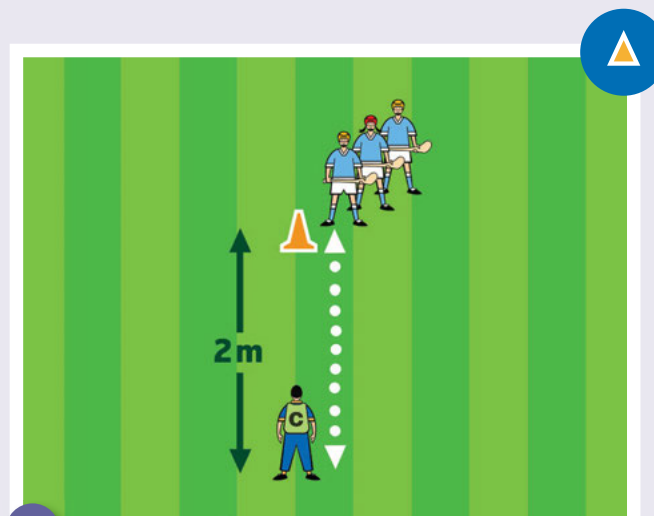


Modified Game



Game Play Routine

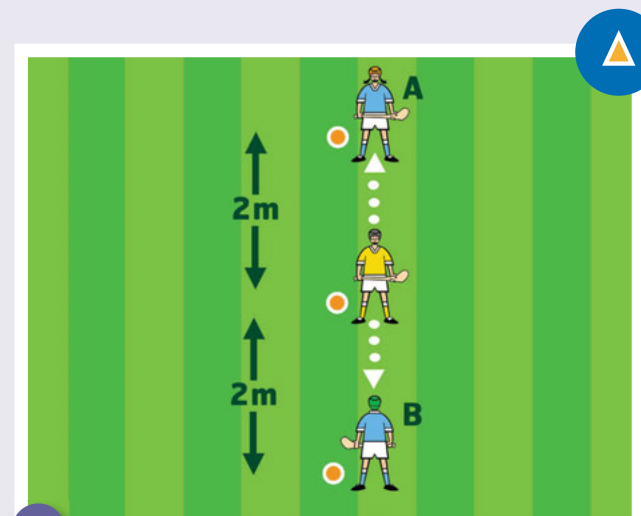
FRONTAL BLOCK PRACTISE THE TECHNIQUE



1

CONTACT BLOCK

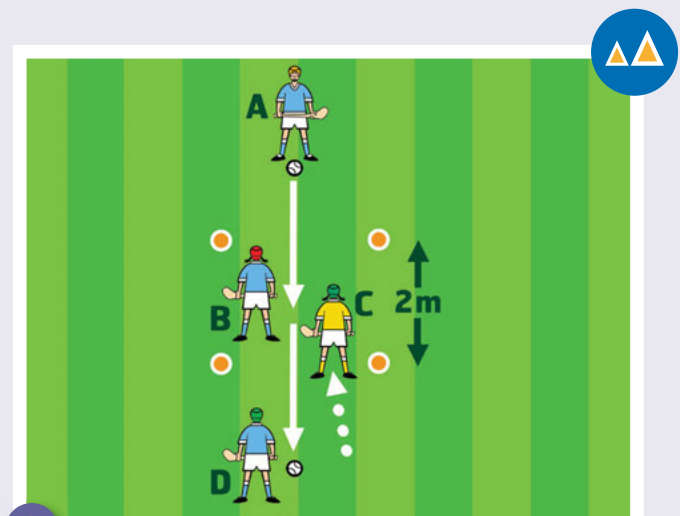
Players line up and block the strike of the coach.



2

TURN AND BLOCK

Blocking player in the middle turns to block each player A and B in turn.



3

HIT THE TARGET

Player A strike to Player B. Player C attempts to block the strike to Player D.