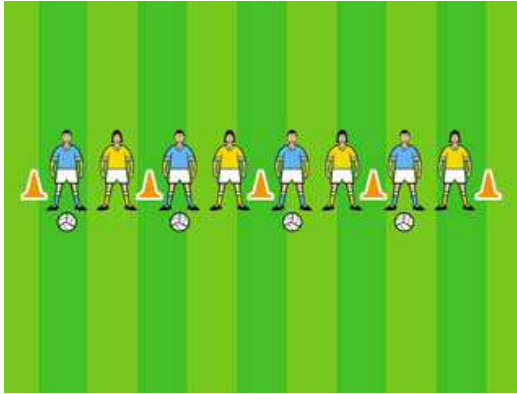


Basic Drill



Partner Block

Player A toe taps the ball for player B in a kneeling position to Block Down

Block Down

Key Points

1. Stand close to the opponent in the check position
2. Reach forward arms out as the opponent prepares to play the ball.
3. Block ball at point of contact with the boot

Head - Hands – Feet

STEP - Vary the activity

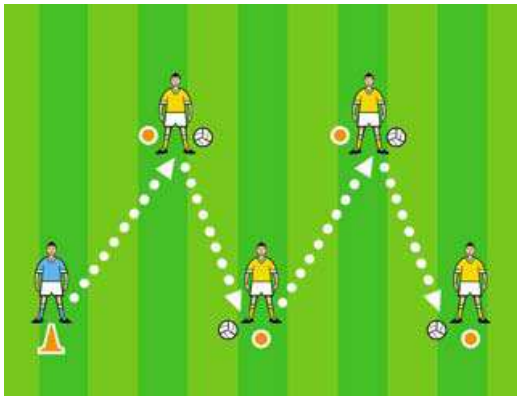
Vary Space

Vary Task

Vary Equipment

Vary Players

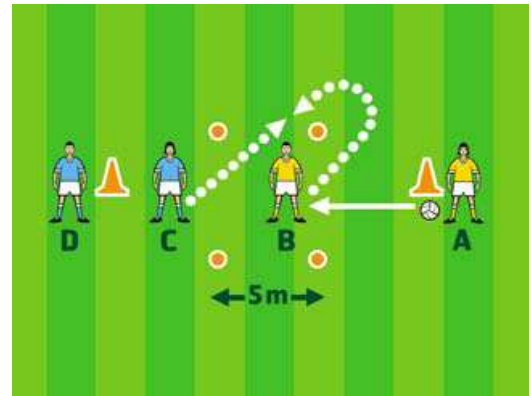
Intermediate Drill



Zig-Zag Block

One player moves from cone to cone and tries to Block each player

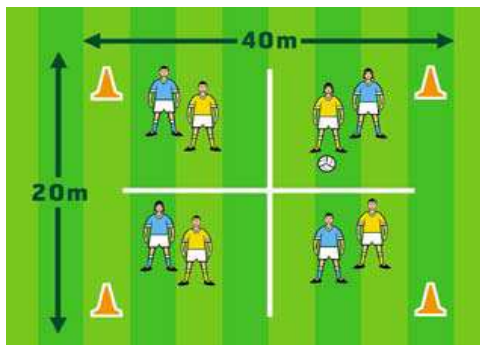
Intermediate Drill



Hit the Target

A passes to B, who rounds the cone and passes to D while C tries to Block Down

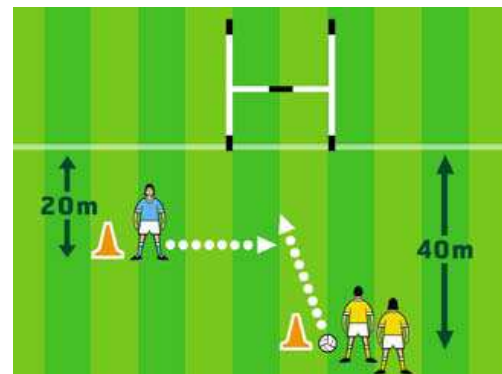
Fun Game



Grid Block

Team retain possession by kick passing while the other team tries to gain possession by Blocking down

Modified Game



Shoot and Block II

Attacker solos to goal, when they attempt to shoot the defender tries to Block them