

Basic blocking

A basic drill to introduce the concept and technique of blocking to younger players.

Maximum of eight in the group.

The players at the green cone each have a ball. The players at the blue cone will be blocking and don't have a ball.

The player at the green cone runs to the red cone taking a bounce or solo every four steps.

Once he reaches the red cone he is not allowed any more touches and can only take a maximum of four steps before taking a shot for a point.

The player at blue cone comes out and meets the attacker and gets down on their foot to put in a block as they try to shoot for a point.

The blocker picks up the ball and goes to the end of the kicking line, while the other player is now a blocker.

TECHNIQUE

BLOCKING

Get close to the opponent.

Approach from the side.

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

Block the ball at the point of contact with the foot.

Move to regain possession.

BALL



PLAYER

