

Block the shot

A drill focused on instilling good blocking technique. Run drill in front of a ball catch net.

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 and tries to fire off a shot into the ball catch net.

The player at red cone meets them and gets down on their foot to put in a block.

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.

