

1. Block Down



Stand close to the opponent in the check position



Reach forward arms outstretched as the opponent prepares to play the ball.



Block ball at point of contact with the foot

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend

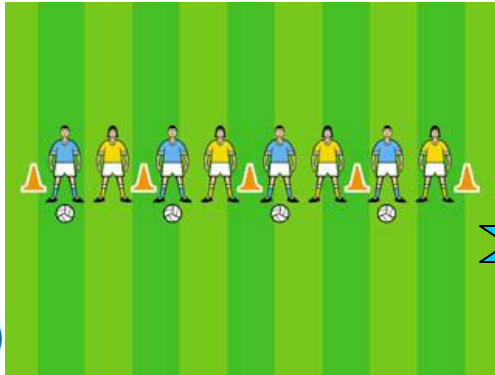


The Block Down is a tackling technique used to prevent the opponent shooting or passing to another player. In scoring situations the Block Down is an effective and dramatic defensive skill

- Look out for:
- Shying away from contact
 - Missing the ball
 - Closing the eyes

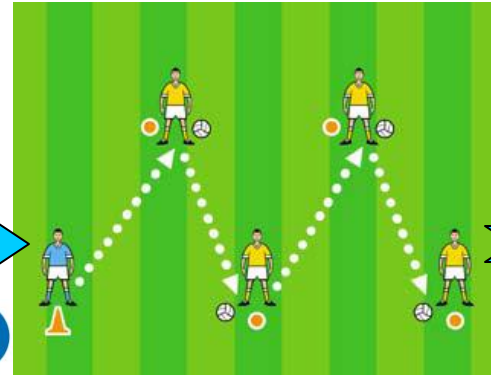
Block Down

Practice the Technique



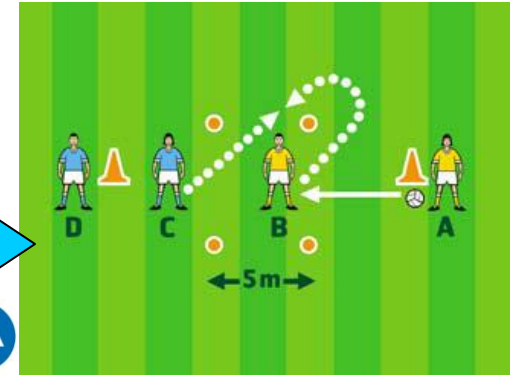
Partner Block

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



Zig-Zag Block

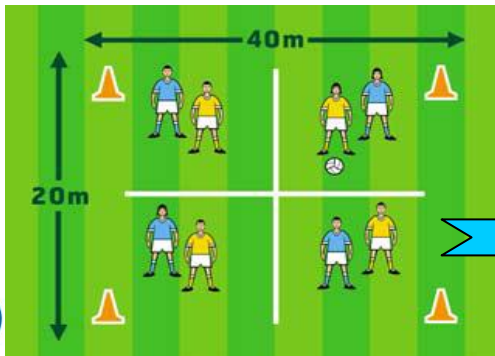
One player moves from cone to cone and tries to Block each player



Hit the Target

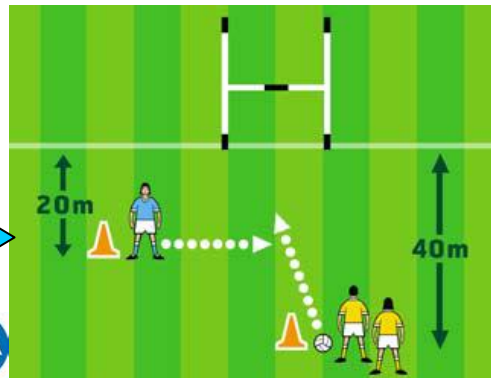
A passes to B, who rounds the cone and passes to D while C tries to Block Down

Develop the Skill



Grid Block

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



Shoot and Block II

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

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill