

Frontal Ground Block

Elite Image



Adopt the Ready Position



Release non-dominant hand



Step into the tackle with dominant foot



Extend the dominant arm to right angle with hurley, blocking opponents hurley at point of strike

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

The Frontal Ground Block is a vital technique in hurling used to protect the player and block the ball. It is used when an opponent is attempting to strike the ball on the ground in the direction of the player making the tackle. It is very important that all young players are taught how to defend and protect themselves when in this situation.

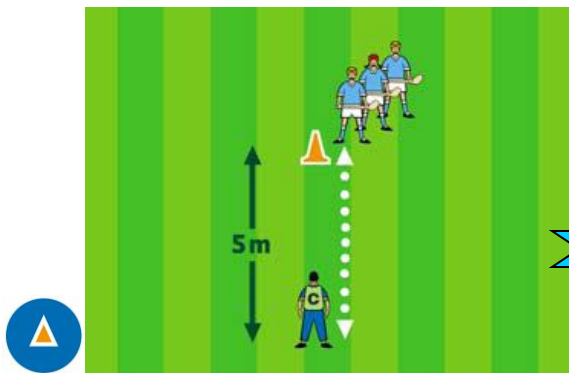
Pg. 41-46 Hurling Fun Do

Look out for:

- Not stepping into the tackle
- Stepping into the tackle with the opposite hand and leg
- Not extending the dominant arm which may result in injury.

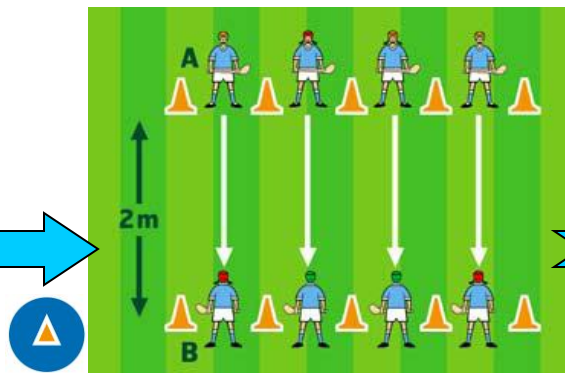
Frontal Ground Block

Practice the Technique



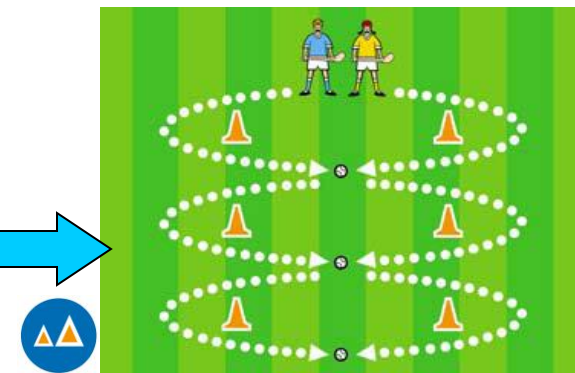
Contact Block

No ball; Players jog forward and attempt to block the coach's swing



Partner Block

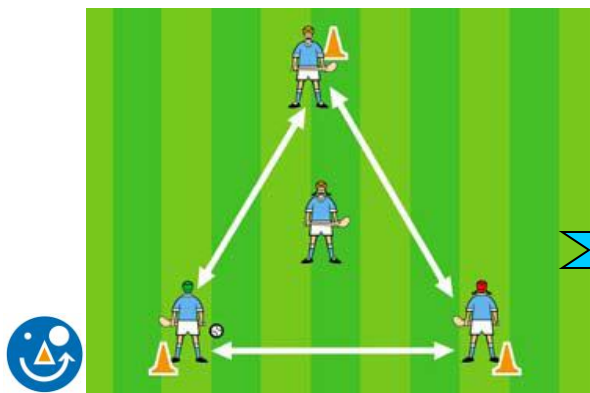
Player B attempts to block Player A when striking the ball



Zig-Zag Block

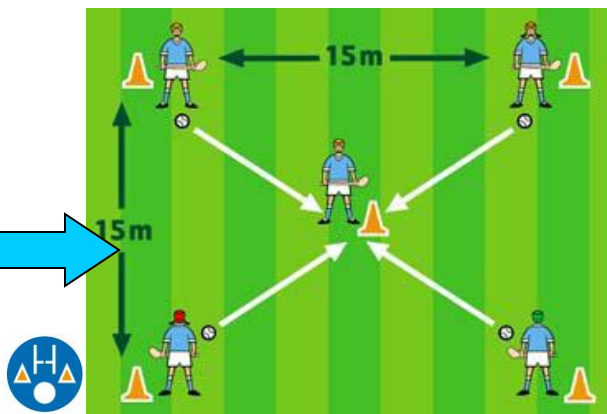
Players contest each ball after running around the cones. 1 player strike, 1 player block

Develop the Skill



Piggy in the Middle

Player in the middle attempts to block the outer players playing the ball



Defend the Cone

Centre player moves to block outer players in turn returning around centre cone each time.

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill