

BLOCK DOWN

The Block Down is a tackling technique used to prevent an opponent shooting for a score or passing to another player.

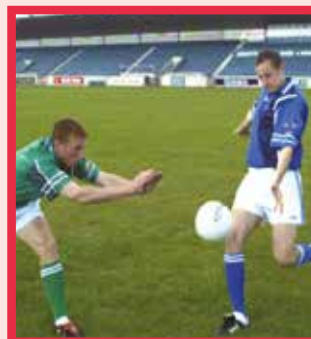


Stand close to the opponent.
Approach from the side.

KEY TEACHING POINTS

To Coach this Skill
use the **IDEA** method

- I** NTRODUCE the skill
- D** EMONSTRATE the technique
- E** XECUTE the activity
- A** TTEND and provide feedback



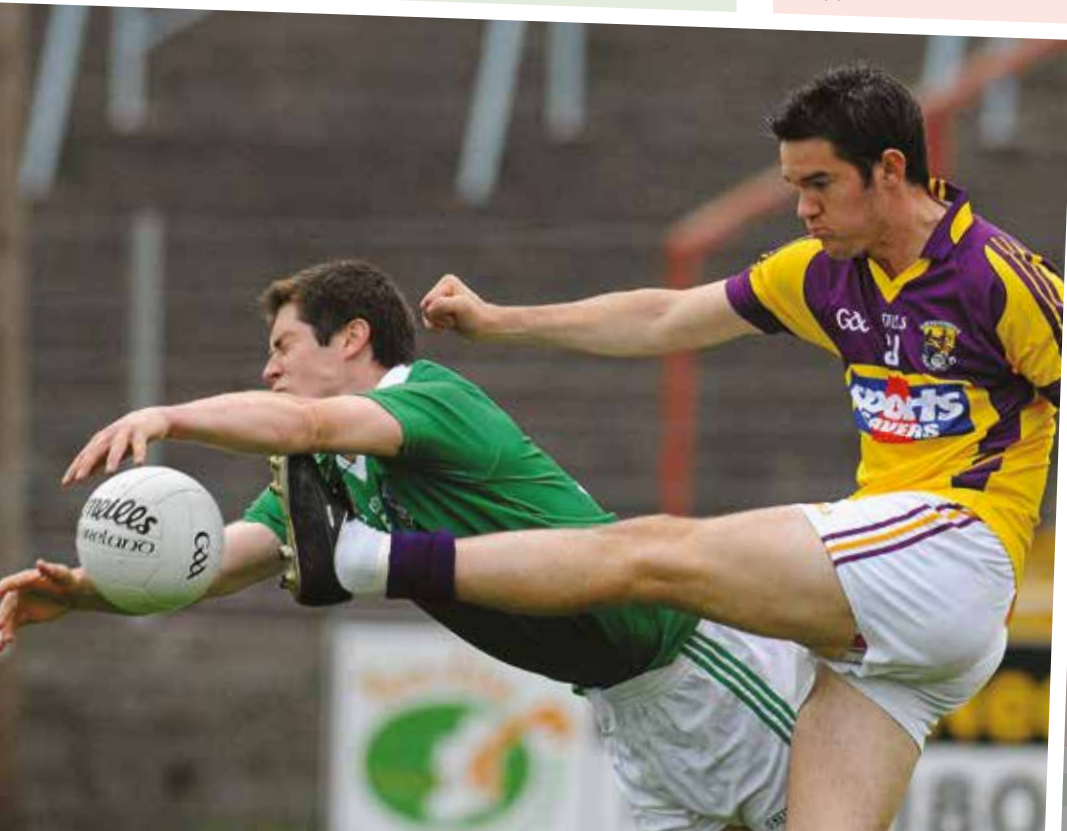
As the opponent attempts to play the ball, reach forward with hands close together. Eyes on the ball.



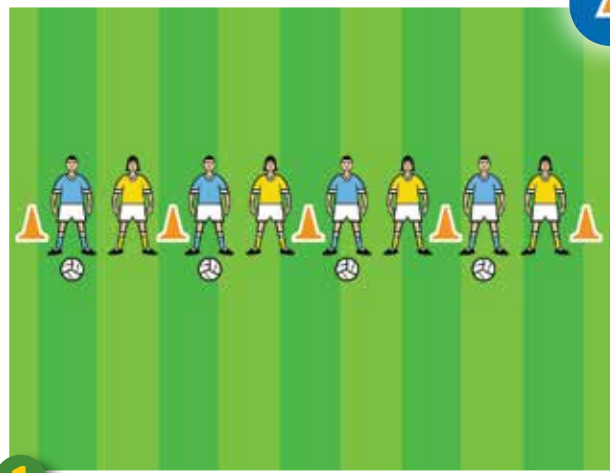
Block the ball at the point of contact with the foot. Move to regain possession.

LOOK OUT FOR THESE COMMON ERRORS

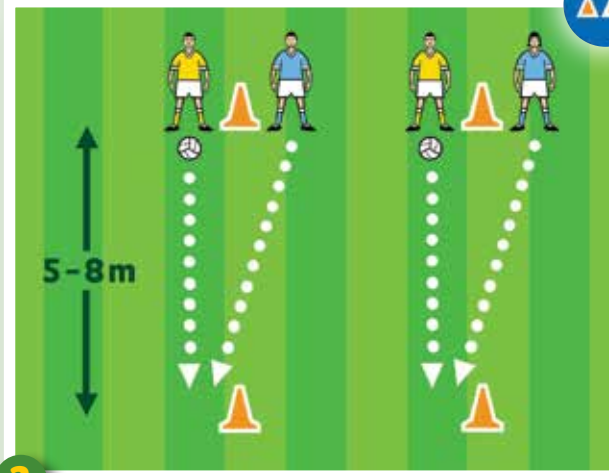
- Shying away from contact
- Missing the ball as it passes through the outstretched arms
- Closing the eyes when attempting to block



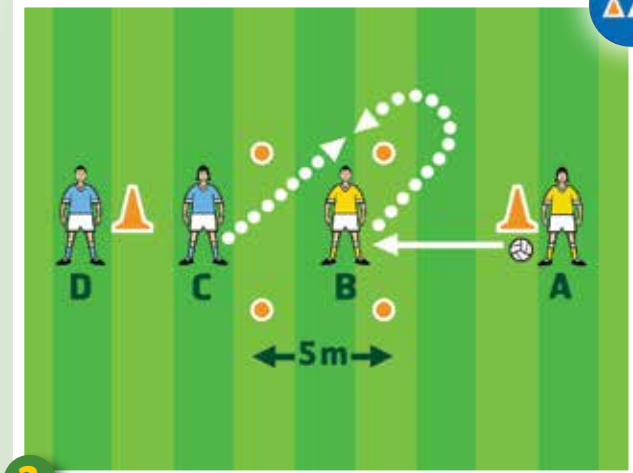
BLOCK DOWN PRACTISE THE TECHNIQUE



- 1 PARTNER BLOCK**
Players in pairs. Each player blocks as their partner attempts to kick.

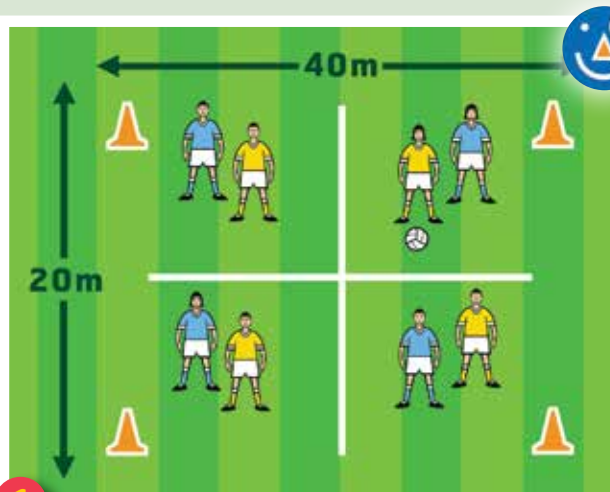


- 2 MOVE AND BLOCK**
Players in pairs. Player in possession moves forward and attempts to kick, partner blocks.

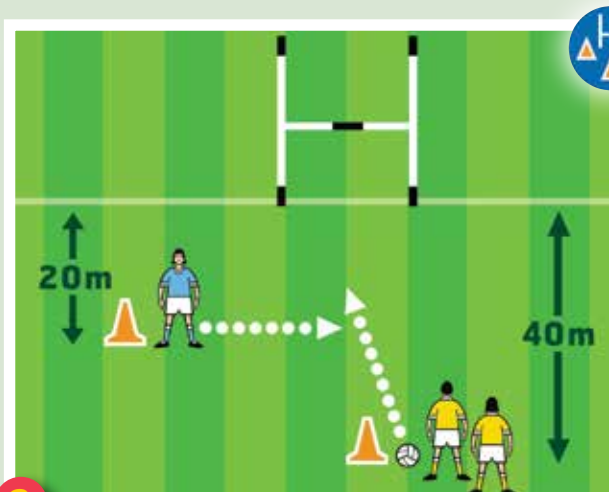


- 3 HIT THE TARGET**
Player A passes to B who attempts to kick pass to Player D. C attempts to block.

BLOCK DOWN DEVELOP THE SKILL



- 1 GRID BLOCK**
Players in teams, one player per ¼. Teams attempt to keep possession using the kick pass. Opponents attempt to block.



- 2 SHOOT AND BLOCK II**
Player in possession moves forward and attempts to kick a score. Opponent attempts to block.

VARIATIONS

The **STEP** method is a simple way to vary any activity, game or drill.

Space **T**ask **E**quipment **P**layers

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules
- E** alter the equipment - use a bigger or smaller football, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge, or introduce opposition, from token opposition to partial opposition to full opposition.

DESCRIPTIVE ICONS

