

FRONTAL BLOCK

The Frontal Block, or Frontal Air Block, is a tackling technique used to block an opponent attempting to strike the sliotar from the hand, or double in the air.



As the opponent throws the sliotar up, bend into the tackle as if lunging. Reach forward sliding the non-dominant hand towards the dominant hand.

KEY TEACHING POINTS



Both thumbs face the bas of the Hurley; the toe of the bas faces away towards the dominant side.



As the opponent strikes, block down firmly on the sliotar and their Hurley.

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

LOOK OUT FOR THESE COMMON ERRORS

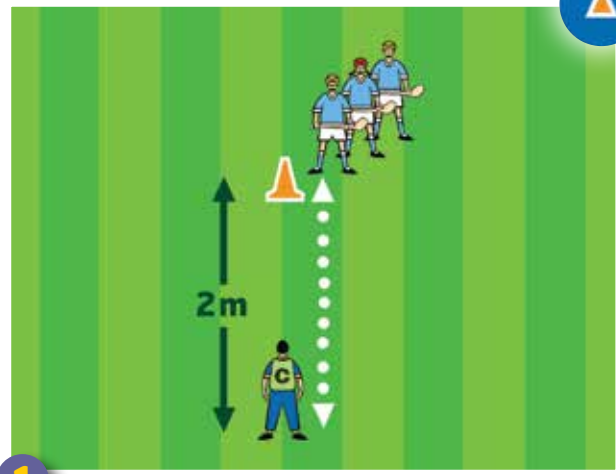
- Not stepping into the tackle
- Waiting for the opponents Hurley to strike the blocking Hurley
- Dropping the Hurley below the striking Hurley



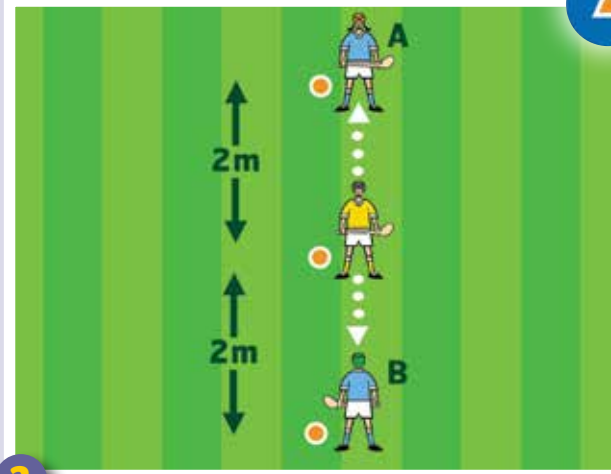
The block can be performed with one hand; stride forward with the dominant leg to increase reach.



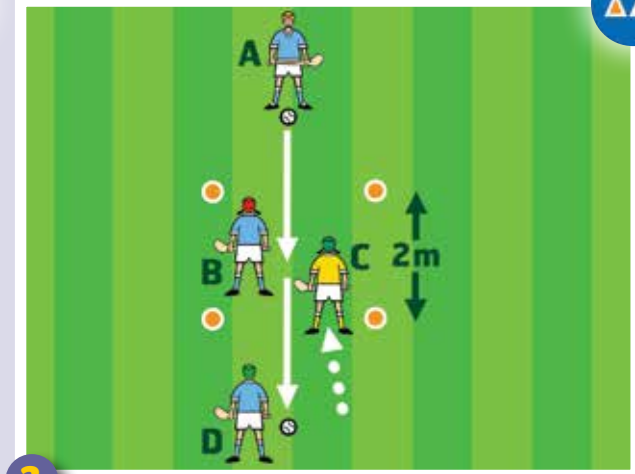
FRONTAL BLOCK PRACTISE THE TECHNIQUE



1 CONTACT BLOCK
Players line up and block the strike of the coach.

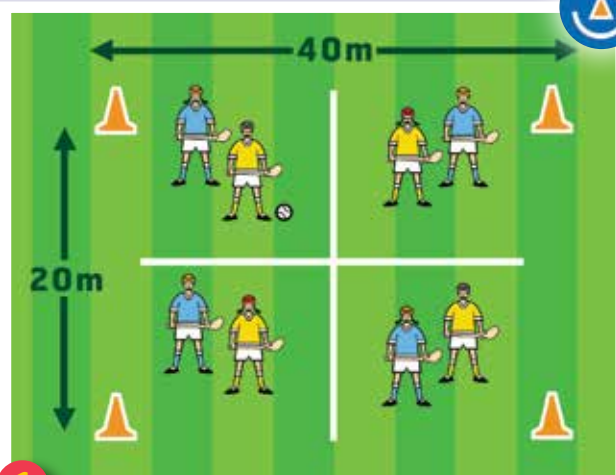


2 TURN AND BLOCK
Blocking player turns to block each player in turn.

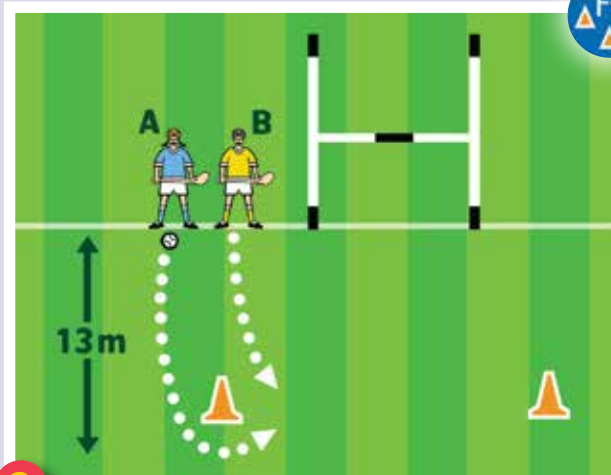


3 HIT THE TARGET
Player A strikes to Player B. Player C attempts to block the strike to Player D.

FRONTAL BLOCK DEVELOP THE SKILL



1 GRID BLOCK
Players in pairs, one per part of the grid. Players attempt to keep possession by striking the sliotar to each other. Opponents attempt to block.



2 CHASE AND BLOCK
Players in pairs. Player A moves around the cone and attempts to score. Player B attempts to block.

VARIATIONS

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

- S** pace **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 - using a bigger or smaller ball, Hurley or 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

