

Minkey/Modified Skills

Drill 7: Block Tackling



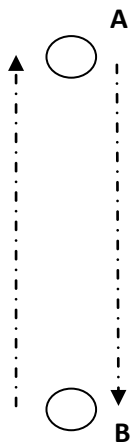
SCHEDULE

8.30 am: Warm-up (jog and stretching)
8.35 am: Drill start
8.45 am: Matches start
9.30 am: Finish

BLOCK TACKLING

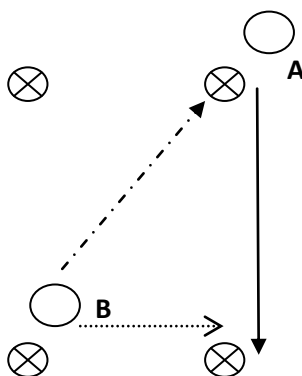
Coaching points:

1. Hand position (left hand at top, right hand in the middle).
2. Lay stick flat on the ground on the fore-stick side of the body (not in front of the body).
3. Wait for ball to make contact with the stick (do not swing at the ball).



Players start approx. 3 metres apart. Player A starts with ball, both players run towards each other and B makes a block tackle. Players continue running and repeat drill.

Drill progression: Have player A pass the ball to player B who traps it. Continue as above.



Player B passes to A who runs towards marker. B moves across and block tackles in front of marker

Drill progression: Have spare players waiting behind and A and B. Once B makes the block tackle, passes square back to the next player for drill to continue.