










BLOCK DOWN Technique

BLOCK DOWN:Key Teaching points		Common Errors &Corrections	
1	<ul style="list-style-type: none"> Stand close to the opponent in the check position 		<p>Shying away from contact</p> 
			<p><i>To correct</i>, introduce the player to the contact situation in a slow and controlled manner</p> 
2	<ul style="list-style-type: none"> As the opponent prepares to play the ball, reach forward with the arms outstretched and hands close together 		<p>Missing the ball as it passes between the outstretched arms</p> 
			<p><i>To correct</i>, keep the hands close together, moving confidently to block the ball at the point of contact with the boot</p> 
3 4	<ul style="list-style-type: none"> Block the ball at the point contact with the boot 		<p>Closing the eyes when attempting to perform the Block-Down : this may result in the player missing the block as they fail to react to the direction of the block</p> 
			<p><i>To correct</i>, keep eyes open at all times, focusing on the ball at the point of contact</p> 

Thanks to the Irish Sport Council