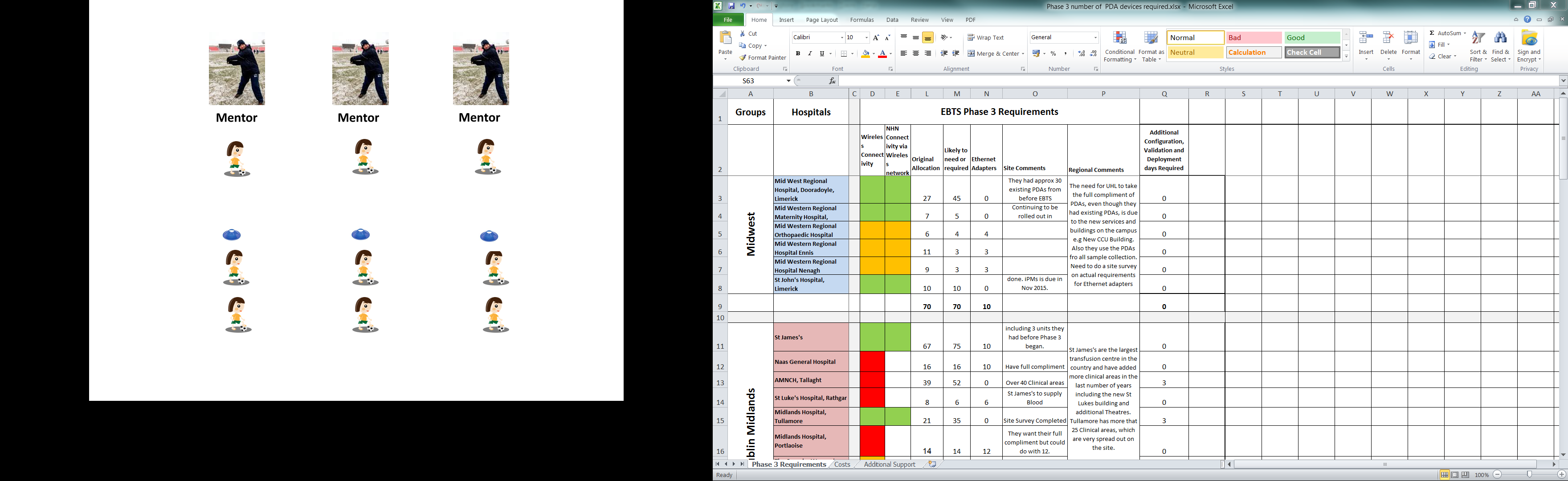
**Skill(s) to focus on in Activity/Drill: Frontal Block**

* Get mentors and / or other players to simulate hitting the ball from their hand
* Ensure the playing attempting the block keeps their eyes on the ball.
* Player gets head down low while ensuring they block the hurl and ball.



**Description of Skill Activity**

* 3 players per row. One Mentor per group.
* The mentors simulate the striking of the ball from the hand.
* Players move forward and practice frontal block and then return to the back of the queue.
* Then the next player moves forward etc.

**Things to note and make players aware of:**

* Players move forward and get hurley in correct block position. Hurley upright with the non-dominant hand 1/3 of the way up the hurley with the thumb firmly behind pointing upwards.
* Keep the head low, bending one knee and keeping their eyes on the ball at all times.
* Get them to get in nice and close. Don’t pull back – have no fear.

**Variations and Progressions of Drill:**

* Switch drill to hooking and ground block.