

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

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



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.



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

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

