

PROTECTION EFFORTS

“Give your teammate time to act”

BLOCKING

- Footwork is important – get into correct position
- Stutter steps / do not over commit
- Strong arms – out wide
- Strong lower body (low centre of gravity)
- Quick glance at opponent but predominantly face teammate
- Commit late to the block to avoid being baulked
- Communicate with your teammate – good and bad news

DRILLS

1. Players work in 3's. Player places ball in front of him on ground and paddles ball closely in front whilst receiving a shepherd from team-mate while other player attempts to lay tackle on player or get ball.
2. Again in 3's, players in straight line with ball in hands of middle player. He self rolls and then runs to pick it up, while player from behind runs into tackle him and player from front runs in to provide block.
3. Give and receive. Players form square and must come out or work in pairs. The Player handballs to the first player on next corner of square and then put a block on the second player in same point of square. This continues around square with hand-baller providing a block at each point.
4. Three or four lines at each end about 10 metres apart. 2 players in middle with bump bags. Aim is to get ball from 1 end to the other, with players providing assistance for teammates with blocks or by using quick hands. Players should be introduced to the concept of give and protect.