

BLOCK DRILL

PURPOSE: To teach the athlete how to block a defender with great punch and hand placement
Teaches athletes on how to create force with the correct body angles

TEMPO: Game Speed

ORGANIZATION/SET-UP:

- Three lines and three shields
- Partners hold the bag correctly
- Whistle controls the drill

COACHING POINTS:

1. Athlete will develop power using his strike
2. Hands must be above the navel
3. Prior to the whistle the athlete will roll the tennis ball in his hand
4. On the whistle athlete will strike the pad using force from the hips and chest.



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- Three lines and three shields
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TEMPO:

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ORGANIZATION/SET-UP:

- Sled

COACHING POINTS:

1. Foot fire
2. Jab using great body angles
3. Create force with feet
4. Arms above the navel

