

Resource Games 24

Blocking and Dodging

1 BLOCKING

- use one, two or three blockers; groups of blockers can position themselves independently or stand/move in very close proximity to present one larger block
- stand with back towards the goal being defended, on front the edge of the shooting zone
- keep the feet apart, knees slightly bent and weight forward on the balls of the feet; use the arms to aid balance, but do not attempt to stop the approaching shooter with the arms
- use little sideways bounces to keep in front of the approaching player; do not cross the feet
- do not make contact with the approaching shooter, but attempt to move into a position where they would have to make contact with you in order to enter the shooting zone

2 DODGING

- approach the block
- when about a step away, suddenly change direction, stepping to the right or left of the blocking player and twisting the body away from them – do not dodge too soon or the blocker will have time to adjust their position; dodge too late, and there is a risk of personal contact
- avoid all contact with the blocker
- try to change speed and direction at the same time i.e. approach quite slowly, dodge suddenly and sprint

Resource Games 25

Patterns of Play from Side and Goal Lines - 2

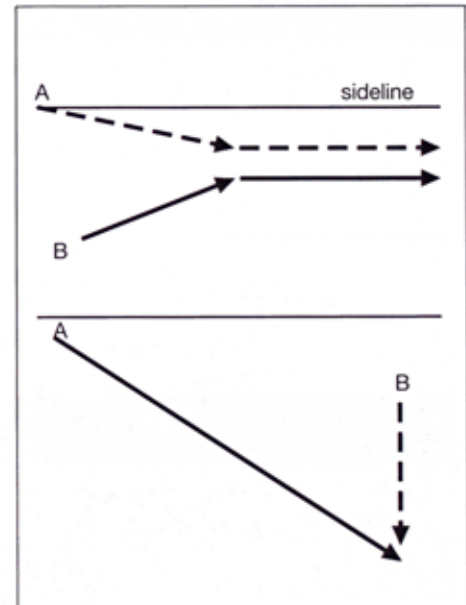
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KEY:

path of player →

path of ball - - - →

- A takes the re-start
- B runs towards the line and ahead of A to receive the pass
- B dribbles parallel with the sideline
- A sprints out into field to receive return square pass from B



2 In defence

- A takes the re-start
- B runs towards the line but away from the goal to receive the pass
- A sprints ahead of B, moving away from the goal, to receive the return pass

