



WEBINAR 6

www.growcoach.ie

Blocking Out & Body Position

Timing of Webinar Contents:

00.20 Introduction

01.00 The GrowCoach Wheel

01.30 In game time off the ball 69 minutes – time on the ball 1 minute **69:1**

Blocking Out/Body Position to win the ball/break

02.44 Stepping across & low body position

06.30 Protecting your goal area/goalkeeper

11.40 Video footage of protecting the goal area/goalkeeper

18.00 Blocking out to win breaks

21.32 Video footage of midfield blocking out/breaks

22.54 Video footage of midfield winning throw ins

SPORTS PERFORMANCE

24.00 Purposeful Practice

GROWCOACH GOLD

28.20 Find, Feel, Fetch

QUESTIONS & ANSWERS

29.23 When to catch v block out, managing the keepers space, timing of block out

35.20 Possibility of frees, Maximising breaks