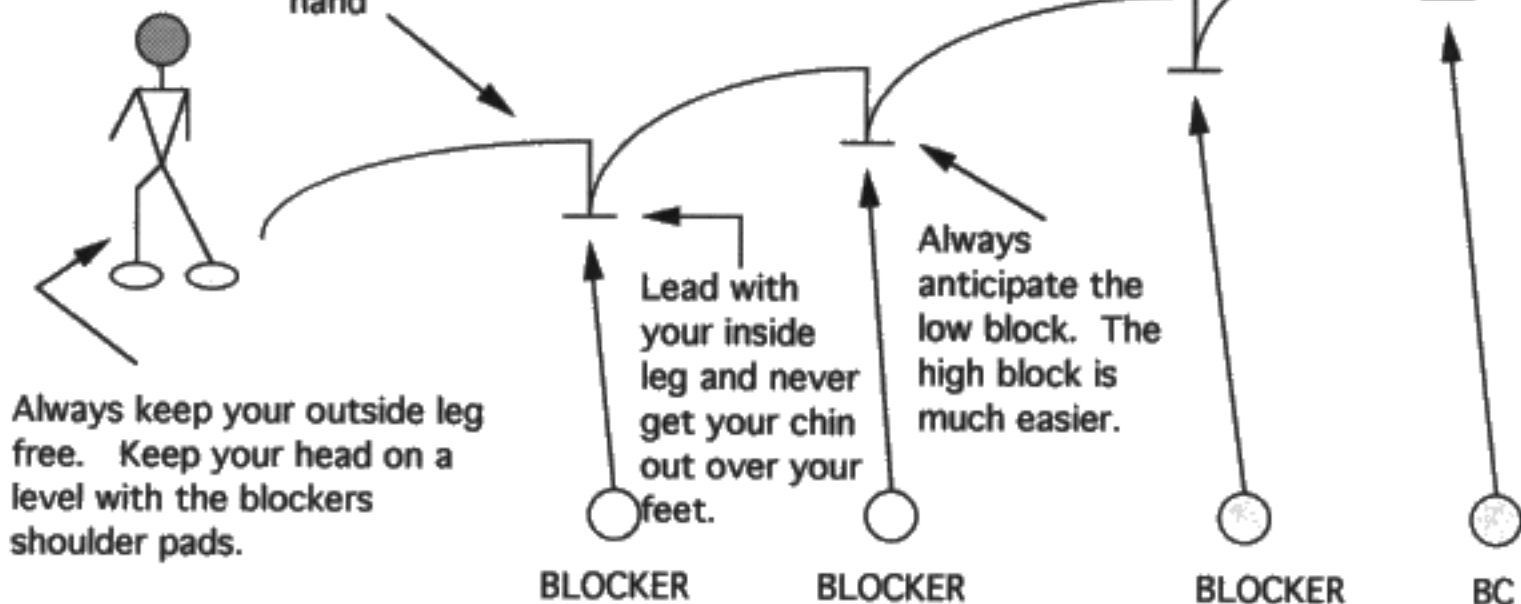


The skate drill is used to teach block protection and containment fundamentals. The coach must control the tempo of the drill. Don't allow the blocker's to come to fast until the defender has mastered the proper technique desired. Line up three blockers and a ball carrier. Have the blockers come upfield to roll block or blast block the defender. Mix up the blocks as the defender gets the technique down.

Look at the blocker and hit him in the headgear with your outside hand



There are three basic reasons players are knocked off their feet:

1. They look over the blocker to the ball carrier.
2. They put their hands on the blockers back.
3. They get poor body position - Example: Outside leg up or chin over their feet.

In playing the roll block, keep both arms extended and locked at the elbows, getting the hands on the shoulder pads and giving ground. In playing the blast block, meet the blocker with the inside flipper keeping the outside leg and arm free and give ground. In playing the stalk block, stay on the blockers outside shoulder using a stiff hand-shiver on the front of the shoulder pads and if the blocker maintains contact, slide the hands up to the throat at full arms length and maintain outside leverage.