

U10 Safe Contact Week Practice 3

Blocking

→ **Equipment:** Hand shields, Butter bags, Cones, Flags, Footballs

→ **Duration:** 60 minutes

Warm up

- Refer to Warm Up plan

Full blocking

Drill name	Equipment	Duration	Description	Visual
Open field blocking on air	None	10 minutes	<ul style="list-style-type: none"> • Have the blocker stands 3 yards from the imaginary defender. On the "hit" command, the tackler will perform a shimmy approach (short quick 3 inches step) until his chin would be on the imaginary defender's chest. • Once he gets to that position, the blocker snaps his hips and hands with thumbs up and fingers out, eyes below the hands. Arms must stay bent and elbows in and tight. 	

Perform the drill as per the visual but without the other player holding the shield

Activity 1

Drill name	Equipment	Duration	Description	Visual
React and strike	<ul style="list-style-type: none"> • Hand shields 	10 minutes	<ul style="list-style-type: none"> • Players are in group of 4 with 1 blocker in pre-contact position and the rest in a semi-circle around him each holding a hand shield. • A player with a hand shield steps forward and present his shield and the blocker has to react to the direction the shield is coming from and strike the shield. 	

Activity 2

Drill name	Equipment	Duration	Description	Visual
Pro-agility strike race	<ul style="list-style-type: none"> • Hand shields • Cones 	10 minutes	<ul style="list-style-type: none"> • Players are in group of 3 with two holding a hand shield 10 yards apart and the other facing them in the middle. • Another group is set up in the same fashion but facing the opposite direction so that the players in the middle face each other. • On the "go" signal, the players in the middle will start to shuffle towards the direction determined by the coach until they reach the bag, then they will perform a strike. • They will then shuffle to the other bag and perform another strike. • Finally, they will shuffle back to the middle. The first one back wins the race. • Rotate the players holding the bags and the players racing. 	

Activity 3

Drill name	Equipment	Duration	Description	Visual
Obstacle course strike on bags	<ul style="list-style-type: none"> • Cylinder bags • Butter bags 	10 minutes	<ul style="list-style-type: none"> • Place cylinder bags upright and butter bags on the ground to form an obstacle course. • When a player gets to an upright cylinder bag, he must perform a strike on it. • When he gets to a butter bag that is parallel to his direction, he must shimmy his feet across the bag. • When he gets to a butter bag that is perpendicular to his direction, he must jump over the bag. <p>You can set two exact course so the players can do it as a race against each other.</p>	

Full blocking

Drill name	Equipment	Duration	Description	Visual
Full block on hand shield at a distance	<ul style="list-style-type: none"> • Hand shield 	10 minutes	<ul style="list-style-type: none"> • The blocker and defender should be facing each other with approximately 15 yards between them • On the "hit" command, they both start jogging towards each other. Once the blocker reaches the recognition area (3 yards away), he will sink his hips and shimmy until his chin is on the tackler's chest. • The blocker snaps his hips and hands. Snaps bag on target with thumbs up and fingers out, eyes below the hands • Arms must stay bent and elbows in and tight • The defender is responsible for decelerating and coming to a stop when the blocker starts to shimmy 	