

Face-to-Face Blocking



Coaching Points

- Allow for vertical track movement.
- Receive impact on edges.
- Use a combination of edges and toe stops to track movement.

Safety Points

- Keep head and chest up.
- Establish a stable base when catching, with shoulders in front of hips.

Introduction

Placement

- Demonstrate legal body placement for face-to-face blocking. Stability for the receiver. Engagement for the initiator.
- Highlight risk areas, including shoulders sliding up or impacting the throat.
- Practice form and contact placement off skates and then on skates (stationary).
- Work on backwards stopping and stabilising (plow stops, power slides)

Exploration

Pressure and Movement

- Vertical: Pushing around the track: Initiator starts “on” and using light pressure to push the receiver. Maintain a straight trajectory. Receiver’s goal is to get used to the pressure and to play with weight transfer and stops to contain and slow the movement.
- Lateral : Initiator starts “on” and makes slow lateral changes. Receiver attempts to maintain the connection and track the lateral movement.
- Both these steps are minimal pressure with the focus on controlling the engagement.
- Have skaters experiment with using only toe stops and using only edges to control the pressure.
- Practice transition from chest to forward blocking.

Development

Impact

- Add in simple trajectory catch. Start in close contact (minimising speed on approach) and gradually widen.
- Begin with stationary catch and progress through moving catch.
- Develop tracking from “on” where the initiator can disengage and re-engage positioning to match changing trajectory.
- Include braced wall drills where the jammer passes the forward facing wall and the brace catches

Proficiency

Synthesis

- Combine catch and tracking.
- Use tracking skills to bring the initiator to a line.
- Bring in wider scenario drills – including catching off the jam start and catching to hold for wall reform.

Land Training

- Chest openers (e.g., scapular retraction, wall stretches)
- Weight transfer and core strength (e.g., balance board drills w/external stimuli, swiss ball balance upper body strength drills)
- Agility ladder, focus on maintaining controlled upper body while lower body engages in the movement.

