

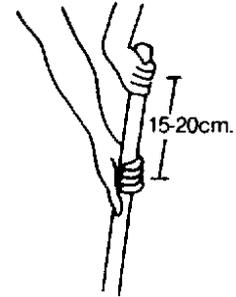
3. Skills Progression

3.1 Basic Skills

3.1.1 Basic grip

Execution of Skill

- ★ Hold the stick in the air with HOOK on RIGHT side pointing up in air.
- ★ Bend forward and place the stick with the FLAT side on the ground.
- ★ With the LEFT hand pick up the stick at the TOP.
- ★ RIGHT hand moves forward to shake hands with stick 15-20cm below top.



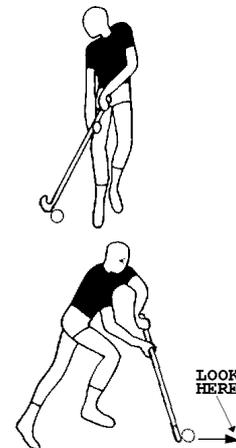
Watch for

- ★ When facing stick forward the LEFT hand must curl around the stick.
- ★ RIGHT hand palm must be on back of stick with thumb pointing down.

3.1.2 Basic dribble

Execution of Skill

- ★ To improve vision BEND KNEES more so than the back to and get down low.
- ★ CORRECT GRIP above is important for reverse stick dribble later on.
- ★ RIGHT hand can/should move closer to top of stick to increase vision.
- ★ Dribble the ball slightly OUTSIDE the RIGHT FOOT and IN FRONT of body.
- ★ Lean the stick back toward you to get the ball further out in front.
- ★ With knees bent look about a metre in FRONT of BALL so can see ahead.
- ★ Also practise looking up as often as possible without losing control.
- ★ In early stages keep ball on or very close to the stick at ALL times.



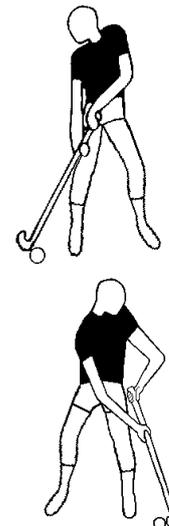
Watch for

- ★ Correct grip.
- ★ Knees are bent and ball is out in front and to the right.
- ★ Eyes are looking forward.

3.1.3 Indian dribble

Execution of Skill

- ★ Use of BASIC GRIP is important for reverse stick (Indian) dribble.
- ★ Top (LEFT) hand remains firm on stick and bottom (RIGHT) hand loose.
- ★ Only the LEFT hand turns with the stick.
- ★ Turn stick OVER not UNDER ball (acts as a form of ball protection).
- ★ RIGHT hand used to push to left and pull back to right.
- ★ Try to keep the ball on the stick at ALL times.
- ★ Discourage players from tapping ball in front in early stages.
- ★ Weight should transfer from side to side with the movement of ball.
- ★ Extend LEFT hand & make stick more upright if stick rolls over ball.
- ★ Face of stick should be 90° to desired direction for ball.



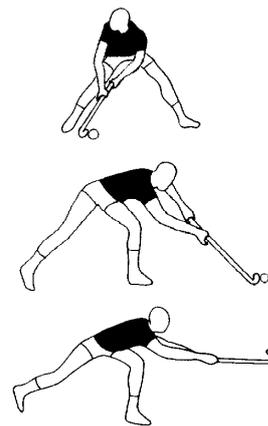
Watch for

- ★ Top (LEFT) hand position allows stick to turn 360° comfortably.
- ★ Stick stays on ball - NO SOUND of tapping can be heard.
- ★ Weight transfers with ball.
- ★ Bottom (RIGHT) hand DOESN'T turn with stick (TOP hand problem).

3.1.4 Basic push

Execution of skill

- ★ Players roll ball with right hand (no stick) to get feel of what to do.
- ★ LEFT hand rotated anticlockwise from basic grip to be comfortable.
- ★ RIGHT hand should be placed to exert maximum forward power.
- ★ For basic push, line between feet points where you want to go.
- ★ Place ball in front (or even further back) of RIGHT foot.
- ★ Put stick on ball & SCRAPE stick along ground for at least a metre.
- ★ Keep stick on the ball and ACCELERATE it as it scrapes the ground.
- ★ Keep face of stick at 90° to the direction of the push throughout.
- ★ Transfer weight from right to left foot as stick scrapes ground.
- ★ Follow through in an arc



Watch for

- ★ Eyes focussed on ball UNTIL ball delivery completed.
- ★ Stick STAYS ON BALL throughout the push.
- ★ Stick SCRAPES the ground as ball is pushed.
- ★ Weight transfer from RIGHT to LEFT foot.
- ★ Face of stick is at RIGHT ANGLES to direction of push.

REFER ALSO 3.2.3. PUSHING ON THE RUN SHOULD BE TAUGHT VERY EARLY ON.

3.1.5 Basic hit

Execution of Skill

- ★ LEFT hand at top (unless stick is too big/heavy) of stick turned anticlockwise from basic grip.
- ★ RIGHT hand at top of stick immediately under left hand.
- ★ Practise swinging as though chopping down a tree.
- ★ Gradually bend both knees and the back so swing just contacts ground.
- ★ Introduce a ball to practise the hit.
- ★ Ball should be placed near the front (LEFT) foot.
- ★ Keep face of stick at 90° to the direction of the hit on contact.
- ★ Wrist movement should be used to increase stick speed on contact (cock the wrists).
- ★ Wrists should be cocked first before starting the swing.
- ★ Transfer weight from right to left foot as swing through the ball.
- ★ At end players should feel like they are falling forward NOT backwards.
- ★ Follow through should be around the body.



Watch for

- ★ Hands together on stick.
- ★ Eyes focussed on ball UNTIL ball delivery completed.
- ★ Knees bent.
- ★ Ball starts near front (LEFT) foot.
- ★ Ball is not too close to front foot (makes player tend to be upright).
- ★ Swing is fluent (elbows NOT tucked in).
- ★ Wrists are cocked to start the swing.
- ★ Weight transfer from RIGHT to LEFT foot.
- ★ Face of stick is at RIGHT ANGLES to direction of hit.

REFER ALSO 3.2.2. HITTING ON THE RUN SHOULD BE TAUGHT VERY EARLY ON.

3.1.6 Basic trap

Execution of Skill

- ★ Same grip as for dribble. LEFT hand can shift anticlockwise for comfort.
- ★ Eyes to focus on ball throughout its travel until trap has been completed.
- ★ Feet must move quickly to get eye behind line of ball as early as possible.
- ★ Bend knees to get down low.
- ★ For basic trap keep stick upright to allow for bouncy ball.
- ★ Stick tilted forward so as to control the ball and prevent it rebounding.
- ★ Keep face of stick at 90° to the direction of the ball.
- ★ Let the stick “give” to the degree required to make ball stay on stick.
- ★ Ball should be trapped in a protected position near front foot.
- ★ Trap in a position to allow immediate movement in any direction.
- ★ For advanced skill trap so as to immediately perform the next movement.



Watch for

- ★ Players keep their eyes behind the line of the ball.
- ★ Players watch the ball all the way on to their stick.
- ★ The stick is not held too softly or too firmly.
- ★ Players are well balanced.

3.1.7 Basic tackling technique

Execution of Skill

- ★ Play British Bulldog (tagging only) WITHOUT stick and ball.
- ★ Discuss how best to play this game - MIRROR opponent until they slow down.
- ★ Practise mirroring opponent.
- ★ Show how to CHANNEL opponent to one side or the other.
- ★ Show how to move backwards by pivoting on back foot rather than crossing feet over.
- ★ Practise moving/running backwards without crossing feet.
- ★ Practise channelling.
- ★ Players should concentrate on the ball and not the opponents stick and body feints..
- ★ The tackler can also employ deceptive stick and body movements to influence what the opponent does with the ball.
- ★ Players should be taught to appreciate their and their opponents position in relation to the goal and/or team mates.

Watch for

- ★ Tackler is able to slow down or stop opponent.
- ★ Defender moves BACKWARDS quickly if opponent is in a position to get past.
- ★ When moving back while mirroring or channelling the feet do NOT cross over.
- ★ Position for channelling forces opponent to go one way but NOT enough to escape tackle.

REFER ALSO 3.2.6. STEALING THE BALL SHOULD BE TAUGHT AS A MAJOR OBJECT OF TACKLING AT AN EARLY AGE.

3.1.8 Basic position play

Goalkeeper

Talk to defenders to alert them to unmarked players and where to move.
Maintain correct line at all times.
Clear wide.

Full Back

One up one back - NOT too far apart.
One Fullback to man up on the Centre Forward at all times.
Other Fullback to sweep across ground (can be both in front and behind other full back)
The sweeper fullback to be responsible for an inside forward that breaks into the forward line.
Look off the ball for outlet players.
Play the ball wide if no other safe option.

Wing Half

Off the ball keep cover behind the Fullbacks.
Off the ball move inside the field to prevent the change of play to the opposition Inner.
On the ball either man up on opposition Wing or be on same line as the Wing and the ball.
Right half to play more attacking than left half.
Both halves be available to overlap when we have possession.
If get clear possession of the ball goal side the opposition Wing Half become our Winger.
Look off the ball for outlet players.
Play the ball wide if no other safe option.

Centre Half

Mid field prevent change of play to opposition Inside Forward.
Be available to receive ball for change of play when we have possession.
Be a "kick" behind the play to intercept ball coming out of opposition defence.
When deep in defence man up on the inside forward not already marked by a fullback.
Look off the ball for outlet players.
Play the ball wide if no other safe option.

Forwards in General

Move around and interchange positions to confuse defenders. BUT play according to the position you are in at any point in time.
Don't run into and stay in another players position unless they move into your position.
Run back quickly to block in opposition free hits before they get time to play the ball.
If have possession of the ball in the circle and no options to pass or have a shot play for a P/C.

Wing

Stay wide except to block in opposition free hits.

Move off the ball to be in position for a direct pass, which cannot be intercepted by opponents.

Be in clear space for a direct pass when our defence is attempting to effect a turn over.

Get in behind the opposition Wing Half as much as possible when we have clear possession.

Look off the ball for the Centre Forward and position of opposition defenders.

If not under pressure run ball to the back line and look for teammates in Goal scoring positions.

If being tackled by more than one opponent play the ball early to the CF or either Inner.

Become the Wing Half if our Wing half overlaps and gets clear possession of the ball goal side of the opposition Wing Half.

Inside Forward

Play in between the Wing and CF - DON'T crowd across to the other side of the ground except to block in opposition free hits (assuming young players don't interchange positions often).

Move off the ball to be in position for a direct pass, which cannot be intercepted by opponents.

Off the ball when we have possession be square for change of play from the other IF or CH.

Off the ball when they have possession quickly get on a line to prevent the change of play to the opposition IF.

Work back on opposition Inside Forward until the Fullback takes over responsibility.

Look off the ball for the Centre Forward, Wingers and position of opposition defenders.

If not under pressure outside the 25 yard area attack the opposition Wing Half to draw him away from our Wing.

Unless CF is in or can run into clear space don't try to pass to the CF unless CF is in a Goal scoring position.

If being tackled by more than one opponent play the ball early.

Centre Forward

Play high and try to move the Fullbacks out of position.

Move off the ball to be in position for a direct pass, which cannot be intercepted by opponents.

Be in clear space for a direct pass when our defence is attempting to effect a turn over.

Get in behind the opposition Full Backs as much as possible when we have clear possession.

Look off the ball for the Wingers and position of opposition defenders.

Get into a good goal scoring position early.

If being tackled by more than one opponent play the ball or have a shot early.

3.2 Advanced Skills

3.2.1 Ball juggling

- ★ Helps develop hand-eye co-ordination.
- ★ Helps to reinforce the basic grip.
- ★ Helps to reinforce that only the flat side of the stick is used.
- ★ Helps to get the feeling of keeping the ball on the stick.

Execution of Skill

- ★ Left hand at the top of the stick.
- ★ Right hand half way down.
- ★ Players will find it easier if the RIGHT hand is lower on the stick.
- ★ Those that are coping should move the RIGHT hand into the proper position.
- ★ Practise bouncing the ball on the stick.
- ★ Practise balancing the ball on the stick.
- ★ Practise tossing the ball into the air and catching it on the stick.

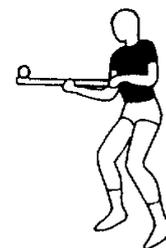


Watch for

- ★ Correct grip. Hands are NOT reversed.
- ★ Left hand MUST be at the top of the stick.

Practise Drills

- ★ See who can bounce the ball the most number of times.
- ★ Move in a straight line while bouncing ball.
- ★ Toss ball up and catch it on stick.
- ★ Toss ball up turn around and catch it on stick.
- ★ Bounce ball then toss to partner to catch, bounce then toss back again.



HAVE PLAYERS DO A RANGE OF THIS TYPE OF ACTIVITY. E.g. figure 8's, through the legs etc.

3.2.2 Hitting on the run

- ★ Used to deliver the ball quickly without slowing down.
- ★ Prevents opponent catching up and tackling from behind.
- ★ Enables player to quickly follow up any goal shot.

Execution of Skill

- ★ LEFT hand at top of stick turned anticlockwise from basic grip.
- ★ RIGHT hand at top of stick immediately under left hand.
- ★ Hit can be made off either foot.
- ★ Ball should be placed near the front (LEFT or RIGHT) foot.
- ★ Keep face of stick at 90° to the direction of the hit on contact.
- ★ Transfer weight from BACK to FRONT foot as swing through the ball.
- ★ It important player does not slow down, shuffle the feet or skip (DON'T break stride).
- ★ Player should continue to move forward even after delivering ball.
- ★ If necessary have players start at walking pace and build up to a full sprint.

Watch for

- ★ Hands together on stick.
- ★ Eyes focussed on ball UNTIL ball delivery completed.
- ★ Ball starts near front (LEFT or RIGHT) foot.
- ★ Swing is fluent (elbows NOT tucked in).
- ★ Weight transfer from BACK to FRONT foot.
- ★ Player does not break stride.
- ★ Face of stick is at RIGHT ANGLES to direction of push.

Practise Drills

- ★ In pairs one player runs beside as other pushes at goal while keeping up with first one.
- ★ In pairs one player chases as second runs towards circle for shot.
- ★ Run in to circle have a shot then follow up on goalkeepers pads.
- ★ Small games points for goals and hit on the run (hit on the run for a goal is 2 pts).

3.2.3 Pushing on the run

- ★ Used to deliver the ball quickly without slowing down.
- ★ Prevents opponent catching up and tackling from behind.
- ★ Enables player to quickly follow up any goal shot.

Execution of Skill

- ★ Grip is as per basic dribble. The LEFT hand should be comfortable.
- ★ RIGHT hand should be placed to exert maximum forward power.
- ★ Push can be made off either foot.
- ★ Keep knees bent to get greater power into the thrust.
- ★ It important player does not slow down, shuffle the feet or skip (DON'T break stride).
- ★ Player should continue to move forward even after delivering ball.
- ★ Power can be imparted by scraping stick along ground for a distance with ball on stick.
- ★ Keep stick on the ball and ACCELERATE it as it scrapes the ground.
- ★ Keep face of stick at 90° to the direction of the push throughout.
- ★ Extend stick through direction of push after release.
- ★ If necessary have players start at walking pace and build up to a full sprint.

Watch for

- ★ Hands apart on stick.
- ★ Eyes focussed on ball UNTIL ball delivery completed.
- ★ Stick STAYS ON BALL throughout the push.
- ★ Stick SCRAPES the ground as ball is pushed.
- ★ Player does not break stride.
- ★ Face of stick is at RIGHT ANGLES to direction of push.

Practise Drills

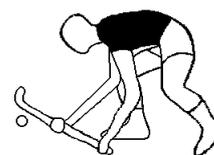
- ★ In pairs one player runs beside as other pushes at goal while keeping up with first one.
 - ★ In pairs one player chases as second runs towards circle for shot.
 - ★ Run in to circle have a shot then follow up on goalkeepers pads.
 - ★ Small games points for goals and push on the run (push on the run for a goal is 2 pts).
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3.2.4 Basic flat stick tackle

- ★ Used to present a large tackling surface (opponent needs a big drag to avoid tackle).
- ★ Used to tackle player who is attempting to enter the circle.
- ★ Used to tackle player who has limited area in which to move.

Execution of Skill

- ★ BEFORE tackling MIRROR and/or CHANNEL opponent.
- ★ Wait until opponents are where YOU want them to be.
- ★ Look for ball control errors or time opponent's moves are limited.
- ★ Knees should be bent and weight balanced to allow quick recovery.
- ★ Knuckles of BOTH hands should be on ground so stick is flat.
- ★ Place RIGHT elbow behind RIGHT knee to get strength in the tackle.



Watch for

- ★ Player slows down opponent before tackling.
- ★ Player waits for best time to tackle.
- ★ Player is balanced to allow quick recovery.
- ★ Player does NOT rush at opponent.
- ★ Stick is low enough so ball CAN'T go under it at any point.

Practise Drills

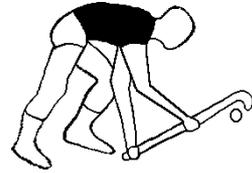
- ★ Practise tackling in a confined area.
- ★ Small game points for goal and flat stick tackle.

3.2.5 Reverse flat stick tackle

- ★ Used to present a large tackling surface (opponent needs a big drag to avoid tackle).
- ★ Used to tackle player who is attempting to enter the circle.
- ★ Used to tackle player who has limited area in which to move.
- ★ Used to tackle player who has forced you onto your reverse stick side.

Execution of Skill

- ★ BEFORE tackling MIRROR and/or CHANNEL opponent.
- ★ Wait until opponents are where YOU want them to be.
- ★ Look for ball control errors or time opponent's moves are limited.
- ★ Grip should allow stick to be reversed easily.
- ★ Knees should be bent and weight balanced to allow quick recovery.
- ★ Knuckles of BOTH hands should be on ground so stick is flat.
- ★ Place LEFT elbow behind LEFT knee to get strength in the tackle.
- ★ If opponent drags from fore to back stick SWEEP stick along ground (NOT OVER THE TOP).



Watch for

- ★ Player slows down opponent before tackling.
- ★ Player waits for best time to tackle.
- ★ Player is balanced to allow quick recovery.
- ★ Player does NOT rush at opponent.
- ★ Stick is low enough so ball CAN'T go under it at any point.
- ★ Stick swept along ground (NOT OVER THE TOP) to change from fore to reverse stick tackle.

Practise Drills

- ★ Practise tackling in a confined area.
 - ★ Small game points for goal and reverse flat stick tackle.
-

3.2.6 Reverse stick steal

- ★ Used to steal the ball from beside opponent on the reverse stick.
- ★ Used mainly when cannot get in front of fast moving opponent.

Execution of Skill

- ★ BEFORE tackling CHANNEL opponent and get in front as much as possible.
- ★ Look for ball control errors or time opponent's moves are limited.
- ★ Hold stick in LEFT hand only and extend it out to reach the ball.
- ★ Drag the ball towards you and/or behind the opponent.
- ★ Do NOT touch the opponent's stick or body.

Watch for

- ★ Player attempts to get in front of opponent as much as possible.
- ★ Player does NOT touch opponents stick or body at any time.

Practise Drills

- ★ Small game points for goal and reverse stick steal.

3.2.7 Poke, jab or lunge tackle

- ★ Used to tackle players who have large area in which to move.
- ★ Used to make player move ball to cause errors, channel and/or set up for flat tackle.
- ★ Used to tackle fast moving opponent.

Execution of Skill

- ★ BEFORE tackling MIRROR and/or CHANNEL opponent.
- ★ Wait until opponents are where YOU want them to be.
- ★ Look for ball control errors or time opponent's moves are limited.
- ★ Knees should be bent and weight balanced to allow quick recovery.
- ★ Stick is held in both hands EXCEPT for the lunge forward.
- ★ Step forward and QUICKLY extend stick (held in LEFT hand only).
- ★ Use DUMMY lunges to make opponent move ball and create errors.
- ★ Stick returns to both hands ASAP after the lunge.
- ★ If unsuccessful step back ASAP to continue to mirror opponent and repeat lunges.
- ★ If successful move forward immediately and steal ball with BOTH hands on stick.
- ★ Poke the ball in behind the opponent rather than try to sweep it to the side.



Watch for

- ★ Player slows down opponent before tackling.
- ★ Player waits for best time to tackle.
- ★ Player is balanced to allow quick recovery.
- ★ Player does NOT rush at opponent.
- ★ Lunge is made with stick only held in LEFT hand.
- ★ Stick returns to BOTH hands ASAP.
- ★ Player moves backwards if lunge is NOT successful.
- ★ Player moves forward ASAP if lunge IS successful.

Practise Drills

- ★ Practise tackling in a confined area.
 - ★ Small game points for goal and poke tackle.
 - ★ Small game points for FLAT tackles in DEFENCE and POKE tackles on the FORWARD line.
-

3.2.8 Trapping on the run

- ★ Used to prevent player from behind catching up.
- ★ Also used to run on to ball passed in front of player.

Execution of Skill

- ★ Same grip as for dribble. LEFT hand can shift anticlockwise for comfort.
- ★ Eyes to focus on ball throughout its travel until trap has been completed.
- ★ Feet must move quickly to get eye behind line of ball as early as possible.
- ★ Bend knees to get down low.
- ★ Keep stick upright to allow for bouncy ball and prevent slowing down.
- ★ Stick tilted forward so as to control the ball and prevent it rebounding.
- ★ Keep face of stick at 90° to the direction of the ball.
- ★ Push/bunt ball forward as it meets stick so that it stays on stick as you move forward.

Watch for

- ★ Players keep their eyes behind the line of the ball.
- ★ Players watch the ball all the way on to their stick.
- ★ The stick is not held too softly or too firmly.
- ★ Players are well balanced.
- ★ Player propels the ball forward so that it stays on the stick.

Practise Drills

- ★ Two lines hit to player who is already running forward to trap on run then hit back.
- ★ Small game points for goal and trapping on the run.

3.2.9 Flat stick trap

- ★ This is the easiest way to trap a ball which is coming along the ground.
- ★ However many players tend to be lazy and not get their eyes behind the line of the ball.

Execution of Skill

- ★ Same grip as for dribble. LEFT hand can shift anticlockwise for comfort.
- ★ Eyes to focus on ball throughout its travel until trap has been completed.
- ★ Feet must move quickly to get eye behind line of ball as early as possible.
- ★ Bend knees to get down low.
- ★ Stick is placed flat on ground tilted forward.
- ★ Let the stick “give” to the degree required to make ball stay on stick.
- ★ Keep face of stick at 90° to the direction of the ball.
- ★ Ball should be trapped in a protected position near front foot.
- ★ Ball should be trapped in a position to allow immediate movement in any direction.
- ★ Players should let the stick “give” to the degree required to make ball stay on stick.

Watch for

- ★ Players keep their eyes behind the line of the ball.
- ★ Players watch the ball all the way on to their stick.
- ★ The stick is not held too softly or too firmly.
- ★ Players are well balanced.

Practise Drills

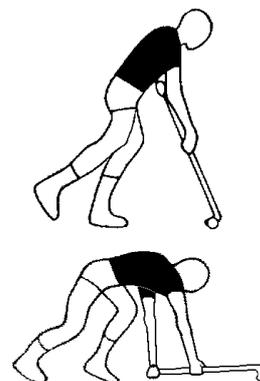
- ★ Hit/Trap game. Team at each end try to hit through other team over line to score.
- ★ Hitting and trapping in pairs.
- ★ Pairs counting how many times they can pass the ball back and forth in a minute.

3.2.10 Reverse stick trap

- ★ Used as an advanced skill so as to immediately perform next move e.g. goal shot.
- ★ Also used when player does not have time to get around the ball to trap.

Execution of Skill

- ★ Same grip as for dribble.
- ★ Eyes to focus on ball throughout its travel until trap completed.
- ★ Feet must move quickly to get eye behind line of ball asap.
- ★ Bend knees to get down low.
- ★ Left hand reverses stick, right hand lets the stick turn.
- ★ Stick tilted forward to prevent rebound.
- ★ If stick is upright trap ball behind front (right) foot.
- ★ If stick upright keep face of stick at 90° to the direction of ball.
- ★ If stick is flat on ground, have left knuckles on ground.
- ★ If stick is flat, angle it forward so ball will move to strong side.
- ★ Let the stick “give” to degree required to make ball stay on stick.



Watch for

- ★ Players watch the ball all the way on to their stick.
- ★ The stick is not held too softly or too firmly.
- ★ Players are well balanced.

Practise Drills

- ★ Hit/Trap game. Team at each end try to hit through other team over line to score.
- ★ Hitting and trapping in pairs.
- ★ Count how many times can pass the ball back and forth in a minute (with reverse traps).
- ★ Small game points for goal and reverse stick trap.

3.2.11 Trapping deception

- ★ As with all skills a deception will assist the player to execute the skill under less pressure.

Execution of Skill

- ★ Get in position for normal trap.
- ★ Just before ball arrives either accelerate forward or drop back to receive ball in a different position.

Watch for

- ★ Player does not move too early.
- ★ Player has looked around to see where to move to be in the best space when receiving the ball.

Practise Drills

- ★ Hit ball to player with an opponent on one side. Player must deceive opponent when trapping.
-

3.2.12 Big drag

- ★ Often one big drag can be more effectively used to beat an opponent than a series of small drags.

Execution of Skill

- ★ Similar to Indian dribble except ball is drag as far outside the foot as possible.
- ★ Ball should be kept on the stick.
- ★ The stick should roll over the ball to stop it running away.

Watch for

- ★ Stick is reversed easily.
- ★ Ball is dragged quickly.
- ★ Ball does not run off the stick.

Practise Drills

- ★ Set up witched hats or barrier that requires a big drag then introduce a defender.
-

3.2.13 Ball protection - running to the right

- ★ Used as a basic way of protecting the ball from an opponent.
- ★ Used to protect ball from an opponent tackling from the front.

Execution of Skill

- ★ While controlling the ball watch the opponent coming at you.
- ★ As opponent draws just near enough to tackle drag ball backwards and to the right.
- ★ Turn the body so that the LEFT shoulder points at the opponent.
- ★ Move the LEFT leg forward and to the right so it's between the opponent and the ball.
- ★ Dribble the ball to the right.
- ★ As opponent tackles push LEFT leg out so the stick strikes the leg NOT the ball.
- ★ If close enough, lean in on opponent so as to push past then cut in behind & go forward.
- ★ If can get past opponent, cut in behind so opponent is totally eliminated.
- ★ If can't get behind, keep opponent on your left as this is a weak tackling position.

Watch for

- ★ Player does not run to the right too early such that opponent can run on an angle.
- ★ Player keeps the LEFT leg between the opponent and the ball.
- ★ If possible player pushes past opponent to get in front.

Practise Drills

- ★ Opponent rushes from in front to tackle. Player runs to the right to protect ball.
- ★ Small game points for running to the right.

3.2.14 Ball protection from the side

- ★ Used to prevent opponent tackling.
- ★ Used when under pressure and not in position to make a pass.
- ★ Used to protect ball from opponent attempting a steal tackle.

Execution of Skill

- ★ Dribble in straight line watching opponent's stick.
- ★ As tackler swings at ball move stick SLIGHTLY out & in front of ball.
- ★ For reverse side protection, reverse stick over ball first.
- ★ Hold stick FIRMLY.
- ★ Run stick along ground such that tackler will strike it.
- ★ Once tackler has withdrawn stick, normal dribble can continue.



Watch for

- ★ Stick is held firmly.
- ★ Stick is NOT touching ball.
- ★ Stick is NOT swung back to create a stick obstruction.
- ★ Stick head is in front of ball to prevent it being played by opponent.

Practise Drills

- ★ Player runs in straight line and protects from tackler from the side.
 - ★ Everyone has a ball and tries to knock each others balls out of a confined area.
 - ★ Small game points for ball protection from the side.
-

3.2.15 Ball protection from in front

- ★ Used to prevent opponent tackling.
- ★ Used when under pressure and not in position to make a pass.
- ★ Used to protect ball from opponent attempting a poke tackle.

Execution of Skill

- ★ While controlling ball, watch tackler's stick.
- ★ As tackler swings or pokes at ball move stick SLIGHTLY out & in front of ball.
- ★ Hold stick FIRMLY between the tackler and the ball.
- ★ Once tackler has withdrawn stick, normal dribble can continue.

Watch for

- ★ Stick is held firmly.
- ★ Stick is NOT touching ball.
- ★ Stick is NOT swung at opponents stick to create a stick obstruction.

Practise Drills

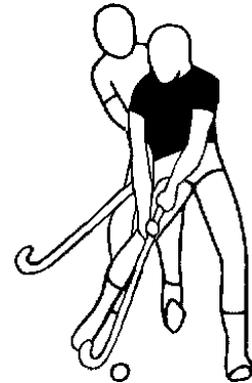
- ★ Player controls ball while opponent in front performs poke tackles.
- ★ Everyone has a ball and tries to knock each others balls out of a confined area.
- ★ Small game points for ball protection from in front.

3.2.16 Ball protection from behind

- ★ Used to prevent opponent tackling.
- ★ Used when under pressure and not in position to make a pass.
- ★ Used to prevent chasing opponent from catching up.

Execution of Skill

- ★ While running with ball watch chasing opponent.
- ★ Watch which side opponent is attempting to pass you to make tackle.
- ★ Move ball to OPPOSITE side of body to where tackler is.
- ★ Move body TO the side where tackler is and run tackler off the ball.
- ★ Drag ball as body moves but NOT far enough for tackler to see it.
- ★ ASAP resume original direction (i.e. prevent being channelled).
- ★ Continue to watch opponent as well as the ball.
- ★ Repeat either side of body as often as necessary.



Watch for

- ★ Player is watching opponent.
- ★ Player moves ball away from opponent BEFORE moving body.
- ★ Player moves body to run opponent off the ball.
- ★ Body is ALWAYS between opponent & ball (opponent SHOULDN'T see ball).

Practise Drills

- ★ Player runs with ball while opponent tries to catch up from behind.
- ★ Everyone has a ball and tries to knock each others balls out of a confined area.
- ★ Small game points for ball protection from behind.

3.2.17 Pushing left to right

- ★ Used to pass the ball quickly without telegraphing the pass to the opposition.
- ★ Used as a more powerful pass than a reverse stick pass.

Execution of Skill

- ★ Feet continue to move forward so as not to telegraph the pass.
- ★ Push left elbow forward so that left hand turns the stick under the ball (anti-clockwise).
- ★ Ensure face of stick is at right angles to direction of pass.
- ★ Push both hands both hands in direction of push to keep the stick upright (prevents the ball being lifted).

Watch for

- ★ Feet and body do not turn.
- ★ Stick face is turned far enough to be at right angles to direction of push.
- ★ Stick is kept upright to prevent lifting the ball.

Practise Drills

- ★ Stand side on and push to team mate on the right.
- ★ Two on ones (with passive then active defender).

3.2.18 Passing

- ★ Used to retain possession of the ball.
- ★ Passing is one of the major skills of the game. Young and lower grade teams do not often string several passes together.
- ★ Passes can be direct or into space for team mate to run on to.
- ★ To retain possession it is important that the RECEIVER dictates the timing, pace and direction of the pass.

Execution of Skill

- ★ Requires accurate hitting or pushing.
- ★ Requires good trapping.
- ★ Often requires some form of deception.
- ★ Look to see when and where team mate wants the ball.
- ★ Watch the defenders more so than team mates. The pass must “miss” the defenders.
- ★ Look in every direction including backwards for potential passes.

Watch for

- ★ Accuracy of pass.
- ★ Pass is played between or out of reach of defenders feet and stick.
- ★ The timing, pace, power and accuracy of the pass.
- ★ For moving players the pass should be such that the receiver does not have to change pace or direction to trap the ball.

Practise Drills

- ★ Running in pairs and passing.
 - ★ Two on ones.
 - ★ Keepings off game.
 - ★ Game where teams get a goal for 3 to 5 consecutive passes that travel more than 5 metres.
-

3.2.19 Reverse stick passing

- ★ Used as a deception.
- ★ This pass is more deceptive than a push from left to right.

Execution of Skill

- ★ Quickly reverse the stick over the ball and push it to the right keeping the stick on the ball.
- ★ Alternatively use the bottom (right) hand to punch the ball - use a small swing but impart a lot of power.

Watch for

- ★ Face of stick is at right angles to direction of pass.
- ★ Pass is made firmly.
- ★ Pass is quick enough to be deceptive.

Practise Drills

- ★ Players pair off and pass the ball using the reverse stick.
- ★ Small game points for goal or reverse stick pass.
- ★ Two on ones.

3.2.20 Two on one

- ★ Used to eliminate a single opponent by passing or using the team mate to deceive and eliminate the opponent one on one.
- ★ Often players do not recognise actual or potential two on one situations as they occur in the game.

Execution of Skill

- ★ The player with the ball should run fast so that the defender has little time to react to the situation.
- ★ The player with the ball should run at and draw the defender.
- ★ The player with the ball can then either pass or dummy the pass and beat the defender one on one.
- ★ If the defender does not commit at the player with the ball this player can keep running if the pass is covered.
- ★ Passes should be firm and accurate.
- ★ Passes should not be made across the face of the defender (run at not away from the defender to pass).
- ★ The player off the ball should try to move the defender or ghost at the right time.

Watch for

- ★ The player with the ball runs at the defender.
- ★ The players run fast.
- ★ The player with the ball watches the defenders movements as well as the team mates position.
- ★ The pass is firm.
- ★ Deceptions are used.

Practise Drills

- ★ Two on one and goal shot.
- ★ Three on two where players try to create two on ones.
- ★ Small game points for two on one.

3.2.21 Signalling and leading

- ★ Used so that team mates can communicate without letting the opposition know.
- ★ Used to deceive opponents without confusing team-mates.

Execution of Skill

- ★ Players must get eye contact before a signal is made.
- ★ The signal should be known by each player (eyes, finger etc.) and hidden from the opponent.
- ★ The receiver should make a dummy lead to deceive the opponent and/or move the opponent out of position.
- ★ The dummy lead should be slow enough so the opponent can follow.
- ★ The passer should make a dummy pass to deceive the opponent.
- ★ The receiver should make the actual lead as late as possible to prevent the opponent reacting early.

Watch for

- ★ Players get eye contact before signalling.
- ★ The actual lead is not made until the passer is ready to pass.
- ★ The pass is made when the receiver can get there to receive it.
- ★ Deceptions are used.

Practise Drills

- ★ Two players with an opponent closely marking one.
- ★ Small game points for signalling and leading.

3.2.22 Jinking

- ★ Used to beat a flat stick tackle.

Execution of Skill

- ★ Grip is as per basic dribble. The LEFT hand should be comfortable.
- ★ Before jinking drag ball sideways to cause defender to lay the stick flat but also to make it easier to jink.
- ★ As the ball moves sideways roll the stick under the ball and give it a small scoop or flick just high enough to get over stick.
- ★ Player should continue to move forward with the ball so that the ball does not run away too far forward.
- ★ If necessary have players start at walking pace with passive defender then build up to a full sprint with active defender.

Watch for

- ★ Stick stays on ball throughout the drag and jink.
- ★ The ball does not run too far forward off the stick.

Practise Drills

- ★ One on one with stick laid on ground then build up to active defender.
- ★ Small games points for goals and jinking.

3.2.23 Stick feints

- ★ Used to deceive and eliminate opponent one on one.

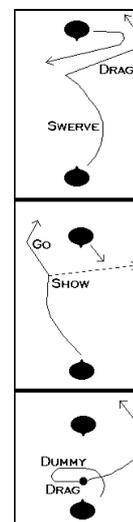
Execution of Skill

- ★ Do not do a lot of stick work while approaching opponent otherwise attention will be focussed too much on the ball.
- ★ Move/dummy so that defender is tricked into moving in the wrong direction.
- ★ Dummy movement can be either with the body or the stick.
- ★ Player should focus on the opponent's feet, stick and weight transference.
- ★ The ball should be moved immediately the opponent reacts to the dummy.
- ★ The player should cut in behind the defender and protect the ball as quickly as possible.
- ★ Deceptive moves include: Swerve and Drag, Show and Go, Dummy over the ball, Body Swerve.

Swerve & Drag: Move ball to the right and as defender shifts to that side swerve towards the left. As defender shifts back watch for when the defender's weight is shifting and/or the defender's legs cross. Immediately drag the ball to the right and then cut in behind the defender.

Show and Go: Move to the left and move body around as if to pass the ball to the right. When the defender shifts to the right and/or lays the stick down flat to cut off the pass immediately drag the ball left then cut in behind the defender.

Dummy over ball: Move the stick across in front of the ball as if to pass from right to left. In the same motion drag the ball back to the right and cut in behind the defender.



Watch for

- ★ Dummy move is realistic enough to trick defender.
- ★ Player watches defender's movement.
- ★ Player moves the ball immediately the defender reacts to the dummy.
- ★ Player does not get too close to defender before moving the ball.
- ★ Movement of the ball is quick.
- ★ The player cuts in behind the defender after getting around.

Practise Drills

- ★ One on ones with passive defender moving up

3.2.24 Circular Drag

- ★ elite players should be encouraged to practise this skill as a form of ball protection or elimination skill.

Execution of Skill

- ★ Player turns in a continuous circle keeping the ball in contact with the stick.
- ★ Circle should revolve around a stationary central point.
- ★ Perform skill both clockwise and anticlockwise.

Watch for

- ★ Ball is kept on stick at all times.
 - ★ Speed of execution of skill.
-

3.2.25 Dig shot

- ★ Used as a powerful goal shot when on the reverse stick side.

Execution of Skill

- ★ Motion is similar to reverse stick pass.
- ★ Ball placed between the feet and weight transferred from back (left) foot to the front foot.
- ★ Stick angled as it contacts ball.
- ★ Power imparted by the right hand.
- ★ Stick contacts the ball and the ground at the same time.

Watch for

- ★ Player leans back on left foot to start.
- ★ Ball is in between the feet.
- ★ Stick contacts the ground and the ball at the same time.

Practise Drills

- ★ Do several practise swings without the ball to get the rhythm then introduce the ball for a shot.
-

3.2.26 Goal shooting

- ★ Players need to observe basic principles to maximise goal scoring possibilities.

Execution of Skill

- ★ Get into a good goal scoring position (near goals, not forward of the near post, be down low).
- ★ When running into the circle with the ball straighten it up towards the goals before shooting.
- ★ Look at the goals and goalkeeper to decide where to shoot (Is goalkeeper off the line?).
- ★ Advanced players should hit/push to the side of the foot on which the goalkeeper has all the weight.
- ★ Shoot quickly (e.g. push rather than hit, drop left hand down for shorter back swing, slap hit the ball, hit off either foot).
- ★ Shoot to the far side of the goals so that if the goalkeeper saves the shot it will rebound into play.
- ★ Shoot low into the corners from the top of the circle and high from in close.
- ★ Follow up shot (don't stand back and admire the shot).
- ★ Protect the ball for the shot (e.g. drag it back for a squeeze shot, run to the right using the left foot for protection)

Watch for

- ★ Shot is quick - both early shot and avoid big wind up.
- ★ Player always follows up the shot.
- ★ Player looks at the goals and goalkeeper before shooting.

Practise Drills

- ★ Players running into circle, shooting immediately and following up rebound.
 - ★ One player in circle receiving rapid succession of passes.
 - ★ Players running down either wing and crossing into circle with/without defenders.
-

3.3 Goalkeeping

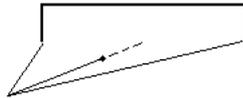
3.3.1 Angles

- ★ An essential aspect of goal keeping is to always be on the right line so as not to present the forwards with an easy shot.

Execution of Skill

- ★ Regularly check to see where the goals are.
- ★ Keep a mental picture of where the goals are.
- ★ Move along a line between the ball and the centre of the goal near the back of the goal not the centre of the front of the goal.

If move on line from centre of front of goal will leave too large a gap on the side where the ball is.



If move on a line from centre of near back of goal will be on a better line.

Watch for

- ★ The gaps between the goal keeper and the goal posts is equal on both sides.
- ★ Goal keeper regularly checks to see where the goals are.
- ★ Goal keeper moves in a straight line towards the ball.

Practise Drills

- ★ Two players pass back and forth while goal keeper moves to get on the right line. If goalkeeper is off the line have a shot.
 - ★ One or more players hit at goal from different angles in rapid succession.
 - ★ Player dribbles in to circle, has a shot if goal keeper is off the line and lays off if the goal keeper is on the right line.
-

3.3.2 Stopping with feet

- ★ Often goal keepers let the ball go between their feet. They should therefore practise both direct as well as wide saves.

Execution of Skill

- ★ Be up on the toes to be balanced but ready for quick movement.
- ★ Keep head over the ball.
- ★ Quickly bring feet together for ball coming straight.
- ★ For upright save bend knees and keep weight forward.
- ★ Stretch leg by doing the splits for ball hit into the corners of the goal.

Watch for

- ★ Goal keeper is balanced.
- ★ Goal keeper keeps eyes on the ball.
- ★ Goal keeper brings legs together (no gap) to save direct shot.
- ★ There is no gap under leg for leg stretch save.

Practise Drills

- ★ Practise doing the splits for balls that are hit wide.
- ★ Have partner hit balls both straight and wide into the corners of the goal.
- ★ Have partner lob ball from the top of the circle. Stop it, control it to the ground and clear it.
- ★ Start with feet wide apart and have partner hit hard and straight - bring legs together quickly to save.
- ★ Have partner hit at goal using tennis balls.

3.3.3 Kicking

- ★ Kicking should be practised with both toe and instep and stationary and on the run.

Execution of Skill

- ★ Shorten steps as approach the ball.
- ★ Keep weight forward.
- ★ Head over ball.
- ★ Keep eyes on ball.
- ★ For raised ball either kick the ball high or lift leg as high as possible with knee bent so kick goes back along ground.
- ★ Goal keepers should be able to kick with either foot.

Watch for

- ★ Balance when kicking.
- ★ Head over ball.
- ★ Eyes kept on ball.

Practise Drills

- ★ From 25 yard line run to top of circle and kick the ball into the goal.
 - ★ From 5 yards from the goal stand side on and kick ball into goals with instep.
 - ★ Have a team mate roll ball from back line (outside of goals) to top of circle. Run from 25 yard line and kick into goal.
 - ★ Practise kicking the leg high (without the ball)
-

3.3.4 Clearing with stick

Execution of Skill

- ★ Action is similar to a one handed push (unless the goal keepers gloves allow for the stick to be held in both hands).
- ★ Rotate right hand (the one holding the stick) to clear the ball from left to right.

Watch for

- ★ Goal keeper has strong grip on stick.
- ★ Ball is not raised dangerously.

Practise Drills

- ★ Stop balls hit from top of circle close to pads then clear with stick to targets on either side of circle.
-

3.3.5 Stopping with hands or stick

Execution of Skill

- ★ Keep eyes on the ball.
- ★ If the ball is close enough dive with both hands together to produce a greater stopping area.
- ★ Keep hand stationary so as not to deliberately propel the ball.

Watch for

- ★ Eyes kept on ball.
- ★ Where possible both hands and stick kept together.

Practise Drills

- ★ Practise diving to either side.
- ★ Have partner hit at goal using tennis balls to improve reflexes.
- ★ Flexibility exercises to improve agility.

3.3.6 Stopping with the body

- ★ This save is used as a smothering technique when the goal keeper is too close to the ball to react to its movement.
- ★ It is important that the goal keeper's equipment is such that it will protect from a hard blow anywhere on the body.

Execution of Skill

- ★ Face directly at ball with arms down the side to present the largest possible area.
- ★ Stand up and maintain good balance.
- ★ Push chest out to present large area and so ball will rebound.

Watch for

- ★ Goal keeper presents the largest possible area.
- ★ Goal keeper is well balanced.

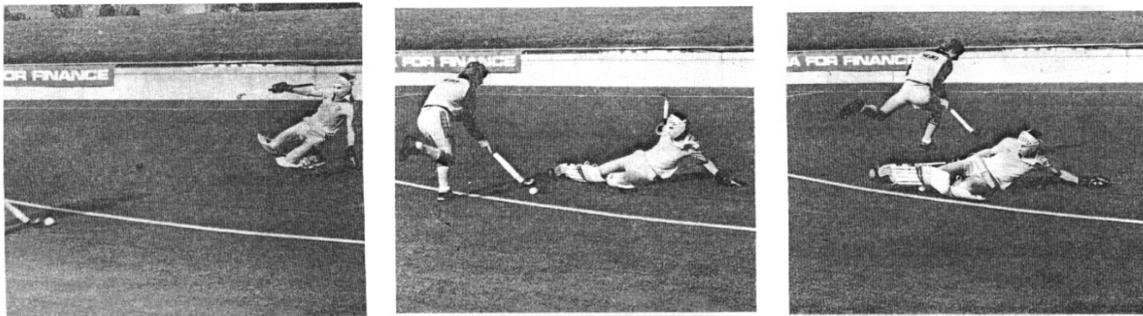
Practise Drills

- ★ Have partner flick and undercut at goal using tennis balls from a close range.
- ★ Introduce hockey balls.

3.3.7 Sliding

Execution of Skill

- ★ Goal keepers should be able to slide on either side.
- ★ The slide should be on the leg which is closest to the ground.
- ★ The slide should be side on and not feet first.



- ★ The arm nearest to the ground should be used to push back up immediately for quick recovery.

Watch for

- ★ Slide is side on.
- ★ The goal keeper is able to recover quickly (push up using arm)

Practise Drills

- ★ Lay out 3 balls in a straight line one metre apart (i.e. 2 metres from end to end). Slide at and clear all 3 balls out of the circle.

3.3.8 Communication

The goal keeper has the best view of any player on the field of opposition players who may be in threatening positions on the field. It is therefore essential that the goal keeper constantly tells the defenders where to move and warns them of players who have got in behind the defence. To do this the goal keeper must be able to read the play.

The goal keeper is in charge in the circle. The goal keeper has right of way and should call loudly if he/she decides to stop or clear a ball that a team mate is also attempting to play.