

Ball Control, Dribbling & Elimination Skills Review



General points to think about when controlling the ball in congested areas:

- Ball at 1 or 2 o'clock on the strong side of body, away from feet (allows good vision!)
- Good vision allows you to see passes to team mates, space, and defenders. Have the ability to move the ball in any direction, at any time.
- Keep your stick close to ball for protection, and potential to perform a skill quickly.
- Simple and fast movements when changing direction of ball (eliminate unnecessary touches).

Dragging the ball

- Carry your stick across with ball for protection and faster ball movement.
- Try and make the drag with one quick side step.
- Practise 'V' drag to decrease chance of losing possession and beating flat stick tackle (drag ball back into space, rather than a flat angle)
- Have the ability to drag the ball in both directions so you do not become predictable

Jinking:

- Perfect to use if a defender is flat footed or always uses a flat stick tackle.
- Practise jinking on forehand and reverse, and on the move. Also small bounces (squeezes).
- Practise being able to jink ball 2x, 3x, 4x consecutively, and on different angles.

Summary

- Keep stick close to ball most of the time for protection and ability to perform skills quickly when needed (e.g. pass, change between closed, open dribble)
- Variety – be unpredictable with your movements and skills & also to keep defenders honest.
- Only dribble out of trouble, not into it! Eliminate unnecessary touches and use a change of speed.
- **When Phil Burrows (Upskill Coach) was young he did 500 yard sticks every night!!**

Passing and Outletting Skills Review

Push Passing:



Short passes of 10-20m should be made most of the time with a strong push. Sweep passing is 'over used' with short passes. A push pass is economic, accurate and does not take long to execute. Passing on the move is also very important. Having the ability to pass off either feet whilst running is a very good skill.

Hitting



- Hands together. Practise using a short-grip and long-grip (hands near top of stick)
- Start your backswing with your stick low, nearly behind the ball. Aim to hit the **back** of the ball, **not the top** of the ball!!! Aiming for the back of the ball is very important for clean ball contact.
- Use a simple, consistent swing to give you the best chance of hitting the ball well. Think about taking the stick back from the ball, and then forwards. It can be that straight forward.
- On impact, ball should be in line with your front foot and watch the ball closely until AFTER you have made contact with the ball
- Do not have the ball too close to your feet – minimum 30cm -40cm away. You can also try to point your foot in the direction of the hit which allows more rotation & power.

Sweep Hitting



- Set up diagonally behind the ball (further away than the hit). Hands together.

- Step towards your target with stick **starting on the ground**. Your front foot should land level with the ball with both knees bent.
- Knuckles are low and stick stays on the ground throughout whole movement until after you have made contact with ball. Use body momentum for extra power.

Defending Skills Review



Positioning & Intercepting (great opportunity to counter attack)

- Stand side on to marking player, on the shorter line from where ball is coming from with your stick in front of the marked player! (this means your stick will not get caught up behind the attacker which will prevent you from making the interception)
- Be in a position to see both passer of ball and your marking player, generally standing on the 'inside' of the player. A the pass is made, step forward and in front of attacker to intercept. If ball out of reach, come back around the front side of the attacker to begin channelling.

Channelling

- Close down the space of the attacker by being proactive, and begin channelling them to the side you would like to defend against them. Always have your stick near the ground and body side on
- Most of the time position yourself so the attacker moves to the space on your strong forestick side.
- Once you have closed down the space of the attacker, be patient and move backwards with the attacker while still remaining close to them. Stay in a low crouched position & be agile through small steps.
- Once attacking player is exactly where you want them, perform appropriate tackle

Jab Tackling Is a good way to slow down the attackers speed, and become pro-active when defending by putting pressure on the attacker.

Flat stick tackling

- Is often used in more static situations, ideally on the strong (forestick side) following successful channelling. Timing of the flat stick tackle is crucial to enable a successful tackle.
- Having low body position is important to give strength and a greater reach.
- Always be prepared to change between channelling, jab tackling and flat stick tackling at any time.
- Agility is crucial as it can force the attacker into an error without you having to actually execute a tackle

Goal Scoring Review



Attributes of a great Goal Scorer

- Good body position – low, always expecting the ball. A good goal scorer has a natural instinct, wide range of shots and good decision making (what shot to make at certain times).
- Very good receiving skills (V important) enabling you to shoot quickly and execute well.
- **They are very hungry and enjoy scoring (a lot)!**

Close shots / Rebounds

- Always ready (low body position) to receive ball or shoot first time depending on pass / rebound
- Quick shots, minimal time between trap and shot if not a 1st time shot.
- Ability to lift ball over GK if needed

Shooting from top of circle

- Can generate good power into shots from both forehand and reverse.
- Be prepared to shoot as soon as ball crosses top of circle, otherwise shots can be hard to get away before defender gets a stick in the way (annoying!). The GK can also be caught off-guard by an early shot.

Reverse shooting

- Low body position and low back swing allow good contact of ball to be made in correct area of stick (just above hook). Aim to do this 9 times out of 10 not 2/10 - work on technique, and break it down.
- Practise full swing technique, and also sweep and one time reverse shots for rebounds and close in scenarios when you do not have as much time.

Deflections

- Position yourself inside far post to open up both sides of goal and increase chance of getting a small touch. (If you are outside the post often the ball will slide past the goal due to the momentum of the pass)
- Have a low body position with stick on ground!! Angle stick towards goal, and on angle upwards to gain elevation.