



Field Hockey BC  
Coach Education and Mentorship  
Technical Skills

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## GRIP VARIATIONS

### BASIC – HANDS TOGETHER:

- Hands together at the top, left hand above right, with the “V” made between your thumb and forefinger going down the front edge of the stick (toe of the stick pointed up).



### BASIC – HANDS APART:

- Left hand at the top, with the “V” made between your thumb and forefinger going down the edge of the stick (toe of blade pointing up)
- Right hand half way down with the V also down the edge and forefinger extended along the shaft



### DRIBBLE:

- Left hand at the top, with the “V” made between your thumb and forefinger going down the back face of the stick (this is key to allowing the ball to be dragged back and forth across the body)
- Right hand half way down with a loose grip allowing the stick to turn as needed in the right hand...the right hand does not turn over with the stick.
- Control of the stick is maintained primarily with the left hand. The right hand provides support and strength to the movement as needed.



### REVERSE:

- Left hand at the top, with the “V” made between your thumb and forefinger going down the back face of the stick
- Toe pointed down
- right hand half way down with the V also down the back face
- option to extend forefinger extended along the shaft



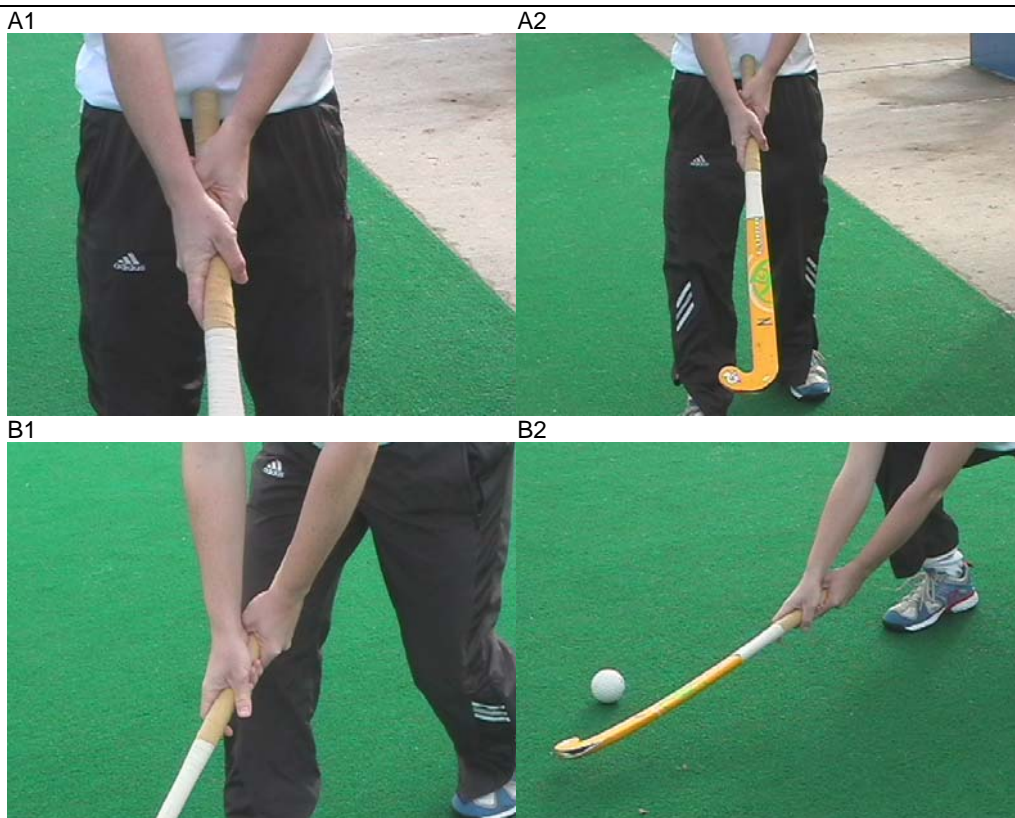
### SQUEEZE:

- Hands together at the top
- left hand above right, with the “V” made between your thumb and forefinger going down the back (round) face of the stick (toe of the stick to the side)



### FRYING PAN:

- hands together at the top
- The “V’s” made between your thumb and forefinger going down the front/ flat face of the stick. – A1 and A2
- Option for a slight clockwise rotation of the stick from the above start position (toe of the stick will now be pointing a few degrees down from level) – B1 and B2





**ONE HANDED - LEFT:**

- Left hand at the top, with the "V" made between your thumb and forefinger going down the front face of the stick
- Toe of the stick points to the right



**ONE HANDED - RIGHT:**

- Right hand at the top, with the "V" made between your thumb and forefinger going down the front face of the stick
- Toe of the stick points to the right



## PUSHING THE BALL – OPEN STICK

### Use:

- Ball transfer over short to medium distances

### Advantages:

- Minimal setup time
- Increase feel and control over ball speed and accuracy
- Deception with respect to direction and pace of the ball
- Easy to receive

### Disadvantages:

- Lack of power
- Lack of intimidation

### Grip: Basic - Hands Apart

#### Ball Position:

- Beside the body
- Middle of the stance or closer to the right (back) foot

#### Preparation:

- Eyes on the ball
- Low, weight on back (right) foot, knees bent
- Side on to target and lower / wider stance for more power
- Crossover step can be used to get feet in the right position

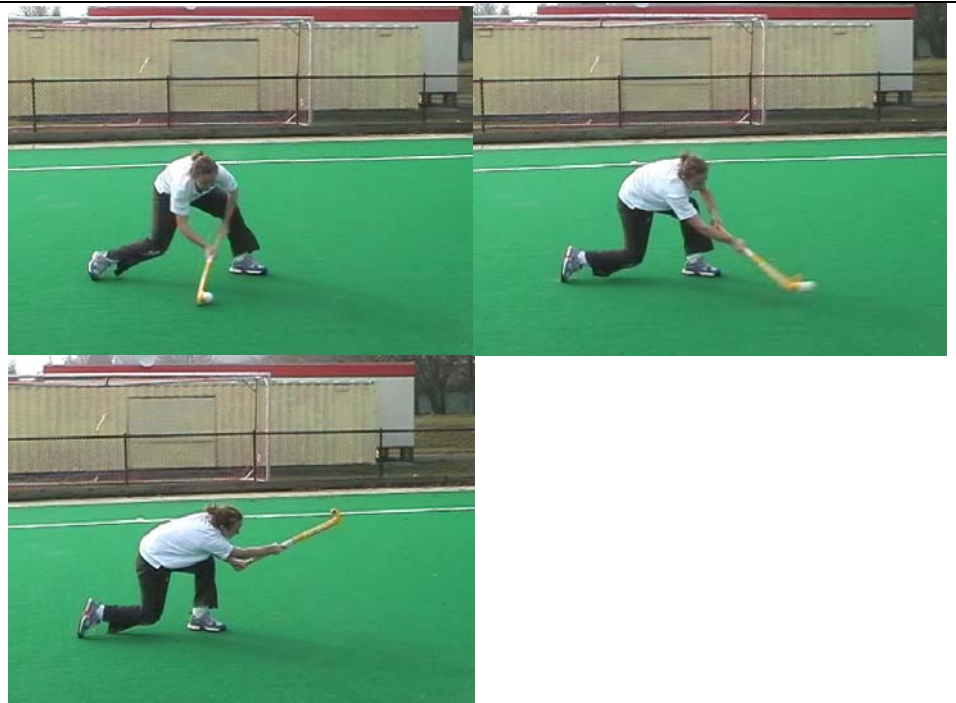
#### Execution:

- Stick face is placed square behind the ball and as weight is transferred from right to left foot, ball is pushed toward target
- Stick stays in contact with ball as long as possible

#### Follow through:

- Towards target
- Low and around the body (prevents lifting of the ball)
- Try and keep blade of stick open and avoid rolling the wrists





## PUSHING THE BALL – REVERSE STICK

### Use:

- Ball transfer over short distances

### Advantages:

- Minimal setup time
- Deception with respect to direction and pace of the ball
- Easy to receive

### Disadvantages:

- Lack of power
- Lack of intimidation

### Grip: Dribble – toe down

### Ball Position:

- Middle of the stance or closer to the left foot

### Preparation:

- Eyes on the ball
- Weight on either foot

### Execution:

- Sharp snap of the right wrist toward target

### Follow through:

- Towards target
- Try and keep blade of stick open and avoid rolling the wrists





## HITTING THE BALL – OPEN STICK

### Use:

- Ball transfer over greater distances with more power

### Advantages:

- Power
- Intimidation

### Disadvantages:

- Greater execution time
- potential loss of accuracy and control as power increases
- lack of deception

### Grip: Basic

### Ball Position:

- roughly in line with the left foot about half a yard to a yard away

### Preparation:

- backswing wraps around your body – bending your wrists and elbows (not with arms straight like a golf swing)
- trunk rotation clockwise results in athlete almost looking over left shoulder to the ball
- knees are slightly bent
- weight is on the back foot (right foot)
- Crossover step can be used to get feet in the right position

### Execution:

- eyes on the ball
- weight shifts from back to front foot (left foot)
- stick face is square to the ball on contact
- emphasis on clean contact not on power
- power is generated by arm swing, trunk rotation, weight transfer from back to front foot

### Follow through:

- towards your target
- concentrate on keeping the face of the stick open (avoid rolling the wrists in a counter clockwise motion)
- control the motion of the stick so that it does not extend out and away from you in an uncontrolled manner





## HITTING THE BALL - SWEEP HIT

### Uses:

- Ball transfer over medium to long distances

### Advantages:

- Control and accuracy
- Deception
- Easier more predictable ball to receive

### Disadvantages:

- Need for space and time to execute the skill
- Less intimidation compared to the hit

### Grip: Basic

### Ball Position:

- In line with the left foot
- two stick lengths away allowing a lunge out toward the ball (lunge will be in a direction perpendicular to the target e.g. lunge forward to sweep hit to your left)

### Preparation:

- Lunge out on left foot toward ball
- Hands are low (scraping the turf) beside the right knee
- Wrists are twisted clockwise to allow full backswing (back/wrong side of the stick should be close to making contact with right/back foot)

### Execution:

- Aggressive trunk and arm rotation driving the hands through the line b/w the ball and L foot
- Contact is made at the bottom 6 inches of the stick
- Blade/ shaft should be square to the ball on contact (toe of the stick points up)
- Body should be in a balanced position and left foot, left knee, hands, stick, and ball should be in the same vertical plane at the point of contact

### Follow through:

- Along the turf with hands staying low
- Toe of the stick should remain pointing up though the entire motion to ensure blade or shaft of the stick is square to the ball on contact



## SCOOPING THE BALL

### Use:

- Ball transfer in the air over medium to long distances

### Advantages:

- Hard to defend
- Effectively relieves pressure
- Can surprise the defense if used sparingly
- Can be used to release a forward running into space

### Disadvantages:

- Usually results in a change of possession

**The Scoop should be thought of not as a “lift” but a “push” to a target that is off the ground.**

### Grip:

- Basic – hands apart (with forefinger of right hand extended along shaft)

### Ball Position:

- Side on position - beside the body
- Slightly behind front (left) foot

### Preparation:

- Ready position is behind the ball so that step to the ball is in the direction of release
- Eyes on the ball
- Weight on back (right) foot

### Execution:

- Step toward ball transferring weight from back to front foot
- Low body position – bending at the waist AND at the knees
- Create the stick angle that allows you to raise the ball (Left hand almost gets tucked into right elbow)
- Slide stick under ball - with control
- Movement is an explosive movement that pushes ball forward and up
- The release is executed with a “snap” pushing down with the left hand as you push forward and up with the right

### Follow through:

- Towards target
- Keep stick face open and avoid rolling the wrists



## RECEIVING – OPEN STICK – LEADING BACK TO BALL - DEFENSIVE

### Use:

- Ball reception in high pressure areas

### Advantages:

- Lower risk
- allows the ball to be shielded by the body
- stable body position

### Disadvantages:

- Defensive reception
- Player gives up offensive territory to receive
- Limits the speed of the attack
- Slows down changes in direction after the trap due to low body position

**Grip:** Basic – hands apart (Left hand can be rotated toward the round face of the stick)

### Preparation:

- Player bursts away from check towards ball
- Just before reception player stops forward momentum and assumes low body position. Feet slightly wider than shoulder width apart with the knees bent and butt down (as if sitting down in a chair)

### Execution:

- Eyes on the ball
- Body is still
- Stick on the turf and low
- Read the line of the ball and allow the ball to hit the stick (avoid tracking the ball with your stick in towards your body to receive – track with your eyes, not your stick).
- Face of the stick on contact with the ball is square or angled very slightly down toward the turf to keep ball from popping up.
- Ball is received at or just inside the right foot.
- Left hand is strong on the stick, right hand allows for “cushioning” effect.

### Follow through:

- Player can curl left or right away from pressure





## RECEIVING-OPEN STICK – LEADING BACK TO THE BALL - OFFENSIVE

### Use:

- Ball reception in medium pressure areas

### Advantages:

- Allows quicker change of direction as or after the ball is being received

### Disadvantages:

- Less stable body position
- Ball is more exposed compared to more pressured (closed receptions)
- Player gives up offensive territory to receive
- Limits the speed of the attack

### Preparation:

- Player bursts away from check towards ball
- player keeps upright body position

### Execution:

- Eyes on the ball
- Body is still
- Stick on the turf but more upright 60-85 degree angle to the turf
- Read the line of the ball and allow the ball to hit the stick (avoid tracking the ball in towards your body to receive).
- Face of the stick on contact with the ball is square or angled very slightly down toward the turf to keep ball from popping up.
- Ball is received in the middle of the stance or just inside the right foot.
- Left hand is strong on the stick, right hand allows for "cushioning" effect.

### Follow through:

- Upright body position allows player to receive "through" the ball (back toward the passer) or redirect the ball left or right on reception



## RECEIVING-OPEN STICK – LEADING UP FIELD - OFFENSIVE

**Use:** Receiving a ball hit or passed to the right side of the body  
(if receiver is facing the ball)

### Advantages:

- Offensive reception allows more attacking play and distribution options
- Reception requires upright body position allowing player to maintain speed and allows for changes in direction
- Offensive territory is usually gained

### Disadvantages:

- If turning up-field on the reception, player is turning or opening up blindly into space exposing themselves to the tackle

### Grip: Basic – hands apart

- Left hand can be rotated toward the round face of the stick
- Option to extend forefinger of right hand along shaft

### Preparation:

- Player leads back to the ball but keeps upright body position
- Eyes on the ball
- Upright stick position

### Execution:

- As ball approaches plant left foot and open up hips “anticipating and picking up the speed of the ball”
- Weight is transferred from left foot to right foot as ball is received
- Allow ball to go across or “through the line of the body” and pick it up just in front of the front foot (this prevents the ball from popping up on the reception as might be the case if trap is made in the middle of the stance or closer to the back foot).
- On reception, hips should be facing the direction the ball was traveling to.
- Read the line of the ball and allow the ball to hit the stick (avoid tracking the ball in towards your body to receive)

### Follow through:

- Player immediately looks up and scans for offensive options



## RECEIVING-OPEN STICK – BALL FROM THE RIGHT

### Use:

- Reception on the right side of the body allowing player to keep moving forward

### Advantages:

- Offensive reception allows more attacking play and distribution options
- Offensive territory is gained

### Grip: Basic – hands apart

- Left hand can be rotated toward the round face of the stick
- Option to extend forefinger of right hand along shaft

### Ball Position:

- ball is trapped beside the body on the right side

### Preparation:

- Upper body rotates to the right
- Lower body and hips point forward

### Execution:

- Eyes on the ball
- Stick on the turf and upright (60-80 degrees to the turf)
- Left hand extends out so that stick face is square to the ball on contact
- Watch ball on to stick

### Follow through:

- Player should look up right away and scan for offensive options
- Ball should be transferred to more effective ball carrying position





## RECEIVING-OPEN STICK – BALL FROM THE LEFT

### Use:

- Reception across the body from the left allowing movement forward and to the right

### Advantages:

- Offensive reception allows more attacking play and distribution options
- Deception
- Forces the defender to take a different line to the ball as the ball is trapped in a different position than originally anticipated.
- Offensive territory is usually gained

### Grip: Basic – hands apart

- Option to extend forefinger of right hand along shaft

### Ball Position:

- ball is trapped on the right side of body close to or even outside right foot

### Preparation:

- Lower body and hips point forward
- Fake reception in the middle of stance

### Execution:

- Eyes on the ball
- Stick on the turf and upright (60-80 degrees to the turf)
- As ball approaches plant left foot
- Allow ball to go across or “through the line of the body” and pick it up at or just in front of the right foot.
- Weight is transferred from left foot to right foot as ball is received allowing body to move with the ball and head to stay over the ball on reception
- Read the line of the ball and allow the ball to hit the stick
- Face of the stick is square on contact with the ball

### Follow through:

- Allows player is able to look up right away and scan for offensive options.



## RECEIVING-REVERSE STICK – BALL FROM THE RIGHT

### Use:

- Reception across the body from the right allowing movement forward and to the left

### Advantages:

- Offensive reception allows more attacking play and distribution options
- Deception
- Forces the defender to take a different line to the ball as the ball is trapped in a different position than originally anticipated.
- Offensive territory is usually gained

### Grip: Reverse

- Option to extend forefinger of right hand along shaft

### Ball Position:

- ball is trapped on the left side of body close to or even outside left foot

### Preparation:

- Lower body and hips point forward
- Fake reception in the middle of stance

### Execution:

- Eyes on the ball
- Stick on the turf and upright (60-80 degrees to the turf)
- As ball approaches plant right foot
- Allow ball to go across or “through the line of the body” and pick it up at or just in front of the left foot.
- Weight is transferred from right foot to left foot as ball is received allowing body to move with the ball and head to stay over the ball on reception
- Read the line of the ball and allow the ball to hit the stick
- Face of the stick is square on contact with the ball

### Follow through:

- Allows player is able to look up right away and scan for offensive options
- Ball should be transferred to more effective ball carrying position



## RECEIVING-REVERSE STICK – LEADING UP FIELD - OFFENSIVE

### Use:

- Receiving a ball hit or passed to the left side of the body while leading up the field

### Advantages:

- Offensive reception allows more attacking play and distribution options
- Reception requires upright body position allowing player to maintain speed and allows for changes in direction
- Offensive territory is usually gained

### Disadvantages:

- If turning up-field on the reception, player is turning or opening up blindly into space exposing themselves to the tackle

### Grip: Reverse

- option to have V of right hand go down the round face of the stick

### Ball Position:

- ball is trapped beside and in front of the lead/ front foot (could be L or R foot)

### Preparation:

- Upright body and stick position
- Eyes on the ball

### Execution:

- As ball approaches plant right foot and open up hips “anticipating and picking up the speed of the ball”
- Weight is transferred from right foot to left foot as ball is received
- Allow ball to go across or “through the line of the body” and pick it up just in front of the left foot (this prevents the ball from popping up on the reception as might be the case if trap is made in the middle of the stance or closer to the back foot).
- If cut is made to early player might have to take another step in the direction they have cut to and ball is received in front of right foot.
- On reception, hips will be facing the direction the ball was traveling to.
- Read the line of the ball and allow the ball to hit the stick (avoid tracking the ball with the stick)

### Follow through:

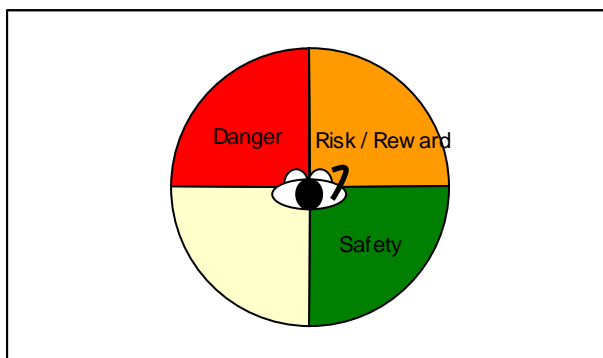
- Player should look up right away and scan for offensive options







## BALL POSITION - VARIATIONS



### RIGHT / MIDDLE:

- Position of both risk and reward
- Ball is most exposed but maximum number of passing options are available to the ball carrier
- Used in open spaces when there are few defenders around and a low risk of the ball being dispossessed



### BACK / RIGHT:

- Position of protection for the ball
- Ball is further back in the stance – “side on” position
- Left foot is out in front acting as a shield
- More strength on the ball
- Limited number of passing options
- Used under intense pressure to protect the ball and gain time/space to make a good decision



### LEFT / MIDDLE:

- Position of risk / danger to the ball
- Less strength on the ball
- Limited number of passing options
- Easiest position for the defense to execute a channel or double team

Holding the ball in this position should be limited or avoided completely



## BALL POSITION - VISION

### Ball Focus

- High pressure
- Ball close to body
- Full attention on ball
- Little awareness of options



### Split Vision

- Med pressure
- Ball far enough out in front to see close options and potential tackles
- Attention "split" between ball and options



### Options focus

- Low pressure
- Upright stance
- Gain territory with speed
- Scanning for options





## BALL CONTROL-INDIAN DRIBBLE

### Use:

- Ball control and possible elimination of opponents

### Advantages:

- Ball position is continually changing thus preventing the defender from zeroing in on a predictable target
- Harder to channel the forward effectively
- Allows for rapid changes in direction

### Disadvantages:

- Limits the speed at which the forward can run with the ball.

### Grip: Dribble

### Ball Position:

- ball about a yard ahead of body will move back and forth across the body with short or long draws as needed

### Preparation:

- Upright body and stick position allowing speed to be maintained
- Eyes on the ball but with peripheral vision of the space and options ahead of the ball (split vision)

### Execution:

- As player moves forward ball is moved across the body back and forth from R to L
- Ball can start at right foot
- As the ball moves across the body the left hand rotates the stick so that the ball is stopped on the L side of the body with the reverse stick (toe of the blade pointed down)
- The ball is then drawn back across with the reverse stick from left to right
- As the ball moves across the L hand rotates the stick back to a forehand position allowing the ball to be stopped on the right side of the body
- Stick fakes over the ball at either end of the motion will add even more deception and increase effectiveness







## ELIMINATIONS - DRAWS

### Use:

- Change direction of ball travel and elimination of opponents
- \*Only if there is space behind the defender

### Grip: Dribble

**Ball Position:** ball about a yard to a yard and a half ahead of body

### Preparation:

- Eyes on the ball but with peripheral vision of the space and options ahead of the ball. Vision should be “split” between the ball and the space and options ahead

### Execution- Left to Right:

- Attack the defenders right foot
- Shift ball to left side of body
- Plant left foot and shift weight from L foot to R foot as ball is drawn across the body
- Draw should be wide enough to get around the defender and be either square or back of square to avoid a tackle after the draw
- Attacker steps forward with the left foot to seal off the defender and extends arms forward to keep ball away from defender and accelerate away





**Execution- Right to Left:**

- Attack the defenders left foot
- Shift ball to right side of body
- Plant right foot and shift weight from R foot to L foot as ball is drawn across the body
- Draw should be wide enough to get around the defender and be either square or back of square to avoid a tackle after the draw
- Attacker steps forward with the right foot to seal off the defender and extends arms forward to keep ball away from defender and accelerate away



## LIFTED ELIMINATIONS (DRAWS) - Left to Right

### Use:

- Change direction of ball travel and elimination of opponents – ball is moved in the air to avoid a flat stick tackle
- Only if there is space behind the defender

### Grip: Dribble

**Ball Position:** ball about a yard to a yard and a half ahead of body

### Preparation:

- Eyes on the ball but with peripheral vision of the space and options ahead of the ball.
- Vision should be “split” between the ball and the space and options ahead

### Execution:

- Attack the defenders right foot
- Shift ball to left side of body – not outside the L foot
- Rotate the stick to create the angle for the lift
- Plant left foot and shift weight from L foot to R foot as ball is drawn in the air across the body
- Draw should be wide enough to get around the defender and be either square or back of square to avoid a tackle after the draw
- Attacker steps forward with the left foot to seal off the defender and extends arms forward to keep ball away from defender and accelerate away



## LIFTED ELIMINATIONS (TAP DRIBBLE) - Right to Left

### Use:

- Change direction of ball travel and elimination of opponents – ball is moved in the air to avoid a flat stick tackle
- Only if there is space behind the defender

### Grip: Dribble

**Ball Position:** ball about a yard to a yard and a half ahead of body

### Preparation:

- Eyes on the ball but with peripheral vision of the space and options ahead of the ball.
- Vision should be “split” between the ball and the space and options ahead

### Execution:

- Attack the defenders left foot
- Shift ball to right side of body – outside the Right foot
- Forward plants the right foot and the blade of the stick is now brought down on to the ball forcing the ball to “squeeze” or “pop” out and across the body (if the blade is brought down squarely on the ball, the line of the stick at the point of contact will dictate the line that the ball follows across the body)
- Weight shifts from R foot to L foot as ball is popped across the body
- Draw should be wide enough to get around the defender
- Ball is brought under control on the left side of the body and the attacker steps forward with the right foot to seal off the defender and accelerate away





## GOAL SCORING – RAISED PUSH (FLICK)

- Same as normal pass but with target now above the ground
- Make sure to get low to generate power
- Follow through to target

### Use:

- Ball transfer over short to medium distances

### Advantages:

- Minimal setup time
- Increase feel and control over ball speed and accuracy
- Deception with respect to direction and pace of the ball
- Easy to receive

### Disadvantages:

- Lack of power
- Lack of intimidation

### Grip: Basic - Hands Apart

### Ball Position:

- Beside the body
- Middle of the stance or closer to the right (back) foot

### Preparation:

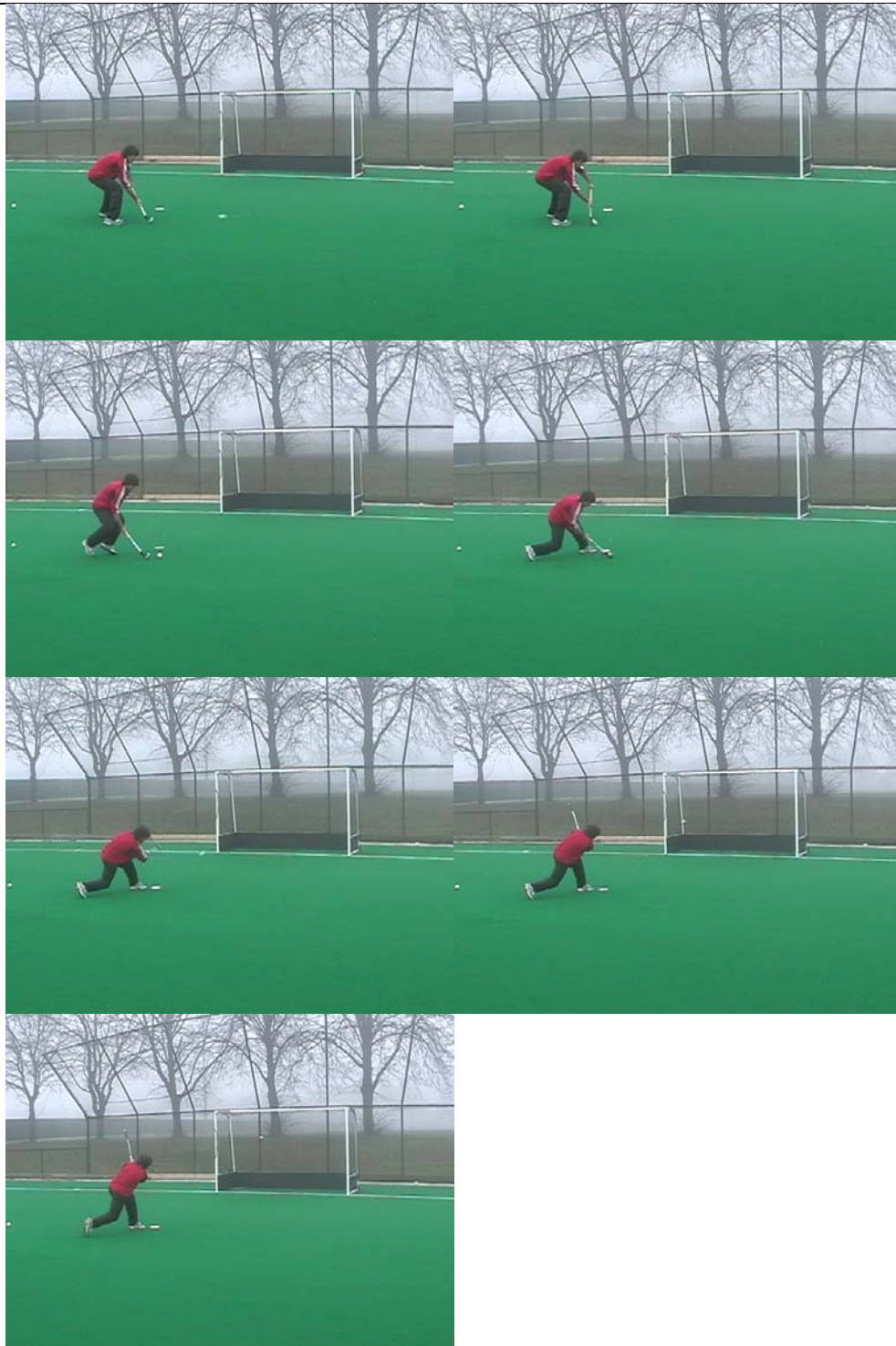
- Eyes on the ball
- Low, weight on back (right) foot, knees bent
- Side on to target and lower / wider stance for more power
- Crossover step can be used to get feet in the right position

### Execution:

- Stick face is placed square behind the ball and as weight is transferred from right to left foot, ball is pushed toward target
- Stick stays in contact with ball as long as possible

### Follow through:

- Towards target
- Try and keep blade of stick open and avoid rolling the wrists



## GOAL SCORING – RAISED HIT (CHIP)

- Same as hit with ball now in front of left foot
- Trying to make contact with the bottom of the ball
- Follow through to target

### Advantages:

- Power
- Intimidation

### Disadvantages:

- Greater execution time
- potential loss of accuracy and control as power increases
- lack of deception

### Grip: Basic

### Ball Position:

- slightly in front of left foot about half a yard to a yard away

### Preparation:

- backswing wraps around your body – bending your wrists and elbows (not with arms straight like a golf swing)
- trunk rotation clockwise results in athlete almost looking over left shoulder to the ball
- knees are slightly bent
- weight is on the back foot (right foot)
- Crossover step can be used to get feet in the right position

### Execution:

- eyes on the ball
- weight shifts from back to front foot (left foot)
- stick face is square to the ball on contact
- trying to make contact with the bottom of the ball
- emphasis on clean contact not on power
- power is generated by arm swing, trunk rotation, weight transfer from back to front foot

### Follow through:

- towards your target
- concentrate on keeping the face of the stick open (avoid rolling the wrists in a counter clockwise motion)
- control the motion of the stick so that it does not extend out and away from you in an uncontrolled manner



## GOAL SCORING – PUNCH / SQUEEZE SHOT

### Use:

- Goal scoring

### Advantages:

- Unpredictable flight of the ball
- Raises the ball when defenders and goalie are expecting a low shot
- Capitalizes on space directly behind the ball carrier that is usually free and undefended

### Disadvantages:

- Less predictable flight of the ball

### Grip: Squeeze

#### Ball Position:

- Half a yard away from body and behind the back/ right foot. This creates the required stick angle as the face of the stick comes down on to the ball to squeeze it out and forward

#### Preparation:

- Backswing wraps around your body – bending the wrists and elbows
- Weight on the back/ right foot

#### Execution:

- eyes on the ball
- swing should come down in a line parallel to the plane of the body (line that the stick makes will basically be the line that the ball travels in)
- on contact with the ball, stick angle to the turf will be approx 45 degrees
- Ball is “punched” down into the turf or “squeezed” out

#### Follow through:

- Follow through “with the left elbow”
- Bringing the head of the stick through similar to a conventional hit will result in more power but less height on the ball and can be used further away from the goal





## GOAL SCORING – REVERSE STICK

### Use:

- Goal scoring

### Advantages:

- Hard to defend
- Intimidation

### Disadvantages:

- Set up/ execution time

### Progressions:

1. To judge ability first start with complete skill from a stationary position...if players are competent already do not hinder them with earlier progressions.
2. Players can initially start on one knee to isolate the upper body action of the skill
3. Progress to incorporation of the lunge step with a stationary ball
4. Progress to complete skill execution from stationary start position
5. Progress to complete skill execution at speed

### Grip: Frying Pan

### Ball Position:

- To the left of the body, step and a stick length away. Ball will be in line with the right foot on contact

### Preparation:

- Roll ball in direction perpendicular to target
- Backswing wraps around your body – bending the wrists and elbows
- Lunge out toward ball with right foot (left knee almost making contact with the ground, chest almost contacting right quadriceps muscle)
- Trunk rotation to assist backswing

### Execution:

- Eyes on the ball
- Arc of swing is low and parallel to the turf
- Contact is made with the bottom 6 inches of the shaft just above the toe of the blade
- Hands are low to increase the area of the stick available for contact with the ball\*
- \* NOTE: as skill level increases, shot can be executed without getting as low with the body and hands

### Follow through:

- Low along the turf
- Towards the target
- Drive your hands through the line that the ball will make with the right foot ... do not stop the hands at the line and have the head of the stick snap around that point
- Try and avoid looking at the target until motion is completely executed



## TACKLING - POKE

### Use:

- Dispossession of ball carrier while keeping upright and balanced body position

### Advantages:

- Can be executed without getting too close to an attacker thus risking the possibility of getting eliminated.

### Grip: Frying Pan

### Execution:

- Close the distance to the attacker
- "Pick up the speed" of the attacker by continually pivoting or shuffling backwards on the balls of your feet
- Eyes on the ball
- Maintain a balanced position - avoid getting caught flat footed
- When the ball is exposed, extend the left arm out (with the stick in it) directly at the ball to dispossess
- Watching the attackers stick on the ball to help anticipate
- Do not leave the left arm and stick extended if the tackle is not made
- Can be used as a fake



## TACKLING - FOREHAND/FLAT STICK/ BLOCK TACKLE

### Use:

- Dispossession of ball carrier

### Advantages:

- Easier to execute compared to reverse stick tackle
- More strength behind the tackle

### Disadvantages:

- Requires a lower body position which is harder to recover from if beaten
- Easy to get caught flat footed

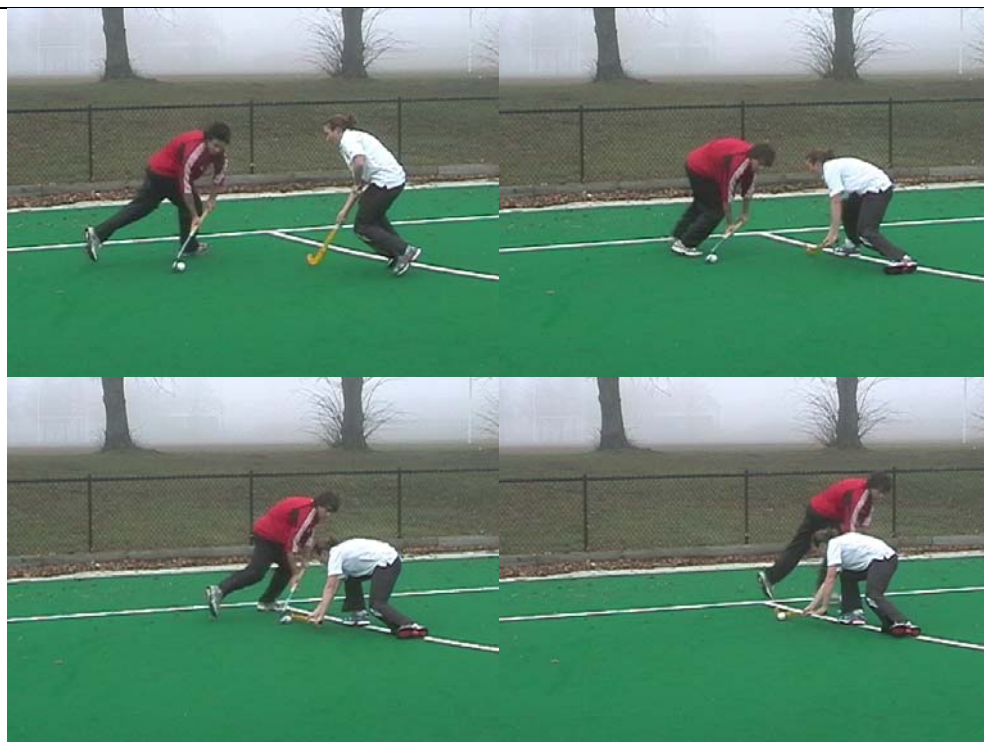
### Grip: Basic – hands apart

- A block tackle can be executed with one or both hands on the stick
- two hands are used in more confined spaces when the ball speed is low and more strength is needed behind the tackle

### Execution:

- Close the distance to the attacker
- “Pick up the speed” of the attacker
- Eyes on the ball
- When the opportunity exists, slide (not swing) the stick into the path of the ball and dispossess the attacker
- Maintain a balanced position when going in to tackle (do not throw your weight completely forward and dive in)
- Tackle should be made with left foot in front of right so that you are not caught flat footed and can recover

**NOTE: This tackle can be made with one or two hands on the stick. Defenders should not track the forward with only one hand on the stick unless it is necessary to keep up with the speed of the forward.**





## TACKLING - SHAVE

### Use:

- Dispossession of ball carrier as a forward or midfielder recovering back into defense
- Tackle is made from behind the ball carrier

### Advantages:

- Ball carrier is blind to the threat of the tackle

### Grip:

- Left Handed Grip
- One handed tackle

### Execution:

- Tackle can be made if the ball is held outside the right foot of the ball carrier
- Low stick position, left hand close to the turf
- Left hand rotates slightly clockwise so that contact with the ball is made with the face/flat side of the stick, not the edge.
- Defenders stick is slid between the ball and the ball carrier's right foot and forced through the line of the ball

