



# Technique Card: V-Drag



The V-drag allows players to quickly change direction when dribbling in order to evade defenders or to pass to a teammate.

Carry the ball ahead of the body



Pull back off the right foot



Clear the hip out of the way of the dribble



Pull the ball back past the left foot



Chest stay facing forwards



Total

/5



# Technique Card: The Slap Pass



The Slap Pass allows passes over a longer distance with control by keeping the ball close to the ground.

Push the ball from the back foot ahead of the body



Hands move together in a double v-grip



Step forwards with the front foot pointing towards the target



Swing the stick back and break the wrists



The stick remains in contact with the ground throughout



Total

/5



# Technique Card: Receiving



The wide-base receive is used to secure the ball when being marked by a defender, stopping the receiver from advancing forwards.

Wide feet with soft knees



Left hand in line with the left knee



The right is low down the stick



Push the left hand away from the body



Receive the ball inside the line of the body



Forehand Receive



Turn the knuckles down on the left hand turn the right shoulder



Lower the stick with the hands in front of the body



Wide feet and bend the left knee



Rest the head of the stick on the ground



Drag the the ball back to the forehand



Reverse Receive





# Technique Card: Intercepting



Stopping the player your marking from receiving the ball helps to stop the attacking team from creating momentum in the game

Stand on the right hand shoulder of the opposition



Step in front of the player to receive the ball



Use a reverse stick block



Drag the ball back to the forehand



Dribble forwards, away from the opposition player



Stand on the left hand shoulder of the opposition



Be in close contact to the opposition player



Step in front of the opposition player



Wide grip and a low stance to create a block



Dribble forwards, away from the opposition player



Reverse Intercept



Forehand Intercept





# Technique Cards: **Boxing Out**

Rebounding is common occurrence in hockey, making rebounding an important skill.

Players need to be ready and be expecting the ball to come to them and be ready to score.



Wide base with the feet

Wide grip on the stick

Step in front of the defender

Keep the bodyweight forwards

Shoot first time

**Total**  /5