



Technique Card: Pull Back



The pullback allows players to quickly change direction and evade defenders, creating space and opportunities to pass and shoot.



Head is up and looking forwards

Pull the right hip backwards to clear space

Pull the ball back to the right foot

Keep the ball close to the body throughout

Shoulders remain facing forwards

Total /5



Technique Cards: Left-Hand Side Receive

The left hand side receive is a difficult skill used when playing on the left hand side of the pitch and the ball arrives from the right.



Back is facing the side of the pitch

Wide feet with the feet facing forwards

Receive the ball in line with the right foot

Left hand is low and away from the body

The first touch is parallel with the feet

Total /5



Technique Cards: Shave Tackling



Shave tackling is a technique skill that allows players to steal the ball when behind an attacker.



Follow on the right shoulder

Turn the flat side of the stick upwards

Drop low to the ground before making the tackle

Slide the stick in between the player and the ball

Swing the stick along the ground with control

Total /5



Technique Card: Shooting on the Run



The running forehand and backhand allow players to create space to shoot.

Run diagonally across the D

Step forwards with the right foot

Lean forwards with the head over the ball

Slide the hands together in a double V-grip

Finish with the hands under the left shoulder



Carry with the ball ahead of the body

Run diagonally across the D

Step forwards with the left foot

Turn the flat side of the stick upwards during the backswing

Finish with the hands under the right shoulder

Running Forehand /5

Running Backhand /5

Total /10