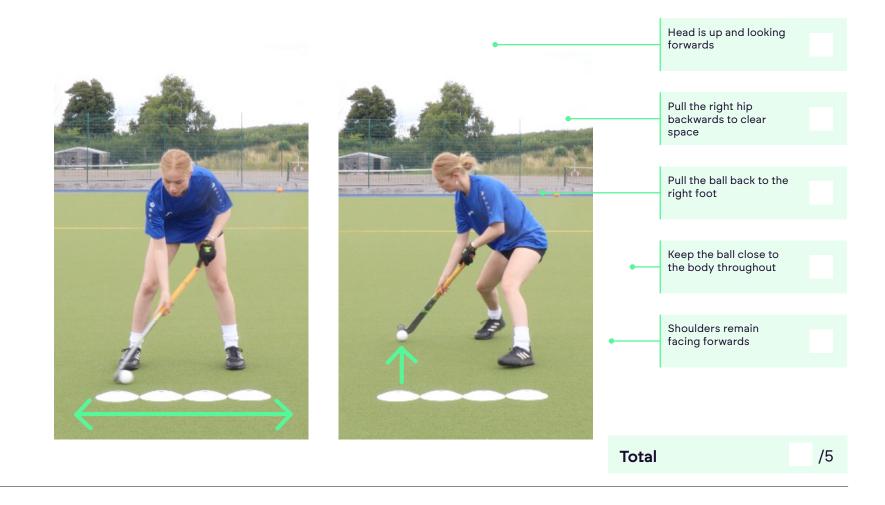


Technique Card: Pull Back



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



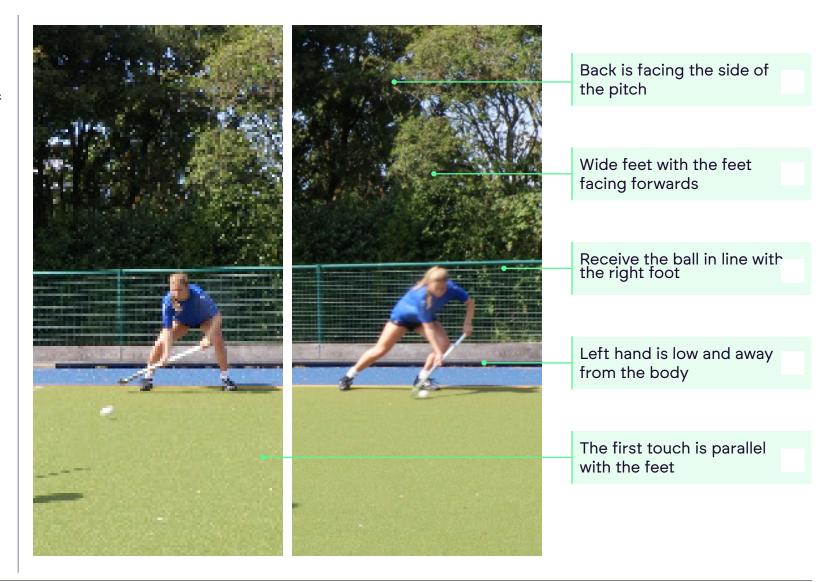
Hockey Pathway Hockey Performance performance



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.



Total /5

Hockey Pathway Hockey Performance performance



Technique Cards: Shave Tackling



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



Total /5

Hockey Pathway Hockey Performance performance



Technique Card: Shooting on the Run



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



Athletics Pathway Athletics Performance performance