

Hockey Foundations:

DRIBBLING TECHNIQUE

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1
Keep your eye
on the ball

2
Top hand over
your knee

4
Bend your
knees and
lean forwards

3
Push the ball
ahead of the
body

5
Keep the ball
in contact
with the stick



Hockey Foundations:

PASSING TECHNIQUE

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1
Right hand
down the grip

2
Index finger
pointing
down



3
Stick behind
the ball

4
Step with
leading foot
towards target

5
Push hands
through
the ball



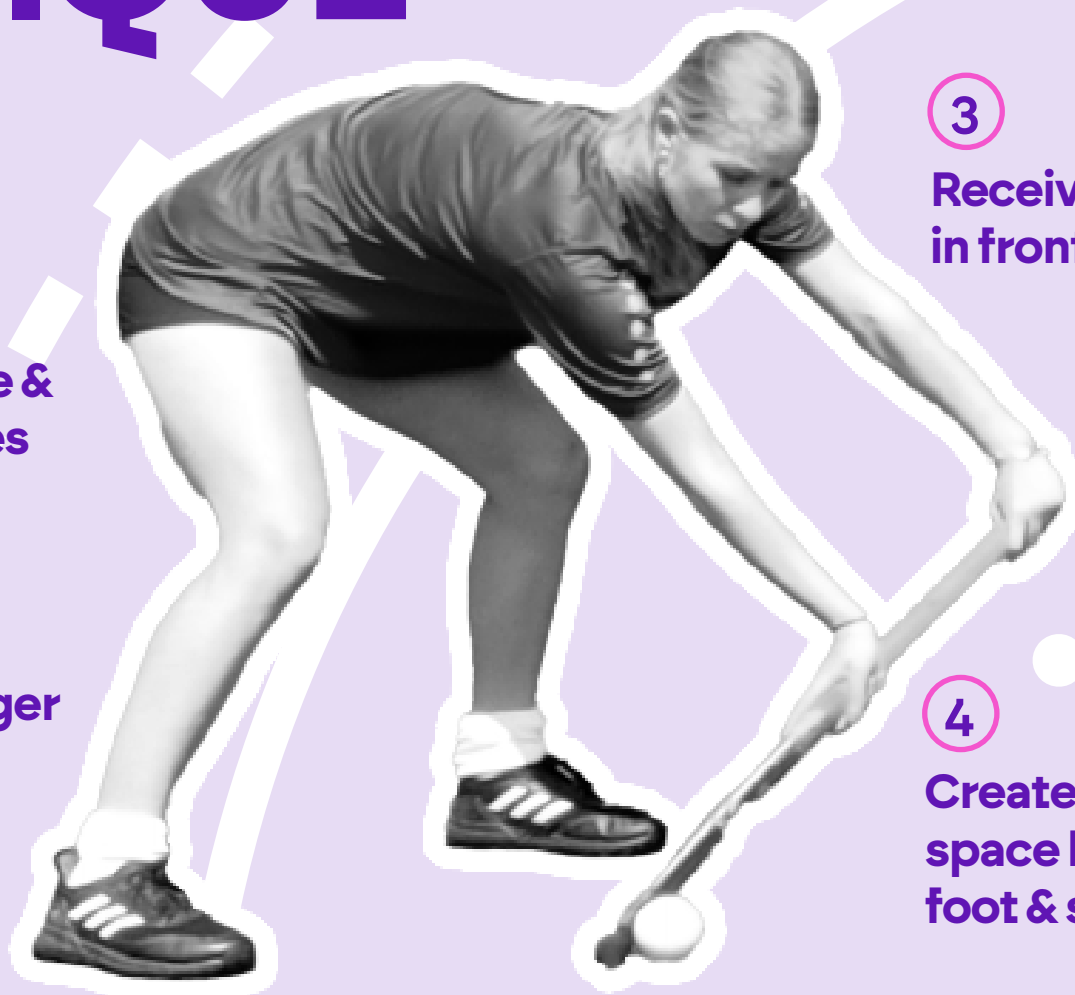
Hockey Foundations:

RECEIVING TECHNIQUE

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1
Wide base &
bent knees

2
Index finger
pointing
down



3
Receive ball
in front

4
Create skills
space between
foot & stick



Dribbling Techniques:

INDIAN DRIBBLE

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①

Only use the flat side of the stick

②

Loose right hand

③

Left hand turns the stick



Passing Techniques:

PUSH PASS

The push pass is a technique used to move the ball quickly and accurately between players. It involves using the flat side of the stick to push the ball along the ground to a teammate.

Head stays over the ball

Ball in-line with the back foot

Ball in contact with the stick

Front foot points towards the target



STANCE

Flick the wrists

Guide the ball with the bottom hand



FOLLOW THROUGH

P



Receiving Techniques:

ACROSS THE BODY

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The across the body receive happens when the ball is passed from the left-hand side of the pitch.



Head stays over the ball

Stick moves from front to back foot

Top hand drops to knee height

Wide feet



Shooting Techniques:

DEFLECTIONS

Deflections allows players to redirect the ball towards the goal and increasing the chances of scoring.

Direct the stick with the right hand

Point the right shoulder towards the goal

Tilt the stick to lift the ball into the air

Wide feet and a low stance

