

## **Basic Techniques Sheet**

### **Hitting**

*Technique, accuracy and power.*

Key areas to focus on:

- Box technique, grip, step direction, head over ball, bent knees, backswing and rotating through hips and core, follow through.

Watch out for:

- Head coming up, Windmill swing or limited backswing, Steeping across or towards the ball.

### **Passing & Receiving**

*Accuracy, control, power.*

Key areas to focus on:

- *Pushing* – Grip, bent knees, step/foot direction, slap push, follow through.
- *Receiving* - Grip, bent knees, foot movement, stick movement - grounded and “cushion”, balanced, ball controlled.

Watch out for:

- *Pushing* – Grip - Hands apart, knees bent – low body position, follow through.
- *Receiving* - The stick tracks the ball from the front foot, Stick should be slightly closed, Do not lay the stick flat, Knees bent – low body position & stick on ground.

### **Elimination/Dribbling**

Key areas to focus on:

- Grip, body position, vision, footwork, timing, control, FOREHAND.

Watch out for:

- Hands together at the top of the stick, Ball in the wrong position, Obstruction, Getting trapped on reverse – not coming back onto forehand.

### **Sweeping**

Key areas to focus on:

- Box technique, grip, back swing/stick motion, step/low body position, rotating through hips and core, follow through.

Watch out for:

- Stick is vertical to the turf when making contact with the ball, Keep head down, Back swing initiated with the before stepping, Stick starts on ground and runs smoothing over the ground.

### **Tackling**

Key areas to focus on:

- Grip, body position – left side leads, FOOT WORK, closed stick angle, two hands, timing, follow through.

Watch out for:

- Sweeping or hacking tackles, no foot movement, incorrect body position, committing to early not low enough.