

## Aerial Passes

welcome to third skills page. This page covers the aerial pass. As well as teaching the skill it will give ideas as to when you might be likely to use it.

### Question:

Why do people use the aerial pass?

### Answer:

The aerial pass can be used for two different reasons. One is defensive and the other is offensive. If your team is being pressed very tight by the opposition, then sometimes you might want to throw an aerial to relieve some of the pressure. The other times that it can be used is when a defender has cut off a pass, you can then lift the ball over him and find your team-mate, nine times out of ten this creates very good attacking opportunities.

Here's how to do it:

### STEP 1



1. In order to get the ball in the air, the stick face must get underneath the ball.
2. In order to do this, you must get your body low by bending your knees.
3. This allows you to get your hands low, thus enabling the stick head to get under the ball.
4. Note the feet position.

5. I am leading with the left leg and the stick is out to the side of my body.
6. My hands are in no way restricted by my body or by each other.
7. The left arm is bent and the right arm is almost straight.
8. Notice the lowness of the body and also the stick.
9. Start with the stick a few inches behind the ball as you will be sliding the stick into the back of the ball.
10. The ball should be a few inches out in front of the left foot.
11. The head must stay down at all times throughout the skill.
12. Look at my head position all the way through the pictures. It is always looking straight at the ball.

### **STEP 2**



1. The first movement you make is to slide the stick at a controlled speed to the back of the ball.
2. The right leg starts to drive through to help you gain pace and length.
3. The right hand is more dominant in this movement.
4. You start to get even lower with your body at this point.

### **STEP 3**



1. The next step is to start moving the right hand up in the air.
2. The ball will go where the stick goes.
3. The stick will go where the hands go.
4. So in order to get the ball in the air the hands must now make their move upwards.
5. The hands control everything.
6. I know this is obvious, but most people fail on this skill because they are thinking too much about trying too hard, and the ball, than they are thinking about their hands.
7. If you have problems with the ball going left or right, then generally it means that, that is where your hands are going.

**STEP 4**



1. The follow through is the real key to this skill.
2. It is not just about what you do when the ball is on the stick that helps you to flick well.
3. Your follow through is what will determine the height and direction of the aerial.
4. To get a high and long aerial then you should follow through up high. If you want a lower quicker aerial then you follow through lower.
5. A simple way to do this is to imagine that you have the ball in your hand, and that you are not using the stick to throw the aerial.
6. Imagine the different follow through's and compare for example, a cricketer throwing a ball in from the boundary, to a cricketer throwing a ball at the stumps from close range for a run out.
7. They will both use the same action but they will both have different follow through's, which in turn will bring two completely different results.

**Finally**



1. Finally what it looks like from behind.
2. Notice the lowness of the body. Look how close the right leg gets to the ground, the follow through again is up high.
3. The key thing to notice from this picture is that although the ball has gone (**you can see it top of the picture**) I have still got enough control of my body to maintain my balance and hold my position.
4. This comes as a result of using a good technique to aerial the ball and not raw power or muscle.

**The most common mistakes people make are:**

- 1. Not getting low enough.**
- 2. Not getting the stick UNDER the ball.**
- 3. Trying too hard. It is technique that aerials the ball a long way, not muscle.**
- 4. Head comes up too early.**
- 5. Balls going too low, because the hands/follow through is too low.**
- 6. Balls going left or right, because the hands/follow through are going left or right.**
- 7. Arms are not to the side of the body and the arm movements are being restricted.**
- 8. Just like all the other skills, practice makes perfect. Try the coaching points that are displayed and don't try to hard.**
- 9. Don't expect too much too soon.**
- 10. Patience is a virtue.**