

Reverse Stick Hitting by Calum Giles

Question:

Why do people want to hit the ball on the reverse?

Answer:

Attackers discovered that defenders were always forcing them to their reverse stick side when they had the ball. The reverse stick hit had always been seen as the weaker side of the attacker. It was thought that if attackers could find some way to make the reverse stick more useful, then they could double their chances of scoring in the circle. To overcome this problem the "Low backhand hit" was invented. Players started to use the leading edge of the stick to strike the ball, instead of the face of the stick. Now as a forward, I don't mind if a defender forces me onto my forehand or onto my reverse. I am confident that I can get a decent shot off on either side. I think the percentage of reverse stick goals has risen drastically since the invention of the low back hand hitting technique. Some players are now much stronger with their reverse stick shooting than they are with their forehand shooting.

STEP 1



As I mentioned earlier the name of the technique was the "Low Backhand hit" and it is important to note the LOW part of that, as that is the key to the skill. The way to practice this skill is to start by pulling the ball from right to left across the body.

STEP 1a



Allow the ball to come all the way across the body and to the outside of the left foot.

STEP 2



The ball needs to be a little more than a sticks length away from your left foot. As the ball is doing this you need to bring your right foot across your body and you must start to get into a very low body position. This can be achieved by taking a large step to the side with the right leg. As you are doing this you are in the process of the back swing. This is also low and around the body.

STEP 3



This picture shows the body and hand position at the point of contact (the ball is just out of shot) Notice the lowness of the legs, body, hands and also the stick. Notice the head is low and looking at where the ball was. Lifting the head up too early, (the most common reason for lifting the head up too early is looking to see if you have scored) also lifts the chest and shoulders therefore lifting the hands and stick up. This is why you top the ball when your head comes up too early. You should try to follow through with your hands and stick, to the side of the goal that you are aiming for.

This picture is just to emphasize again the importance of the lowness in every aspect of the technique.

It is not always possible to hit with the right leg leading, so I have added this picture to show you how it looks with the left leg leading the skill. It is more or less identical. Again note the lowness of everything.



The most common mistakes people make when low back hand hitting are:

- 1. Body position is too upright.**
- 2. The ball is too close to the body.**
- 3. The head comes up off the ball too early.**

4. People try to hit the ball too hard. Technique will hit the ball hard, not muscle.
5. People get their body low, but fail to get their hands as low as they should be.
6. They try to hit the ball with the face of the stick, instead of the leading edge.
7. If the ball goes off to the left all the time, then it is probably because you have the ball too far behind your body or you have followed through to the left too much.
8. If the ball goes off to the right all the time, then it is probably because you have the ball too far in front of the body or have followed through to the right too much.

Again practice makes perfect, it's up to you to go out now and practice the low back hand hit. Good luck and I hope that it brings you many more goals.