

## Day 11

### Advanced Skills & Designer Games (Based on Club Playing Style)

#### TEST - Player's Test:

Each player has been asked to prepare a skill set for the practice to show the other players a set of skills which they can use to utilize during a match.

Select 5 players to present their skill sets on Day Eleven.

- ❖ Player 5: \_\_\_\_\_ Subject:  
\_\_\_\_\_
- ❖ Player 6: \_\_\_\_\_ Subject:  
\_\_\_\_\_
- ❖ Player 7: \_\_\_\_\_ Subject:  
\_\_\_\_\_
- ❖ Player 8: \_\_\_\_\_ Subject:  
\_\_\_\_\_
- ❖ Player 9: \_\_\_\_\_ Subject:  
\_\_\_\_\_

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#### 03.01.10 Reverse Stick Hit (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.

**Objective:**

1. To develop the skill of Reverse Stick Shooting.

**Execution of Skill:**

**Step 1**

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;
2. The way to practice this skill is to start by pulling the ball from right to left across the body;
3. Allow the ball to come all the way across the body and to the outside of the left foot.



**Step 2**

1. The ball needs to be a little more than a sticks length away from your left foot;
2. 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;
3. This can be achieved by taking a large step to the side with the right leg;
4. As you are doing this you are in the process of the back swing;
5. This is also low and around the body.



### Step 3

1. 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;
2. Notice the head is low and looking at where the ball was;
3. 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;
4. This is why you top the ball when your head comes up too early;
5. You should try to follow through with your hands and stick, to the side of the goal that you are aiming for;
6. This picture is just to emphasize again the importance of the lowness in every aspect of the technique;
7. 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;
8. It is more or less identical;
9. 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.

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### 03.01.11 Defending the Reverse Stick Hit (**Justin "Jubba" King**)

#### **Objective:**

1. **To Develop the skill of Defending the Reverse Stick Hit**

#### **Execution of Skill:**

1. When the player goes to hit the shot, there is a time when the foot gets planted and the back swing is being taken;
2. This gives the defender a chance to make a tackle;
3. By placing the stick in the right hand and jabbing the ball away the attacker will then miss the ball;
4. The most important thing is to get as close to and behind the attacker as possible, as this will save you from being hit;
5. The closer you get the less chance you have of being hit;
6. Remember often the player taking the shot is off balance and if you get in close the possibility of the player losing his / her balance even more is likely.
7. Another issue to consider is the attackers are normally allowed to take this shot with no pressure and normally take a long time to set themselves up to take the shot - if you are making the tackle when they least expect it, it would be to your advantage.
8. A point to ponder **"Have you ever seen a striker hit themselves on the back or head whilst shooting at goal?"** In other words get closer.

Another idea is to force the attacker onto the reverse stick and as they are about to have a shot a defender from the opposite side makes a sweep tackle on the reverse stick to clear the ball. This takes good timing from both players and also good communication. This is what we would call a **"Double Defence"**, with two players involved in defending the shot; this also should be practiced if you are to do it successfully. Double Defence has been coached in 03.01.04 Double Defence leading to 2-on-1 Attack.

**Remember - Hockey is a numbers game, if you can have more attackers or**

**defenders in an area then you should have the upper hand.** That is what we are trying to create here. There is also a saying that goes "**Attack in large areas and defend in small areas**". If I was in a position where I knew that I had another defender helping me I would be a lot more confident than if I was a straight one versus one.

Tackling has developed over the past year or two, but more emphasis has been put on slowing down the attack and forcing the ball carrier or ball into a position on the field where the defending side is then comfortable to make a play at winning the ball. Far too often defenders and midfielders try and win the ball too early and are easily eliminated with either a pass or by the dribble. We must realize that with no off-sides it makes the field very large and more difficult to defend. This means that there is more running involved and is essential that we are fitter to help compete better.

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### 03.01.12 The "**Baseball**" Hit (**Calum Giles**)

#### **Objective:**

1. To develop the skill of the "**Baseball**" Hit.

#### **Execution of Skill:**

##### **Stage 1 - Step1**

1. **Kneel on the right knee, with the left leg forward. Keep the body upright. (You will only need to do this for stage 1. It is to help you adapt to getting low.);**
2. **Have both hands touching at the top of the stick;**
3. **Put the ball as far from the body as possible and level with the left foot;**
4. **Arms and hands should not be obstructed by the body or legs;**



## Step 2 - Back Swing

1. Take the stick back around the body, keeping the stick and the hands as low as possible;
2. Your eyes should be looking at the part of the ball that the stick is going to hit;
3. Don't rush the back swing.



## Step 3 - The Hit

1. Hit through the ball with a low and controlled swing. You should end up in this position;
2. To achieve the accuracy, as with all skills it is simply a matter of following through to the target with hands and stick;
3. Keep the head down until after the ball has gone;
4. Don't try to hit the ball too hard. Power will come from a good technique, not from raw muscle power;
5. You should easily be able to keep your balance. If you are unstable or fall over you are swinging too quickly;
6. If you top the ball or miss the ball completely, this is probably because you have lifted your head;
7. I think everybody knows that they should keep their head down, but I am not sure that everybody understands why:-
8. Lifting the head also lifts the shoulders and arms;
9. This in turn lifts the hands and ultimately lifts the stick, therefore producing the topped or air shot.
10. If you find that you lift the ball, it is probably because you are swinging up and down instead of around the body;

Swinging up and down means that you are very likely to lift the ball; The reasons for this are that if you swing down on the ball, you are very likely to either squeeze the ball in the air or undercut the ball; If you are lifting the ball get somebody to check your swing and make sure that are swinging around your body and not up and down.



## Stage 2 - Step 4



## Step 5 -Back swing

1. Start in the kneeling position as in stage 1;
2. Keeping the right foot in exactly the same spot, stand up and away from the ball. (**This is when people will see for the first time how far they actually need to be from the ball - diagram 1**);
3. To hit the ball take a large step towards the ball and bend knees in order to reach the ball;
4. As you are doing this you should be taking your low around the body baseball swing.



### **Step 6 - The Hit**

- 1. After you have taken your large step forward and planted your left leg, you should start your down swing into the back of the ball. Keeping the hands and stick as low as possible;**
- 2. Hit through the back of the ball;**
- 3. Remember to keep the head down;**
- 4. Don't try to hit the ball too hard.**



### **Step 7 -The Follow Through**

- 1. Remember also that you should be able to hold the finishing position without falling over or losing your balance;**
- 2. In order to get the accuracy that you need just simply follow your stick through to the target. Other influences that can effect the accuracy, are having the ball too far in out front of the body, or too far behind your body**



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### **Drill - Double Defence**

1. A good drill to practice this is to first of all practice going through the technique in 3s.
2. A more advanced drill would be to have two tackle boxes set up next to each other.
3. There would be one defender in each box and a spare defender who can help defend in either box.
4. The attacking players can then attack through the tackle boxes in a one versus one and try to score a goal at the end of the box.
5. The third and covering defender has to make up their mind as to which defender they are going to help at any one time.
6. This goes a long way to helping out communication and the ability of the initial defender to slow the play down and then receive help from the third defender.
7. It also helps the attacker identify when to eliminate with speed and put the one defender who is isolated under pressure.