

# Intermediate Skills & Drills

# Skills

## Trapping:

At this stage players should be able to make a forehand trap easily and should be able to progress to trapping on the forehand whilst on the move.

## Flat Stick Reverse

This trap will provide you with extra control for harder hits. You can also use it for deflections around the field or into goals by angling your stick (toe or hook edge) towards the intended destination. To receive a ball that is being passed from somewhere in front of you, and towards your left:

1. Place your hands in the reverse stick grip.
2. Get low to the ground.
3. Lay the stick flat, with the toe touching the ground on the left side of your body – your right arm will cross over your left.
4. Angle the shaft forward to control the ball.
5. Receive the ball on the flat side of the shaft.
6. Pull the stick to the right to transfer the ball to the strong stick.
7. Control the ball with your strong stick and dribble forward..



*Remember, don't be lazy – only use the reverse stick if the ball is coming in too quickly to receive it with your strong side.*

## Reverse on the move

If the ball is approaching the right side of your body and coming up from behind, use the reverse stick to gather it in and continue forward up the field. Using the reverse stick helps you continue the forward momentum of the ball and yourself. It also reduces the time needed to restart the ball.

1. With your back to the ball, turn your head to the right to assess the ball's direction.
2. Turn your stick to use the reverse stick, and place your stick in the ball's path.
3. Keep your back to the ball, but turn your torso and arms towards it.
4. Let the ball run past your body.
5. Receive the ball on the right side of your body, slightly in front of your right foot.
6. Control the ball by slightly angling the shaft of your stick towards the ball's incoming direction.
7. Quickly switch to the strong stick by turning your stick *behind* the ball.



## Bobbly Ball

Often someone will pass a ball and it will be a bit bouncy. the best way to trap these ball is like a cricket block. Have your legs behind your stick so that if you miss it with your stick it will hit your shinpads, if umpire calls it as a foot that's fine you most probably have stopped the opposition's momentum and allowed time for your players to get back on defence.

1. Have your hands in the same position as if you were pushing the ball.
2. Assess the direction of the ball

3. As it comes to you hold your stick up right, in front of your feet (which are together with a slight bend in the knee).
4. Make sure you have soft hands and be aware that the ball may bounce off your stick.
5. Get control of the ball and play on.



This trap is mostly used by the halves or backs when trapping big balls that have been hit up the field by the opposition or during back and around as some players have given a bobbly pass.

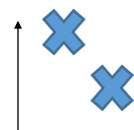
## Tackling:

### Footwork

It is very important with defending to be very light on your feet. You need to pick the time to tackle rather than diving in too early and being beaten. The backwards shuffle movement is perfect for a situation where the ball carrier is coming towards you. By doing this shuffle it gives you time to get into the right position to make a successful tackle.

The shuffle movement is:

1. Body weight is on the balls of your feet
2. Have feet one in front of the other (open stance) like so:



3. Make a couple of backwards steps with each foot then alternate the back foot in a swivel like motion
4. Keep your eye on the ball and choose the right time to commit

## Flat Stick Tackle

### Forehand:

The two-handed, straight-on tackle is used to trap the ball and stop your opponent mid-stride. It is an immobile tackle, meaning you stop *completely* – just stay light on your feet in order to get back on defence if your opponent beats you. It should be completed at the very last second and is used to stop a player on the run. Use this tackle when the ball (and opponent) is within a stick's distance.

To complete a this tackle:

- 1.Position yourself to face the attacker in an open stance.
- 2.As you approach your opponent, slow down your steps so that once you are a stick's distance away, you can easily manoeuvre your feet into an open stance in front of the opponent. Bend your knees, and place your weight on the balls of your feet.
- 3.Keep your hands in the basic grip on the stick, held firmly with both hands. Do not put your stick down flat too early.
- 4.Attack the ball at the last second. Have the flat side of the stick face the ball, and angle the shaft of the stick forward.
- 5.Trap the ball on the shaft of your stick.
- 6.The opponent should keep running and leave the ball on your stick.
- 7.If that doesn't happen you may come into a strength fight with your opponent, that is why it is important to have one foot in front of the other so you can push through the tackle using the strength from your legs.



*Tip: Don't hack- you will get pulled up for this. (A hack is when you hit the stick rather than the ball, umpires will also pull you up for a hack if you go into a tackle with a swinging stick).*

## Reverse:

Reverse tackling should be your last option as it is your weak side and your body can be in the way and cause obstruction if done incorrectly.

1. Place both hands in the double “V” grip at the top of the stick, holding the reverse stick. Extend the arms further apart if you need a farther reach.
2. As you approach your target, break down your steps from a run to a shuffle step. Stay on the balls of your feet and bend your knees to maintain a low centre of balance. Face your opponent at an angle and keep your back to the goal at all times.
3. Make the tackle at the last possible moment (when you are a little less than a stick's distance away from your opponent). Lay the stick flat with its toe on the ground, the flat side facing the ball, and the shaft angled forward for support. Trap the ball on the shaft of the stick.
4. When you dive in to make the tackle, tuck your head behind your opponent's body for protection.
5. Pull the ball to your strong stick. Dribble and scan for passes.



Timing is crucial for these tackles. If you try to make a straight-on tackle too early, the offence will easily be able to beat you. The best time to make a straight-on tackle is at the last possible moment, right before the offence can make a move. So, make sure to draw the defender into a position where you can tackle the ball. If you miss the tackle, hustle back to support your defence!

### Cover Defence

This means always having someone as a backup. If you get beaten in a tackle don't 'give up' get back behind your next defending team mate and be ready to help out if they get beaten.

### Channeling

In a game, you can't just tackle a player — you need a plan of action, like channeling. Channeling is commonly used by defenders to guide attackers away from their defensive goal. It is done by putting yourself between your opposition and the goal, while using your stick and body positioning to guide the opposition away from the goal and toward the outside of the field.

To channel an opponent:

1. Keep about a stick's distance between yourself and the attacker.
2. Using the basic grip on the stick, keep the bottom of the stick low to the ground (be prepared to intercept any passes).
3. Watch the ball, not your opponent's stick. Always stay goal-side (between the player and the goal) and ball-side (between the ball and the goal) to your opponent. Basically, keep the opponent between you and the sideline.

4. Defend on an angle and do not allow your opponent to cut to the inside of the field. That is, keep your body angled (stomach facing towards your opponent) to block her from cutting towards the centre.
5. Your main goal is to channel the player away from the goal – cutting off her passing options – and to capture the ball.



(Blacks person attacking, White is defending and channelling)

Besides losing the ball from your tackle, your presence and channeling tactic can cause the other team to give the ball up by forcing them to:

- Pass the ball over the sideline or base line, resulting in a free hit for your team.
- Pass the ball inaccurately to a teammate, allowing an easy interception.
- Stumble and lose control of the ball while dribbling.
- Commit a foul when receiving or dribbling the ball.

## Jab Tackle

A jab keeps your opponent focused on the ball so they can't scan for passing options. Jabs also provoke your opponents into making mistakes. When you are channeling, make sure that you are continuously making quick jabs at the ball. To complete this tackle:

1. Hold the stick in your left hand, positioned at the top of the grip.
2. Stay light on your feet for quick manoeuvrability.
3. Watch the ball, not the opponent.



4. Thrust your stick forward towards the ball, use your right hand for support on the stick before following through into the jab with your left hand holding the top of the stick.
5. Hit the ball with the toe edge of the stick. The stick should be angled so that the flat side is facing up towards the sky.
6. If you can knock the ball free from your opponent, use the hook of your stick to grab the ball and dribble in a new direction.



Here are some tips when making a jab:

- **Keep both hands on the stick when you are channeling:** As soon as the ball comes off your opponent's stick (even slightly), hold the stick with your left hand and jab.
- **The jab should be fast:** Face your opponent, and extend your arm and stick towards the ball. Pull back quickly to maintain your channeling position.
- **Get low:** How low you get depends on your relation to the ball; the further away you are, the lower you will need to get to extend your arm. Have your feet in front of the other at all times (don't get caught flat footed) and shuffle backwards rather than run backwards.
- **Be bold:** Always stay confident in your jabs.
- **Fake jab:** Remember that you don't always have to go for the ball you can do some 'fake jabs' in front of the ball to put the dribbler off.

## Do Not 'Dive In'

In tackling, you should give a certain level of commitment to the move. However, there is a fine line between commitment and diving in. Diving in is when you run up to the player and commit to a tackle too soon which can mean an easy dodge by the opponent.

Channeling and applying pressure are the best types of defence. Your presence is good enough to distract your opponent, and you can create enough pressure that they make a mistake when trying to avoid you.

The best piece of advice is to stay in position and light on your feet for every tackle, don't get caught flat footed (by this I mean your feet planted side by side) as it makes it hard to move once beaten. Also be patient, channeling is a great skill for this as it allows you to take your time and pick the right time to make the tackle. By being ready for unpredictable changes, you will be more successful in your tackles and defensive techniques. If your first jab is not successful, do not give up. By giving up, you essentially give your opponent free range of the field. Stay strong and continue to defend until you get help from a teammate.

## Marking:

There are many different ways to mark a player. It depends on how your team is structured, where the ball is on the field and also what the coach wants the team to do. A lot of the time it depends who you are playing and how they are structured to how you want to shut them down.

### Man on Man

This is probably the first type of defensive marking that we are taught when we are younger.

This is where you have an oppositional player that you kind of 'pair up with' (normally the opposite position to you) and on defence you find them and stay on them like glue. There used to be a thing called 'goal side marking' but that's a thing of the past, now we mark in front.

When the coach says tight marking that means that you are so close that you are pretty much holding onto their shirt, not letting them get an inch away. Normally you would do this in the circle because giving them one inch could mean a goal. Also

make sure that you have your stick on the ground so that you are ready if the ball comes your way.



It is a good habit to get into by tight marking and following your player. These are the positions that would mark the opposition's positions in a 'normal' set up.

Key: **Red**= your team **Blue**= opposition

**Strikers:** Fall backs

**Inners:** Opposite inner

**Centre Half:** Centre Half

**Right Half:** Left Striker

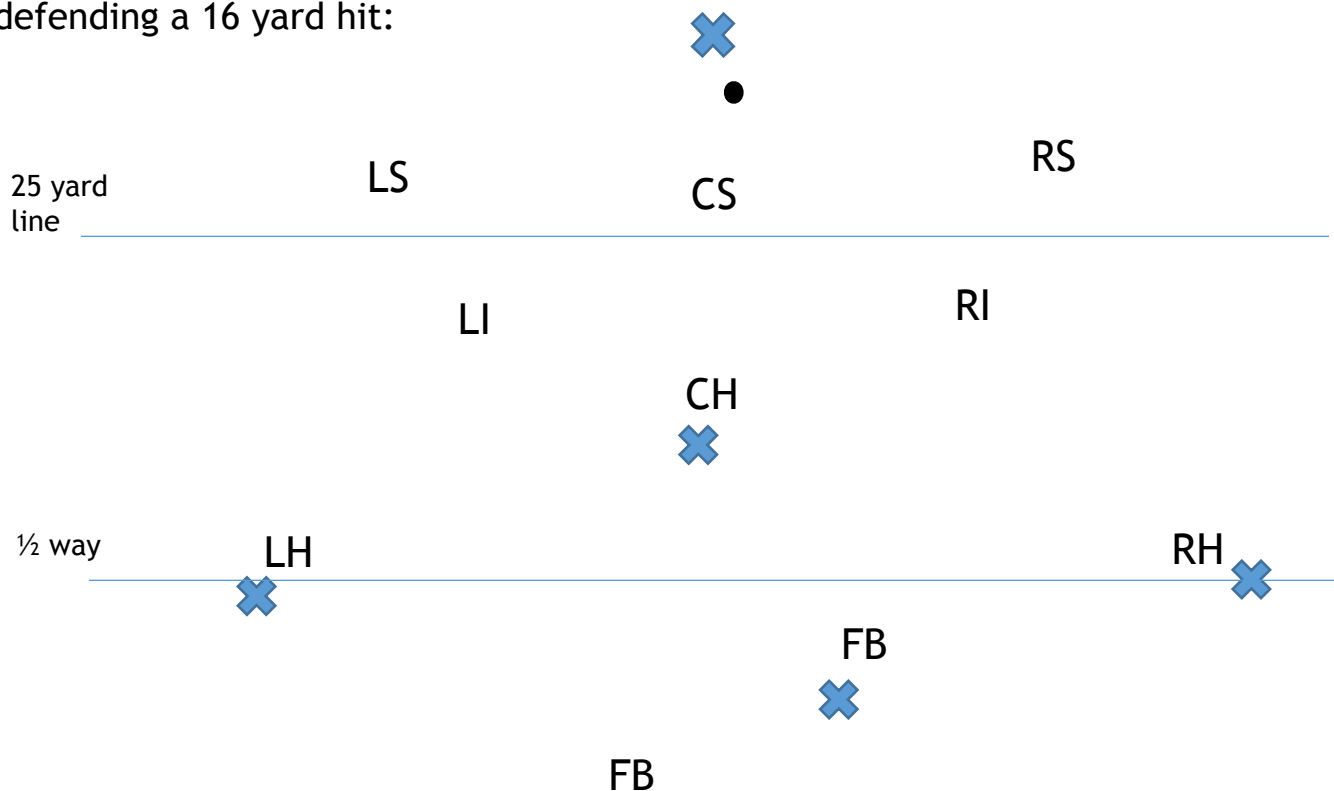
**Left Half:** Right Striker

**Fall Backs:** Centre forward (one fall back should be free)

Some teams have a hand off system. For example if the left striker (who would be marked by your right half) and the right striker (who would be marked by your left half) switch sides then your two halves will communicate and pick up each other's player. But if the left striker runs to your left side of the field and the other striker does not move then the right half will have to follow their man and be on the same side as the left half. Reset back to normal positions when back on attack.

## Screens

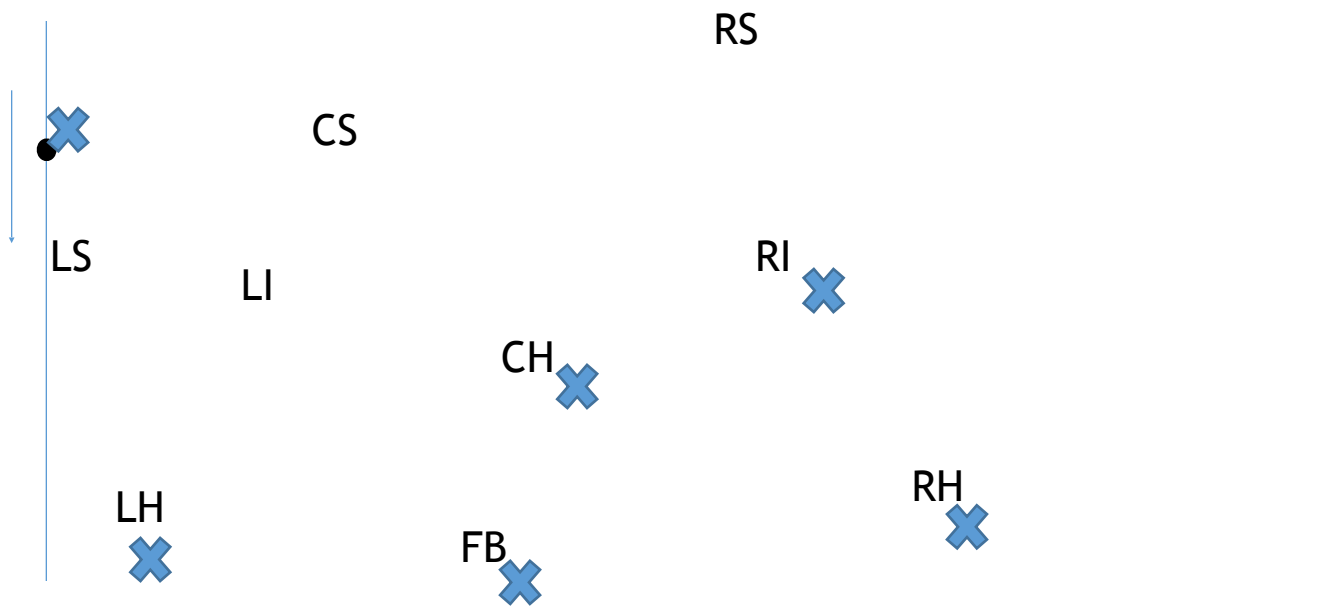
A screen is an offensive formation to encourage the opposition to play the ball in a certain area and/or prevent the ball being passed in a particular area. There are many different screens you can use but at this level the best screen to use is just the standard one for the standard line up! It is mostly used for defending free hits in your attacking 25 and also for defending side line free hits. General screen for defending a 16 yard hit:



(Remember that this is just a guide, obviously not all 16 yard hits are taken from the middle).

The halves and one full back should pick up the strikers and the centre half should be keeping an eye on their centre half. The centre striker should only be 5 meters from the player taking the free hit, because of the auto pass. If the player taking the hit takes an auto pass the centre striker can then go up and put pressure on them and hopefully win the ball back.

## Side line free hit screen:



Again this is just a general screen it needs to be adjusted depending on the opposition and also depends on where on the field it is!

Again halves and one full back are man on man marking the strikers. The other full back is holding the back. Centre half on centre half, opposite inside is on their inside. One striker needs to hold the line (only 5 meters away incase an auto is taken then they can attack the ball carrier), one holding the square ball line a bit further than 5 meters away, the opposite side striker is holding some height so that they have to think twice about going back and to put pressure on the backs. The inside is holding between the two strikers for the through ball.

*Tip: Don't get caught ball watching, be aware where your player is as you could be busy watching the ball and your player could have ran to the opposite side of the field.*

## Dribbling:

### Jink

A jink also known as a 'pop' or a 3D skill is where you pop the ball over the defenders stick and carry on dribbling.

To complete:

1. Place your hands in the basic grip on the stick.
2. Dribble the ball forward. When you get about one foot away from your opponent's stick, start your lift.
3. Get low by bending your knees (the lower you are, the easier the lift).
4. Slightly angle your stick so the flat side is facing the sky.
5. Get your stick under the ball: If you are on turf, pull the ball slightly to a side and while controlling it, get your stick under the ball.
6. Lift the ball by flicking your right hand up towards the sky.
7. Make sure that your lift is less than a foot above the ground, but high enough for the ball to get over your opponent's stick.

Make sure you don't throw the ball too far in front because you want to be able to gain control after the jink and carry on dribbling.



The jink off the reverse is a lot easier than the forehand but you need to learn both. The best way to learn this is practicing popping the ball over some cones then once you have mastered that try doing it on the run, dribbling up to the cones and jinking over then continue to dribble afterwards.

### Rolling out

This is very useful when you have no one to pass to in front of you but your backs or halves are open. You could also use it when you get trapped with defenders all

around you. It is pretty much what it is called. Roll the ball on your forehand around your body to face back and look for the back pass to your team mates behind you.



## Leading:

This is where you run into space to receive the ball. Attackers, especially strikers, do this a lot! Don't be put off if you don't get the ball, most of the time when you lead you take a defender with you which often opens up big spaces for someone else to lead into. You also lead to get away from your defender and often switching between players is done to confuse the defenders, eg Left striker and right striker switching sides. Strikers need to get used to switching as they get older and in higher grades they aren't cases as left, right and centre strikers they are just a group of strikers that move according to where the ball is on the field to make space etc.

## Posting Up

This is a great way to receive the ball as you are attacking and moving to it rather than waiting for it to come to you. A good time to do it is when you have a defender marking you because their reaction to what your doing will be slower allowing you a head start to get to the ball.



So your player in blue with the ball passes it, you run towards the ball to receive and the green defender is a couple of steps behind. If the defender is right on you, you can pass the ball back to the player you got it from and re-lead to try and receive it again.

Tip: Don't just lead in straight lines, run in arches and on different angles. The aim of a lead is to create space or get away from your marker.

## Ways to shoot:

Yes you can use any of the normal passing techniques to shoot at the goal (hit, push, slap, sweep etc.) but there are some other way that you can shoot in the circle.

### Lifting the ball

There are a few ways to life the ball you can do it with a hit or a sweep you just need to adjust the angle of your stick.

A lifted hit or sweep is great when you have a clear shot at goal and plenty of time to do so.

You can also flick the ball, this is good to use when you are closer to the goal as you often don't get as much speed and power in these shots. Flicking the ball is very similar to a push as your hands are in the same position and you go through the same movement except angle your stick more so that the flat side is facing the sky and get under the ball and push up and through with arms.

*Remember that raising the ball on the field is dangerous but it is acceptable as a shot at goal.*

### Short handled hit

This hit is very affective when having a shot at goal because you usually don't have a lot of time to take the shot as there will be a defender on you.

- 1.The grip on your stick is hands together like a hit but they are both at about the middle of your grip.



2. You won't have as much reach in this grip so the ball will have to be a bit closer to you to make the shot
3. Swing and step (the same as a hit).



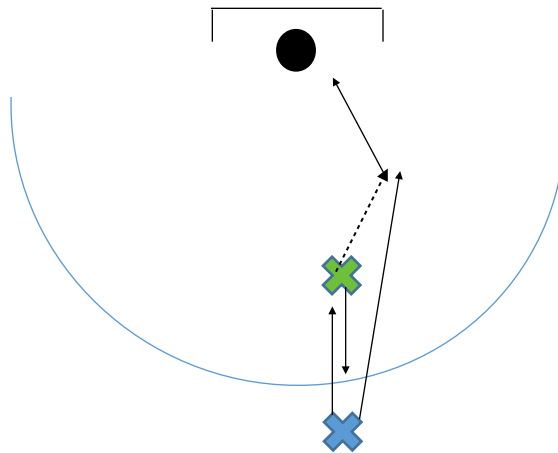
# Drills

## Receiving:

Receiving the ball on the move is very important and there are different ways to do it. On the move forehand and reverse, posting up, and also receiving to help open your body up so that you have better vision of the field.

You can make drills attacking specific or defending specific.

Example of attacking specific receiving:



Blue player started with the ball and passes to the green player who passes it back then leads into the circle to receive it back and shoot. have green player doing both ways so if the lead right they receive on their reverse and shoot on forehand. If they lead to the left they receive on their forehand then shot on their reverse.

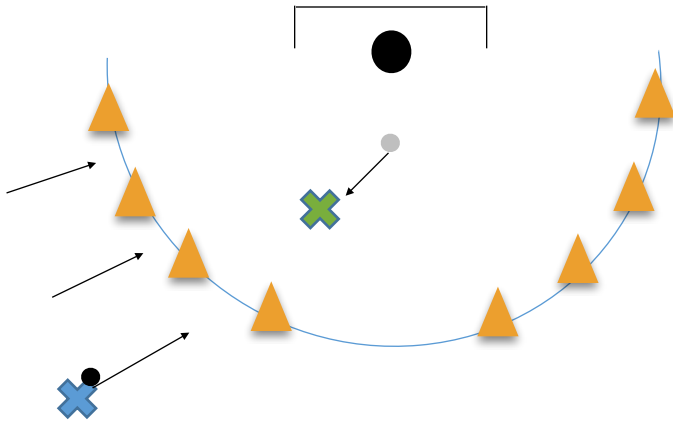
Another way to do this drill is a post up lead and have some cones placed behind the player on the top so that they have to roll around them to get into the circle.

## Defending specific:

This is good for things like back and arounds, let the ball roll across your body so you open your body to the field and don't close yourself off. The best way to learn this as a defender is repetition of passing through your back and arounds and trying different receives and repeating over and over so it becomes habit.

## Defensive tackling:

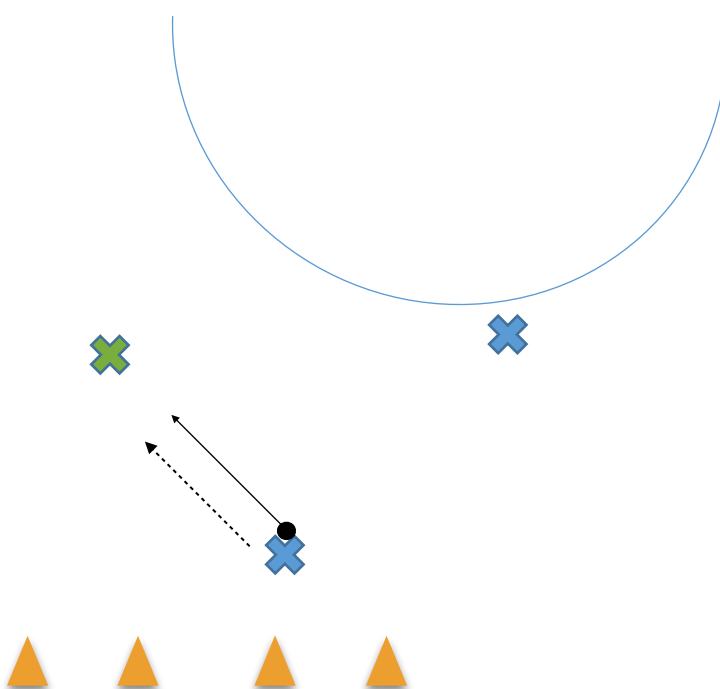
It's important for the defensive players to practise a lot of tackling, to get in a good habit of being light on their feet and proper tackling techniques.



The cones show 3 channels on each side of the circle (shown by arrows). defender in green starts on the spot and when attacker (blue) goes the defender can go. The defender's aim is to try and make the tackle outside of the circle. They also have to remember not to 'dive in'. Defender returns back to spot for next player to come through next channel. Go through every channel then swap defenders allowing them to rest between sets.

## Strikers Defensive Exercise:

Attackers have a defensive role as well and it is often forgotten about so it's good to practise this as well! This drill's aim is to get attackers dispossessing the defenders in their own 25.

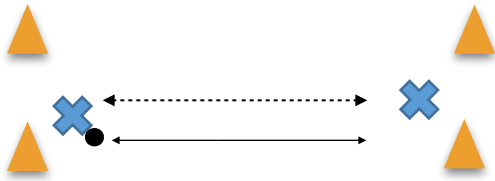


Striker with the ball passes to the defender then follows to get the ball back. Defender has to try and get the ball through either of the two goals (orange cones). If the striker gets the ball they try and pass to their other striker and work for a goal. To make it more difficult you could add one more defender and one more attacker in. Also do both sides as they are quite different.

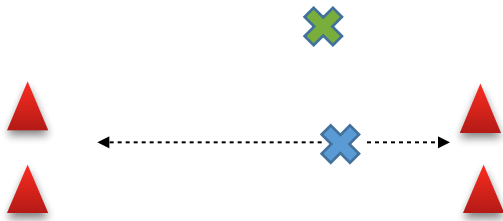
## Side/Front Marking:

Front marking may be used to prevent the opposition receiving the ball, its especially good for blocking long passes, for example from a back of half to a striker!

Side marking is used to protect an area of a field or to dictate where the ball can go.

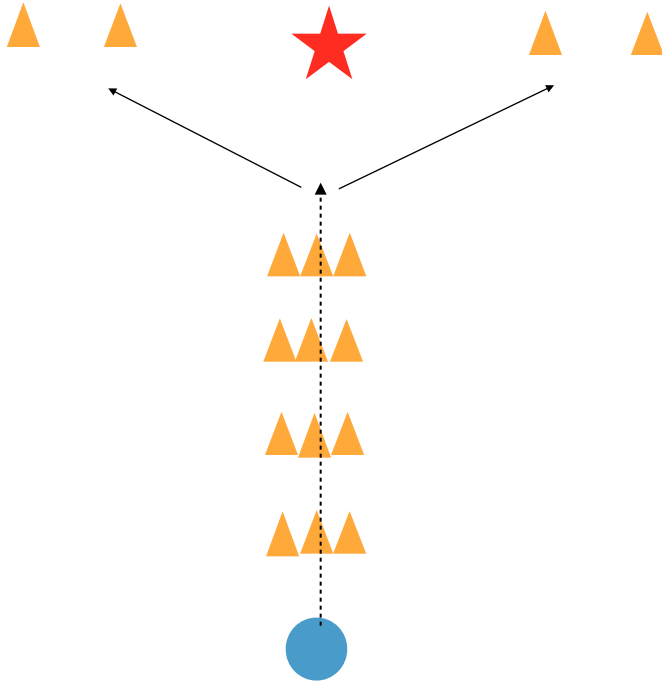


Attackers (blue) in the orange zone (between orange cones) can move anywhere in that zone and pass between each other. Their goal is to get the ball to their attacker in the red zone, who can also move anywhere in the red zone. Defender (green) is to mark the attacker on the red zone without going in the zone.



## 3D Skills

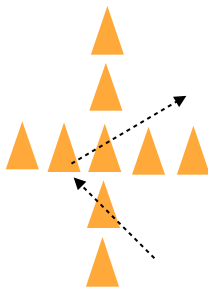
3D skills are great but players need to make sure that they don't have their head down as they need to still be able to maintain vision of the field.



Player jinks over cones that are like a ladder, then when they get to the end the coach (red star) points in a direction of the gate they have to go through.

Could have this drill set up at the top of the circle so they enter the circle through a gate to shoot.

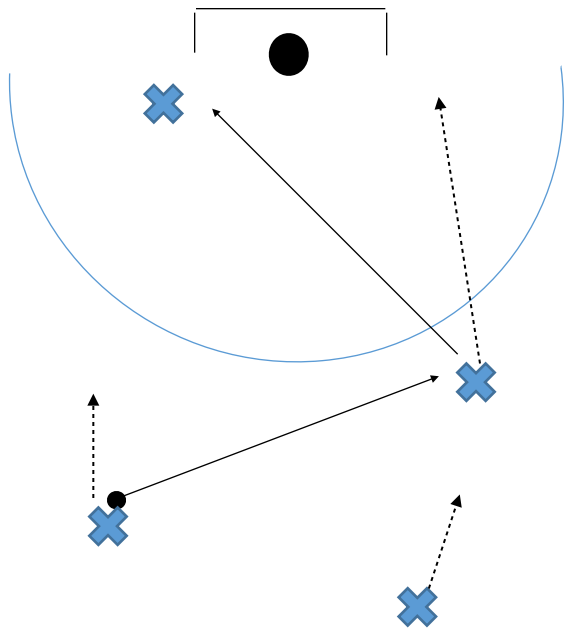
The next step is to do a double jink or a drag in the air:



Player comes up to the cones and makes their way through in any way using their imagination but the focus is doing a jink with a change in direction.

## Deflections:

Deflections are the most effective way to score a goal as they are very hard for a goalie to predict and stop. This drill is fairly easy but requires players to give accurate flat balls as well as the players deflecting being able to get their stick in their and not be afraid!



- where the ball travels
- where the player runs

Player waiting for the deflection needs to be running in not just standing waiting for it and they need to be ready to move as the ball most likely won't come right to their stick. The ball going in needs to be hard and flat.

Depending on the age group and level you could do one side at a time or alternate sides like in the drill shown.

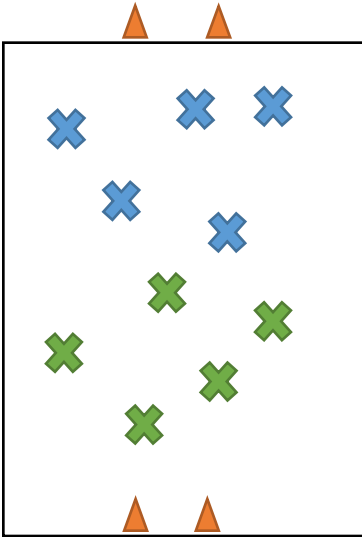
## Shooting:

There are heaps of different drills for shooting at goal and you can alter them and change them how you like. There is the L which most teams do for warmups before games, you can add and change the drill to anything your imagination brings, all depending on the skills your wanting to practise. Sometimes making it into a fun competition getting players to aim at a certain point on the goal or a challenge between players and goalie, saves vs goals in.

# Small Games

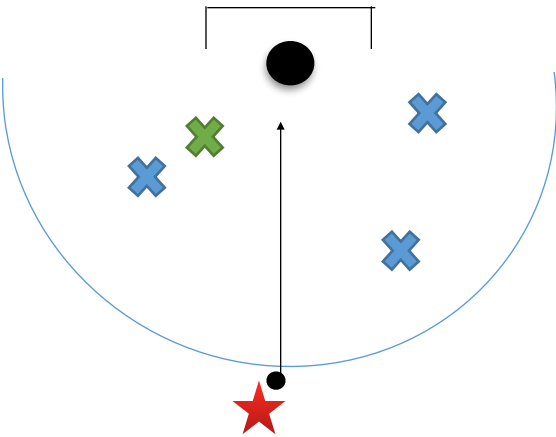
## Position Game

Awesome game played at all levels and you can adjust the rules to suit! Eg. No tackling, pushing only, 5 passes before a goal can be scored etc.



Set up a playing area depending on what goal you're trying to achieve (small area to cram it up or larger to spread out). Make the rules clear and play. Stop play from time to time to ask questions (what's going well, what isn't etc). This is good for a warmup drill to get the players moving off the ball.

## 3v1 Goal Scoring



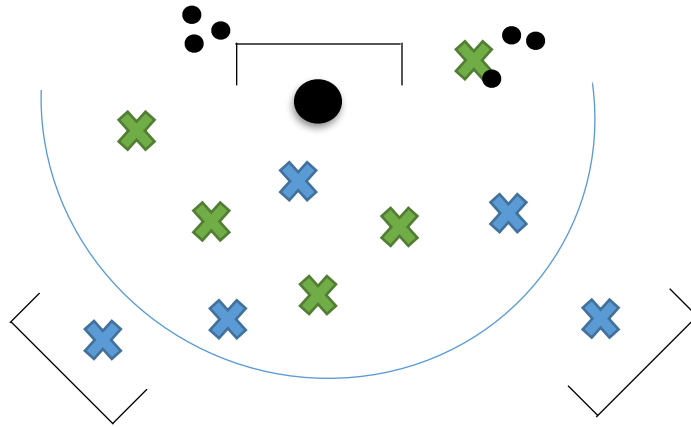
Coach (star) starts with the ball and hits it straight to the goalie to save. Attackers are to collect the rebound and shoot. Defender is to try and clear the ball out of the circle. The play goes until ball exits circle or a goal is scored.

Can cram the circle and put more players in.

Get attackers to be hungry and ruthless, and low. The key is to be low in body position!

### 3 Goal Game:

This game is great for attackers to create space in the circle and for defenders to work hard to get the ball back.



If you have more than one goalie you can have them in the goals!

In this diagram it is 5v5 but can make it what ever you like depending on the number of players you have.

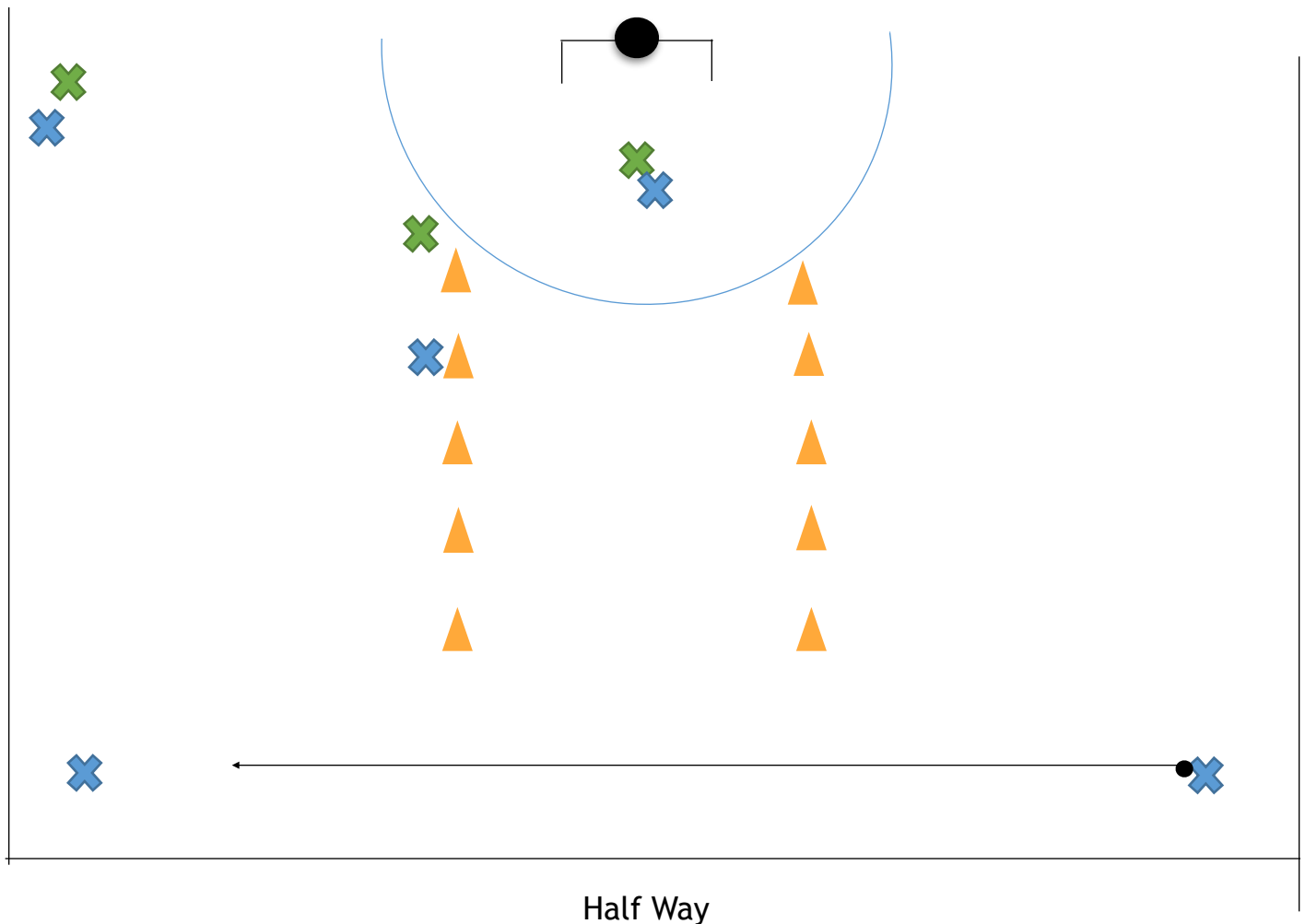
In diagram green starts with ball and they can score in any of the 3 goals. Blue who is on defence have to try and stop all goals. If they get a turn over they then become the attacking team and can immediately attack any goal (except the one the other team were just trying to score in).

The next ball starts when a goal is scored or the ball goes out. The next ball would be started by the blue team.



## Attacking up side lines:

When moving forward its better to stay out of the middle (only using it for pivoting to the other side) as that is usually where most turnovers are made.



The ball starts in the diagram with the RH who passes a big square pass to the LH once the LH receives the ball everyone can move off their starting points and it becomes a 4v3 (with the LH joining in). Staying on the left side of the cones.

This drill is also good for attackers practising driving the base line!

Once the left side is over the LH sprints back grabs a ball and passes to the RH and the same thing is done up the right side. Have spare attackers and defenders: So there are different attackers on the right side and the striker in the circle rotates in and out with another. The defenders should have at least one spare so they get a rotation going and have a go at each position and a rest period.