

## 6. Goal Scoring Skills

### 6.1 The Push



#### Grip:

- Space between hands is two adult fists
- Grip the stick with both the left hand and right hand
- Double V-grip

#### Body Position:

- At the starting position the feet will be together. The weight will mainly rest on the right (back) foot
- The imaginary line from the back to the front foot (also shoulders) will determine the direction of the pass

#### Ball Position:

- The ball lies between both feet with the ball closer to the left foot

#### Action:

- Give a step with the left foot towards the direction of play. With this step you will transfer your body weight
- The push is a push motion with the left- and right hand
- Keep the ball on the stick for as long as possible
- After you have played the ball the hook of the stick will point up

## 6.2 The Bunt



1.



2.



3.



4.



5.



6.

### Grip:

- Space between hands is two adult fists
- Grip the stick with both the left hand and right hand
- Double V-grip

### Body Position:

- At the starting position the feet will be together. The weight will mainly rest on the right (back) foot
- The imaginary line from the back to the front foot (also shoulders) will determine the direction of the pass

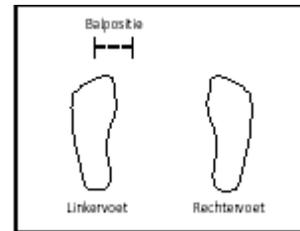
### Ball Position:

- The ball lies next to the middle of the left front foot

### Action:

- Give a step with the left foot towards the direction of play. With this step you will transfer your body weight
- Before the connecting of the ball the stick will glide over the ground

## 6.3 The Hit



### Grip:

- Both hands are placed together at the top of the stick
- Grip the stick with both the left hand and right hand
- Double V-grip

### Body Position:

- At the starting position the feet will be together. The weight will mainly rest on the right (back) foot
- The imaginary line from the back to the front foot (also shoulders) will determine the direction of the hit

### Ball Position:

- The ball lies in line with the left (front) foot (see drawing)

### Action:

- The hit is one movement, where the back and forward swing forms a half circle shape
- The moment that the stick touches the ball, the stick face is pointing towards the direction of play
- The hook of the stick tips upwards at the start of the downward swing and the end of the upward swing
- The left knee is bent on ball contact

## 6.4 The Short Grip Hit



1.



2.



3.



4.



5.



6.



7.

### Grip:

- Both hands are placed together at the middle of the grip of the stick
- Grip the stick with both the left hand and right hand
- Double V-grip

### Body Position:

- At the starting position the feet will be together. The weight will mainly rest on the right (back) foot
- The imaginary line from the back to the front foot (also shoulders) will determine the direction of the hit
- The movement before the hit is smaller than the normal hit

### Ball Position:

- It lies in line with the left foot

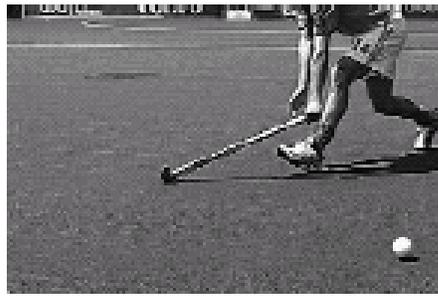
### Action:

- The hit is one movement, where the back- and forward swing forms a half circle shape
- To make the short grip hit more powerful, start the action with the lift of the right elbow (photo 2)
- The moment that the stick touches the ball, the stick face is pointing towards the direction of play

## 6.5 Deflections (Front Stick)



1.



2.



3.



4.

### Grip:

- The stick is held at the top in the left hand

### Body Position:

- The stick is placed flat on the ground just before ball contact (photo3); this provides a bigger surface area to make contact
- The stick is directed towards the far goal post
- Left foot will be in front

### Action:

- The player's movement must be in the line of the ball so that he is in the right line to deflect the ball in
- The flight of the deflected ball depends on the angle of the stick face. (open = high, closed = low deflection)
- The front stick deflection can also be done with an upright stick, but this makes the contact point smaller. (more difficult technique)

## 6.6 Deflections (Reverse Stick)



1.



2.



3.



4.



5.

### Grip:

- The stick is held at the top in the left hand, but is turned so that the hook of the stick is pointing towards the ground (photo 4)

### Body Position:

- The stick is placed flat on the ground just prior to ball contact (photo 3), this provides a bigger surface area to make contact
- The stick is directed towards the far post
- Left foot is in front

### Action:

- The player's movement must be in the line of the ball so that he is in the right line to deflect the ball in
- The flight of the ball depends on the angle of the stick face. (open = high, closed = low deflection)
- The reverse stick deflection can also be done with an upright stick, but this makes the contact point smaller. (more difficult technique)