

PART BASIC SKILLS

1. Moving with the Ball

1.1 Dribbling with Vision, two hands (Front stick)



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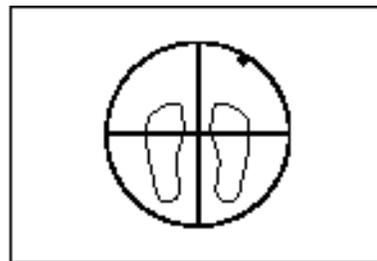


3.



4.

Double V- Grip



Grip:

- Space between both hands is two adult fists
- Left hand at the top of the stick, firm grip and right hand is relaxed two fists below
- Double V-grip (see photo)

Body Position:

- Left elbow is away from the body
- Straight back, knees slightly bent

Ball Position:

- Ball will be just to the right and in front of your right foot (strong zone)

Action:

- Ball and stick have solid contact (ball stays on stick)
- Stick face open, behind the ball

1.2 Change of Pace and Direction

1.2.1 Slalom (Front Stick – Front Stick)



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Grip:

- Space between hands is two adult fists
- Left hand at the top of the stick, firm grip and right hand is relaxed two fists below
- Double V-grip

Body Position:

- To move to the left you have to first place your left hand under the right elbow, as a result the stick face will turn to the left
- To move to the right you have to first turn the left elbow acutely to the outside, this will make the stick face turn to the right (front stick)

Ball Position:

- Prior to moving the ball to the right your body has to change direction, during the change of direction, the ball will be just behind the right foot (photo 5)

Action:

- Ball and stick have solid contact

1.2.2 Slalom (Front Stick – Backhand)



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Grip:

- Space between hands is two adult fists
- Left hand at the top of the stick, firm grip and right hand is relaxed two fists below
- Double V-grip

Body Position:

- To move to the left you have to first place your left hand under the right elbow, as a result the stick face will turn to the left
- To move to the right you have to turn the stick with the left hand to the reverse stick position

Ball Position:

- Prior to moving the ball to the right you will find the ball in front of the right foot, use the backhand to pull the ball to the right hand side (photo 4)

1.3 Indian Dribbling



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Grip:

- Space between both hands is two adult fists
- Left hand at the top of the stick, firm grip and right hand is relaxed two fists below
- Double V-grip

Body Position:

- Left elbow is away from the body
- Straight back, knees slightly bent

Ball Position:

- The ball will be pulled from right to left in a rhythmical movement (photo 3 and 5 shows the ball position)