

## 2. Passing Skills

### 2.1 The Push



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 between both feet with the ball closer to the left foot (see drawing)

#### **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

## 2.2 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

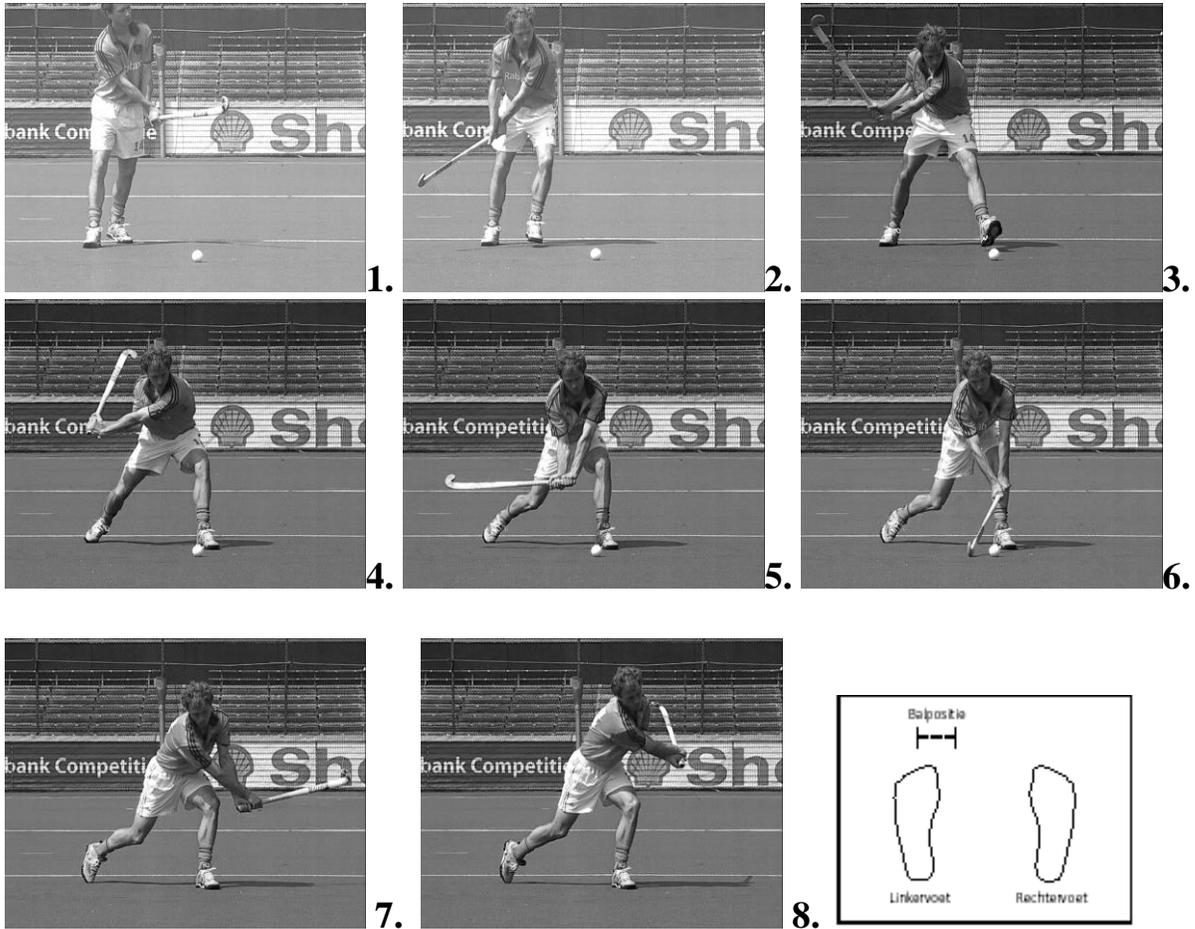
### Ball Position:

- 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

## 2.3 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

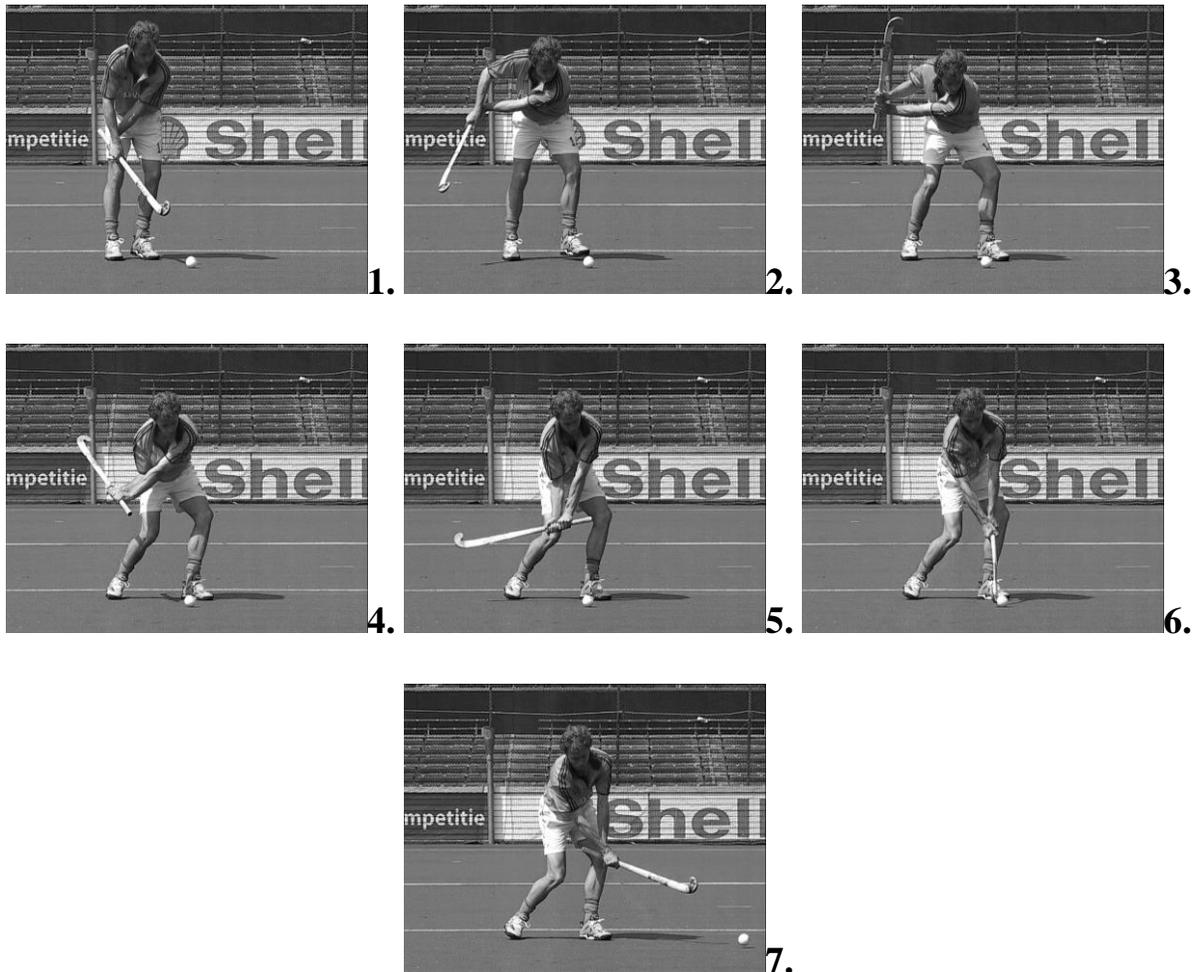
### Ball Position:

- 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 half a 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

## 2.4 The Short Grip Hit



### Grip:

- Both hands are placed together at the middle of the grip of the stick
- Grip the stick with both the left 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 form 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

