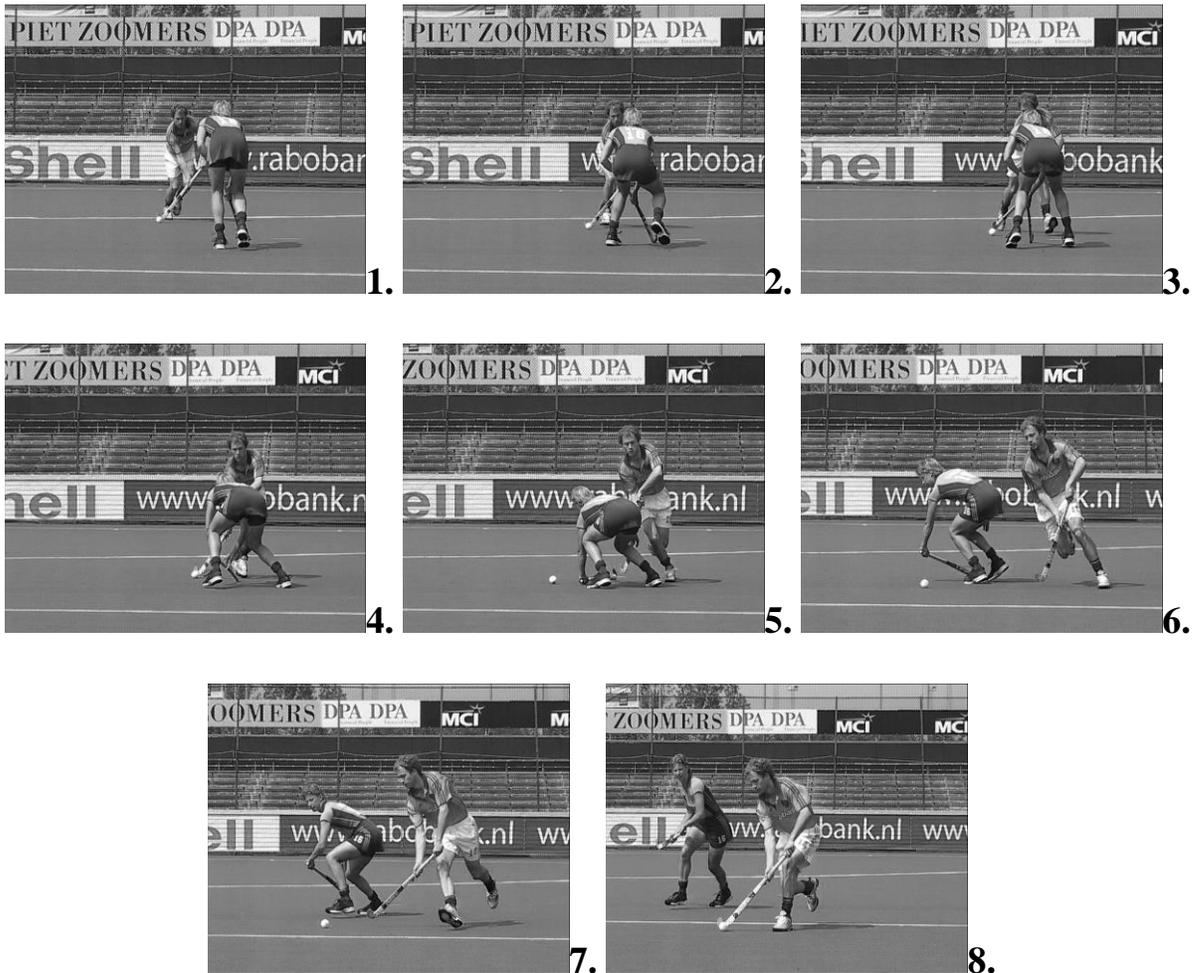


4. Elimination Skills

4.1 Herring Bone



General:

- Before the elimination action, dummy fake you are going to go pass on their front stick side

Grip:

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

Body Position:

- The left elbow is far from the body
- Your back is straight and knees are slightly bent. (promotes good vision)

Ball Position:

- The ball position is to the right of the right foot (strong zone; photo 7)

Action:

- This action happens at about 1 meter ahead of the defender
- After getting past the defender, re-gather the ball as fast as possible to bring it under control

4.2 Dummy to the Right



1.



2.



3.



4.



5.



6.

General:

- Move the ball to the right with a reverse stick movement

Grip:

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

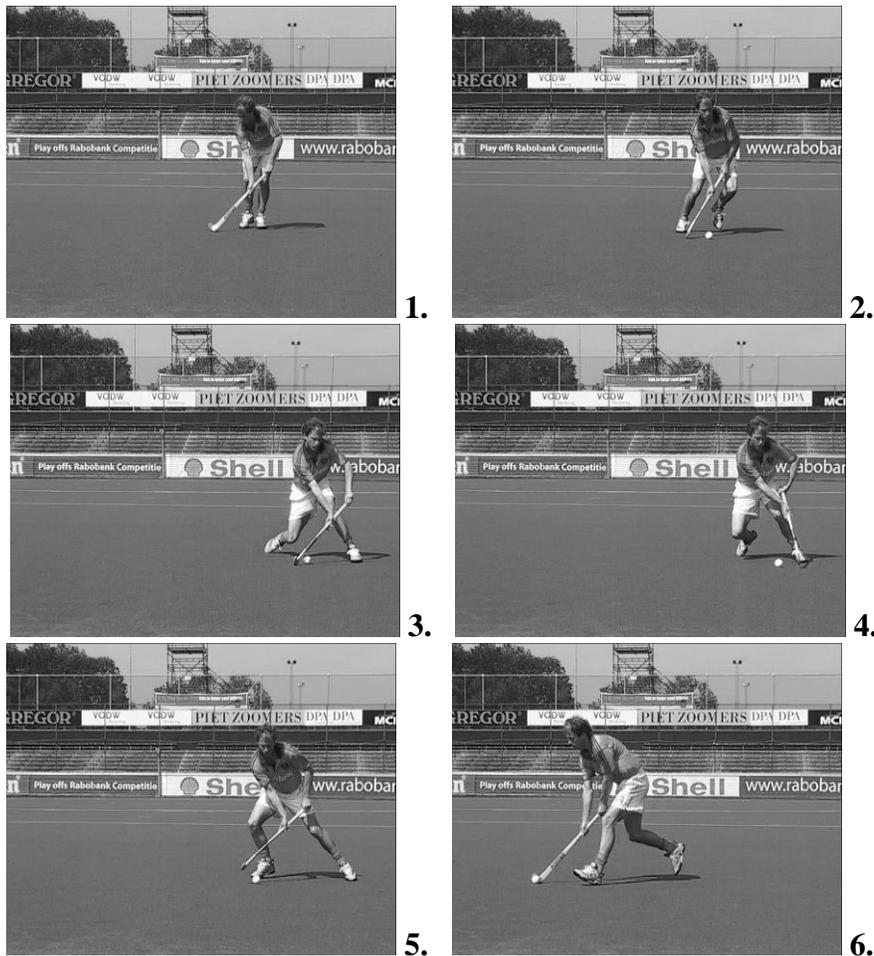
Body Position:

- The dummy created with the push to the right is emphasized more with the step to the right. (photo 2 & 3)

Action:

- The ball gets pulled reverse stick to the right with one sweep action on the ground, and then is pulled back to the left with a front stick pull to the left. (photo 4 & 5)
- Collect the ball and control with the reverse stick

4.3 Dummy to the Left



General:

- Move the ball to the left with a tap across the body

Grip:

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

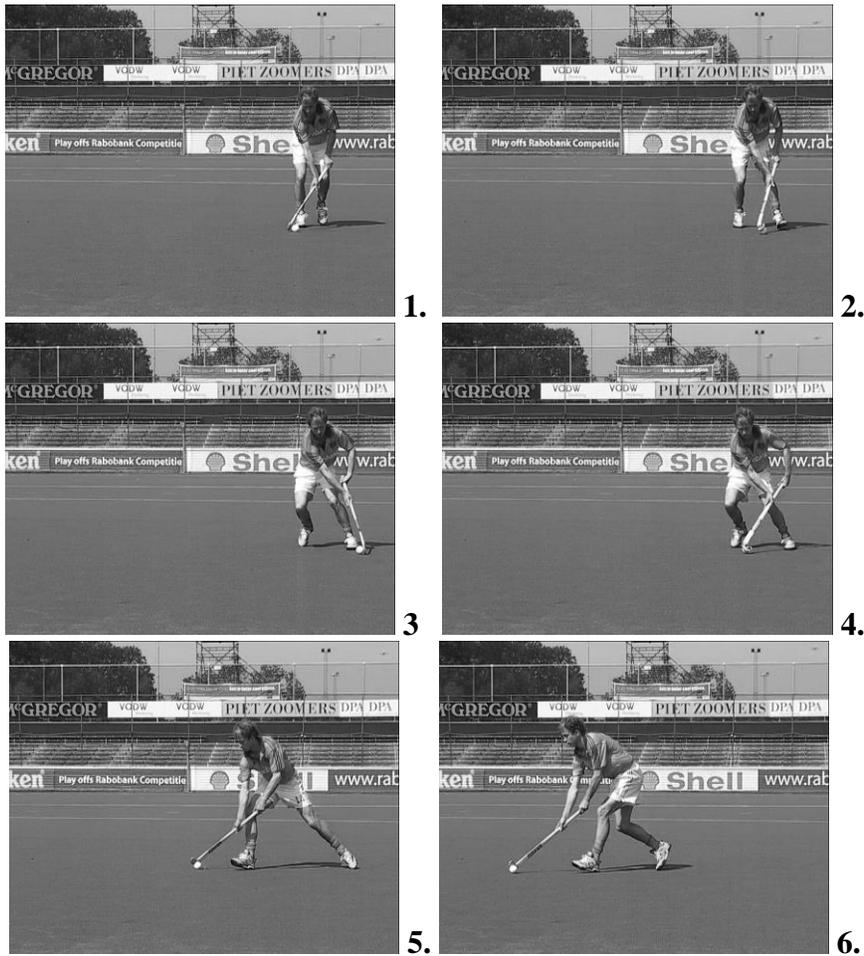
Body Position:

- The dummy created with the push to the left is emphasized more with the step to the left. (photo 2 & 3)

Action:

- The ball gets pulled left with a tap action on the ground, and then is pulled back with a reverse stick pull action to the right (photo 4 & 5)

4.4 Drag Right (Reverse Stick)



Grip:

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

Body position:

- The left elbow is pushed away from the body
- Back is straight and knees are slightly bent

Ball Position:

- At the moment of contact the ball is in front of the left foot (photo 3)

Action:

- The ball is moved with one square pulling movement (drag) with the reverse stick, past the right foot (outside the body space) (photo 4 & 5)
- The ball is collected front stick and controlled

4.5 Drag Left (Front Stick)



1.



2.



3.



4.



5.



6.

General:

- Start with the skill with a fake or dummy pass to the right

Grip:

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

Body Position:

- The movement starts with your left hand below the elbow of the right arm, this will turn the stick to the left (photo 4)
- At the moment of contact the ball is in front of the right foot (photo 5)

Action:

- The ball is moved with one square pulling movement (drag) with the front stick, past the left foot (outside the body space) (photo 4 & 5)
- The ball is collected reverse stick and controlled