

5. Defending Skills

5.1 Double Hand Block Tackle



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2.



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4.

Grip:

- Space between hands is two adult fists
- Strengthen your grip by holding the stick tightly with both the left and right hands
- Double V-grip

Body Position:

- The left foot is in front of the right (channel position)
- Weight will be on the balls of your feet (on the toes)

Ball Position:

- You can use any part of the front side of the stick in the tackle

Action:

- The stick is almost flat on the ground with both hands on it
- When the tackle is made, the body weight shifts to the front foot (left foot)
- A strong grip will help to get the ball away from the opponent (strong low body position)

5.2 Jab



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Grip:

- The top of the stick is held in the left hand and it is turned a quarter (photo 2). The “V” of the grip is down the front of the stick. (flat part)
- Hold the stick tightly with the left hand – make your grip strong

Body Position:

- The stick is held at a 45 degree angle directed at the ball
- The left hand is close to the body
- The stick can rest in the right hand before you make the jab tackle

Ball Position:

- The ball is within stick range of the defender (physical space)

Action:

- Extend the left arm quickly, moving the stick in the direction of the ball. This will cause the jabbing movement

5.3 Stealing the Ball from the Left



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Grip:

- The stick is held in the right hand at the top of the stick (photo 1)
- Hold the stick tight—making your grip strong

Ball Position:

- The defender runs next to the attacker
- The ball will be within stick length from the defender (physical space)

Action:

- The defender places his stick between the ball and the attacker's stick
- Using a wrist action the defender will take the ball from the attacker with one quick turn on the front stick
- The ball will end on the front stick side with both hands on the stick in a strong position