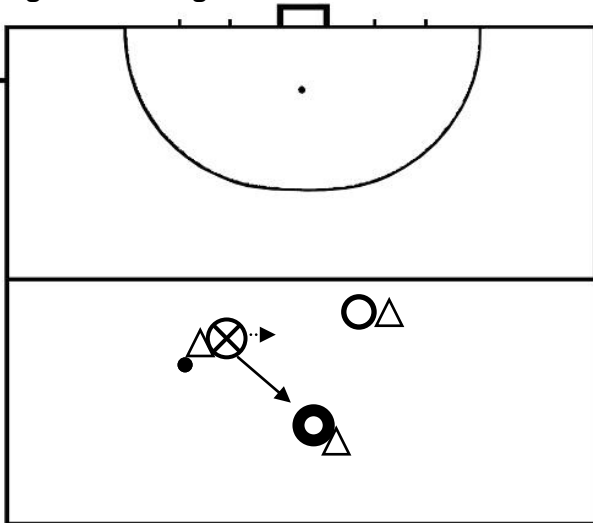


Advanced Hockey Skills- Delivering and distributing the ball

Disguised hitting

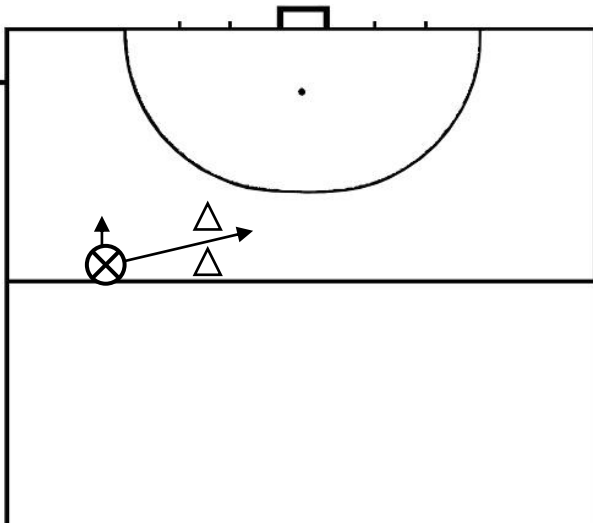


X looks as if passing to point O, sells the dummy action to that point, but cuts and slices the ball to O.

O then comments back on how effective the disguise was.

Variation:

Set up as a 16 yard hit or just outside the attacking circle



Slice the ball with varied ball positioning relevant to the feet, this encourages the hands to get a feel of the ball and how acute and accurate the movement across the back of the ball needs to be. For advanced players challenge them to have good control that allows them to use a quick swing but lead to the ball moving off the stick slowly.

Normal step: Cutting the ball at slow pace through the cones

Variation

Feet Square, Ball outside the right foot: Cutting the ball at slow pace through the cones, ensure feet remain still and only the upper trunk is mobile.

Feet Square, Ball in front of the left foot: Cutting the ball at slow pace through the cones.