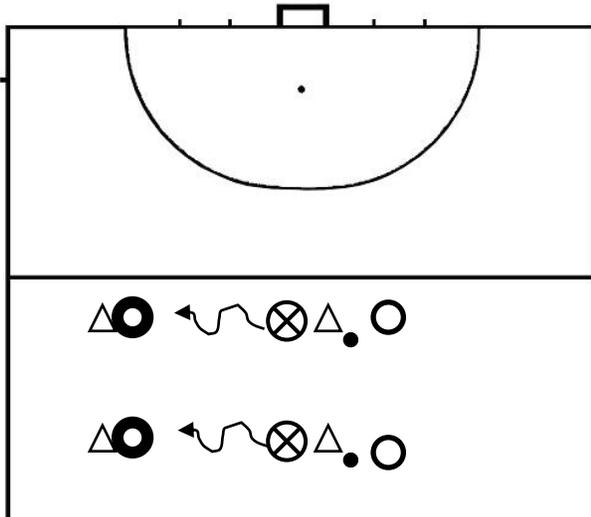


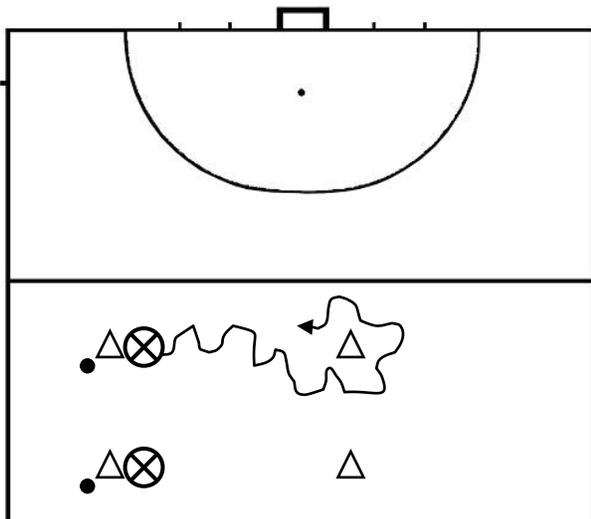
Advanced Hockey Skills- Dribbling and Elimination

Dribbling



1. **X** dribbles towards **O**
O takes the ball over from **X** and dribbles towards **O**
etc.

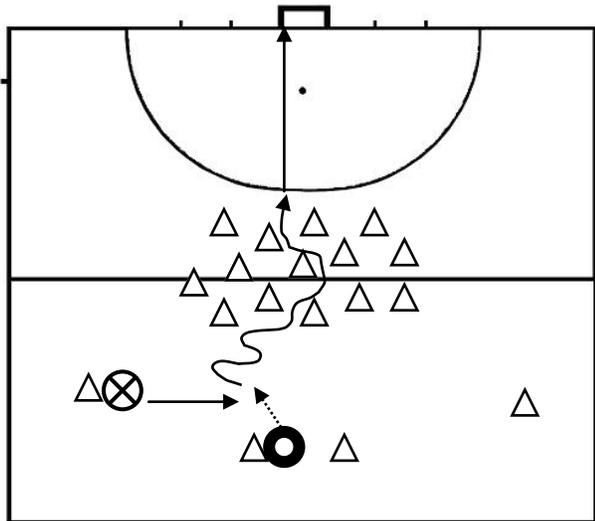
Keep ball contact throughout
Maintain fast pace
Look up regularly to see the player on the other side:



2. Change of direction
X dribbles on the forehand around the cone across the pitch
Next player takes over the ball and dribbles on the forehand around the cone across the pitch etc.

Keep ball contact even when rounding the cone
Fast running pace
Look up regularly on the way back to see the player at the starting cone (vision)

Indian Dribble

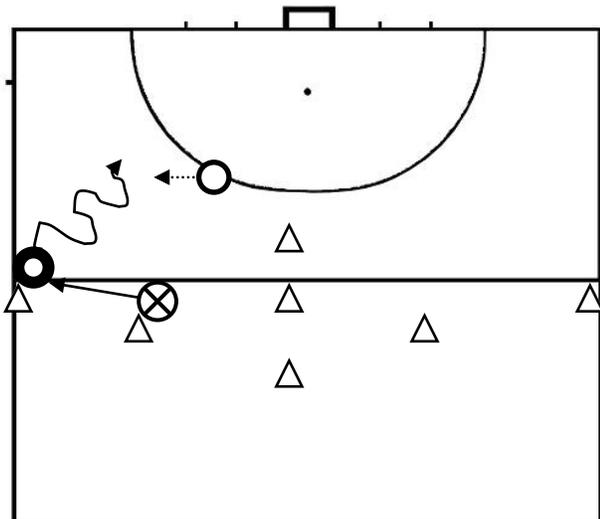


1. X plays to O

O receives and dribbles with the Indian Dribble through the minefield
Make sure not to touch the cones
Finish at goal

Emphasis:

Maintain forward action speed
Ensure correct left hand grip (basic grip)
All fingers of the left hand are around the stick
Make the turn with the left wrist
The left hand turns the stick over the ball
The right hand steers the stick from left to right
Make the cross step when shooting off the left leg



2. X plays to O

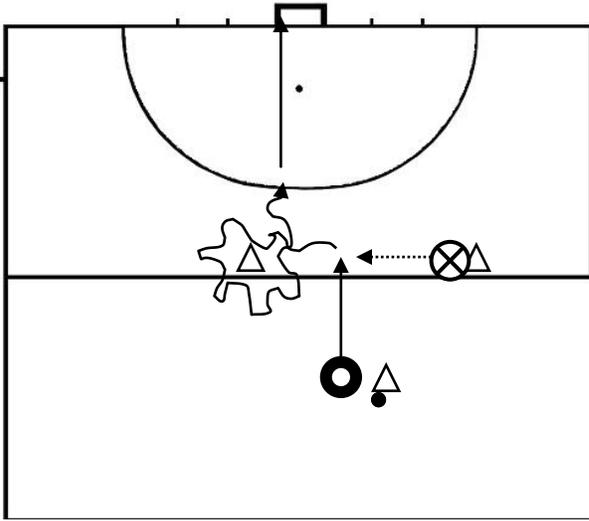
O dribbles with the Indian Dribble towards the circle
O puts pressure on O

Turnover:

If change of possession occurs, O turns over towards to small goal 1 with O tackling back

O has to maintain forward speed
Ensure correct left hand grip (basic grip)
All fingers of the left hand are around the stick
Make the turn with the left wrist
The left hand turns the stick over the ball
The right hand steers the stick from left to right

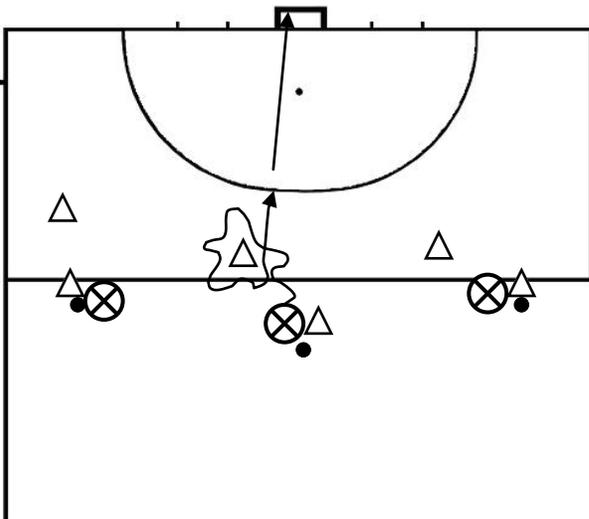
Reverse- Forehand



1. A leads to receive wide
B passes to A who makes a forehand
reverse around the cone
Finish at goal

Emphasis:
Use the forehand in the dribble towards
the cone
Keep moving around the cone
Keep ball contact during the reverse
action

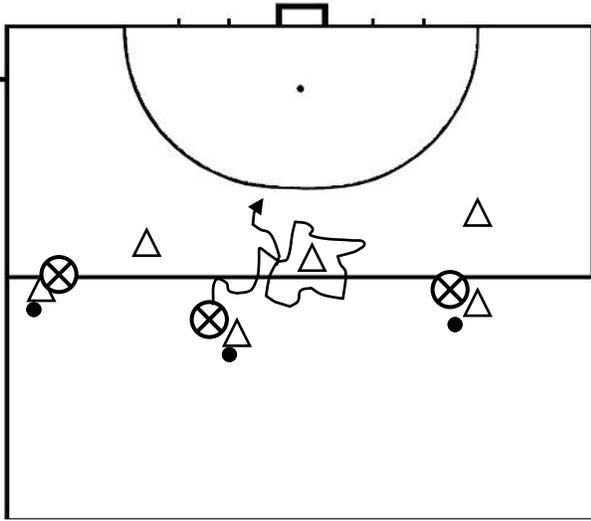
Variation:
Use the Indian Dribble on the way to
the cone or/and the circle



2. X dribbles towards the cone and
makes a forehand reverse
Finish at goal
Rotate between left, centre and right

Emphasis:
Dribble towards the cone using the
forehand
Keep ball contact during the reverse
action

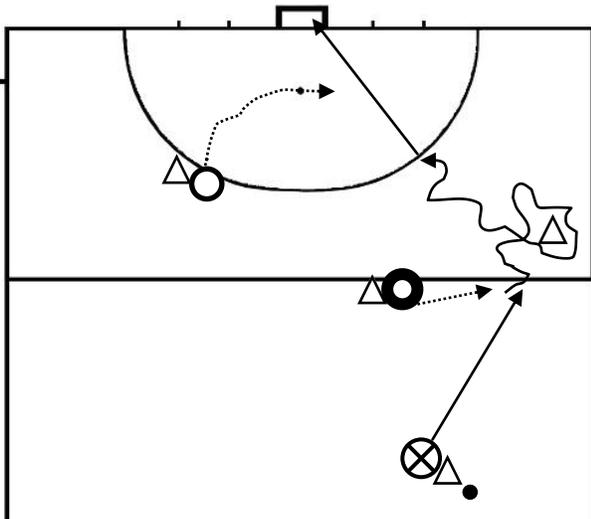
Reverse- Backhand



1. X dribbles towards the cone and makes a backhand reverse
Finish at goal
Rotate through three positions right, centre and Left

Keep ball contact during the reverse

Variation:
Use the Indian Dribble after the reverse

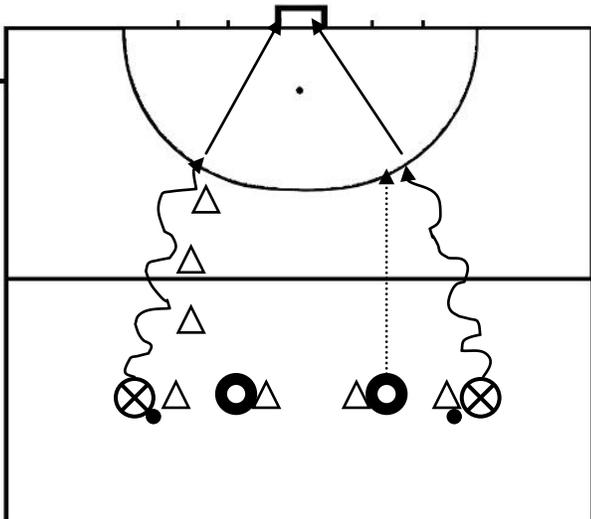


2. O leads to receive towards the side line
X passes to O who receives outside
O makes a backhand reverse around the cone
Followed by O dribbling towards the circle and finishing with a shot at goal

Variation:
After the backhand reverse O passes to O for a tip-in

Keep ball contact during the reverse

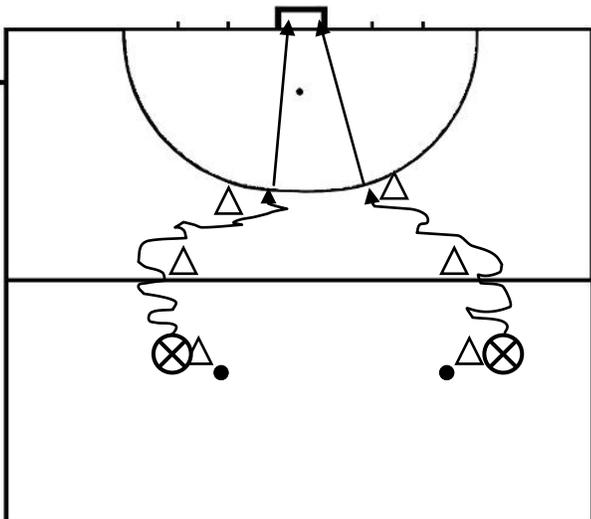
One handed



1. **X** dribbles using the one handed backhand (left hand)
Finish at goal
X dribbles using the one handed forehand (left hand)
Finish at goal

Variation:
X dribbles on the forehand one handed with the right hand
Add defender **O** instead of the row of cones to put pressure on **X**
X can protect the ball (screening)

Emphasis:
Keep ball contact at all times
Fast running pace

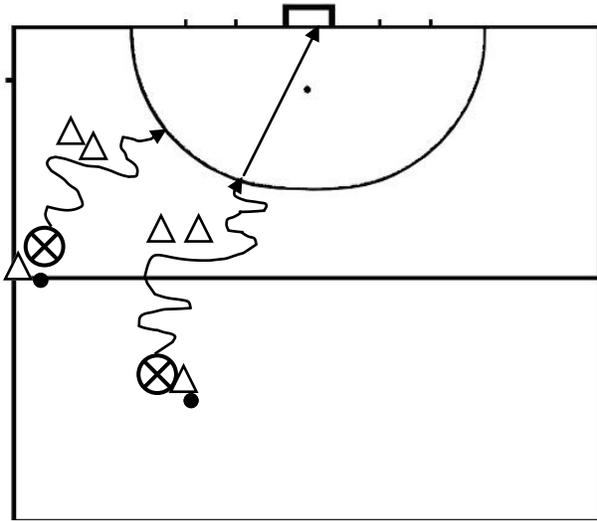


2. Changing direction
X dribbles using the one handed backhand (left hand)
After the first cone **X** changes direction towards the right
X controls on the forehand and finishes at goal
Next player starts when **X** crosses the 25-yard line etc.

When changing direction transfer the ball with the one handed backhand from left in front of the body to the forehand right in front of the body
Control on the forehand can be one handed or two handed

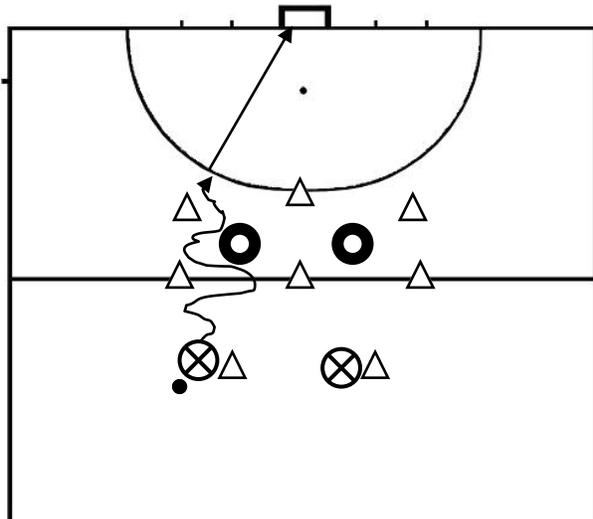
Elimination

Drag to the left/right



1. X starts towards the two cones
X eliminates the cones with a drag to the right
Finish at goal

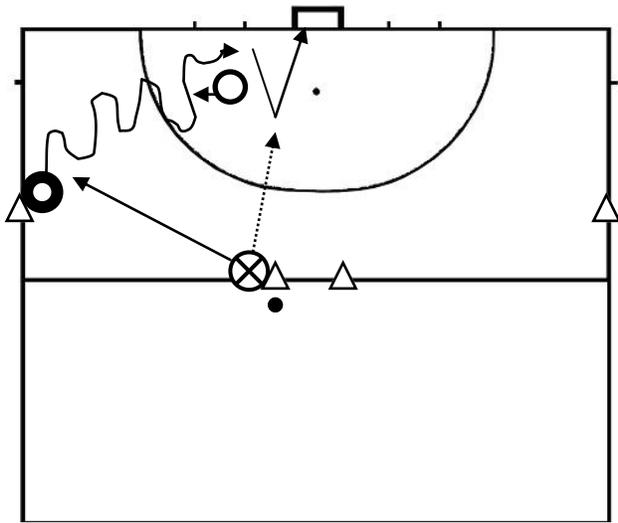
Feint to the left first (wide of the left shoulder)
Then drag the ball to the right with the backhand before reaching the cones (wide of the right shoulder)



2. X starts towards the square and eliminates the defender with a drag to the left
Finish at goal

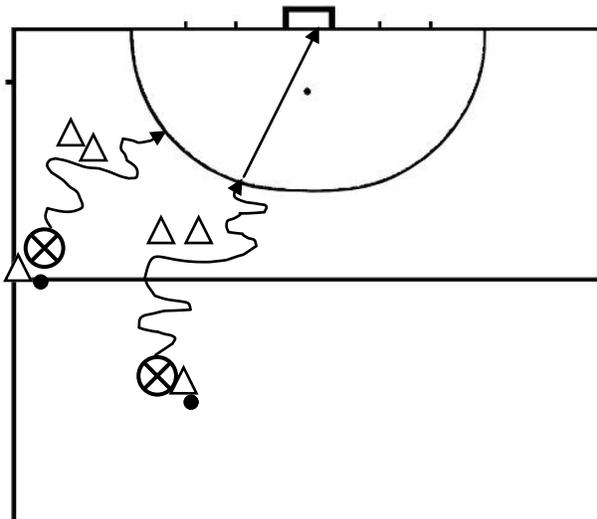
Feint the ball to the right (wide of the right shoulder)
Drag the ball left with the forehand before reaching the opponent (wide of the left shoulder) and control using the backhand
Use the body to protect the ball when the opponent has been eliminated (screening)

Dummy to the left/right



1. X passes to O
 O eliminates O with the dummy to the right and passes to X who has followed in the guard position
 Finish at goal
 Do the same exercise on the left of the field

Emphasis:
 First bring the ball as a feint to the left
 Step out with the left foot while the stick moves over the ball
 Pull the ball with the backhand across to the right (wide of the right shoulder)
 Control the ball with the forehand and move right around the opponent



1. X starts towards the two cones
 X eliminates the cones with the dummy to the left
 Finish at goal

Emphasis:
 First feint the pass to the right
 Step out with the right foot while the stick moves over the ball
 Pull the ball back to the left using the forehand (wide of the left shoulder)
 Control the ball using the backhand and move left around the cones

Variation:
 Use the Indian Dribble