

Core Skills Videos

Receiving [1]

Pushing

Hitting

Ball Carrying

Sweeping

Tackling [1]

Lifting the Ball [1]

Good Body Position

Neutral Stick

The Hit & Clip Hit



The Hit & Clip Hit



The Hit & Clip Hit



The Hit & Clip Hit



The Hit & Clip Hit



The Hit & Clip Hit



The Hit & Clip Hit



The Slap Push



The Stationary Push



Receive, turn, score



Win the ball back



Win the ball back



Win the ball back



Squeeze



Block, Lunge, Jab Tackling



Block, Lunge, Jab Tackling



Block, Lunge, Jab Tackling



Block, Lunge, Jab Tackling



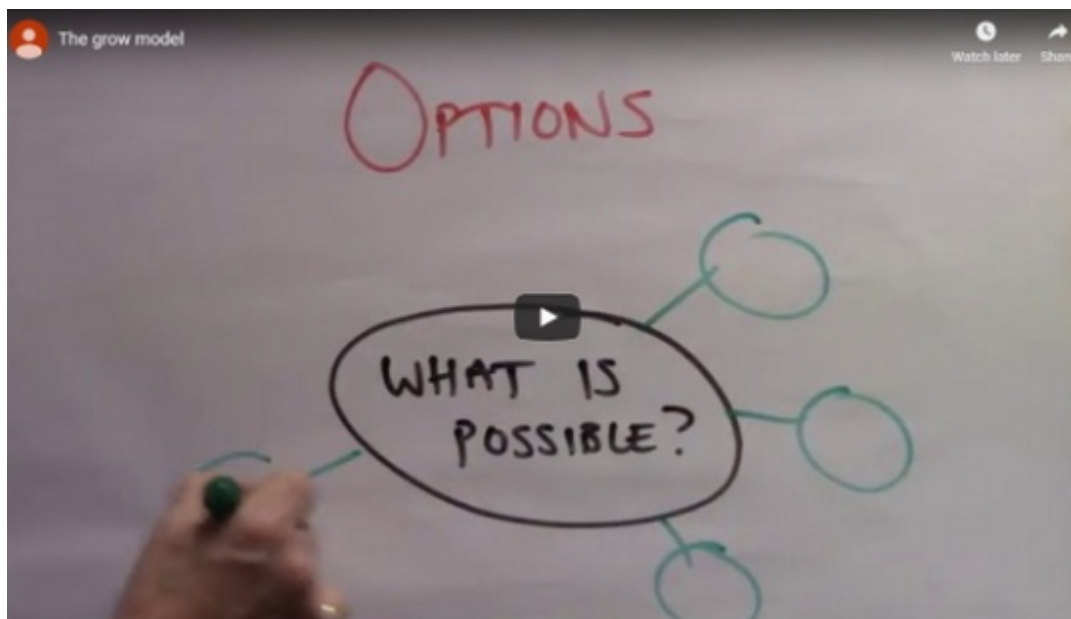
Block, Lunge, Jab Tackling



Block, Lunge, Jab Tackling



The GROW model



Skills



Skills



Skills



Skills



Skills



Skills



Skills



Skills



Skills



Skills



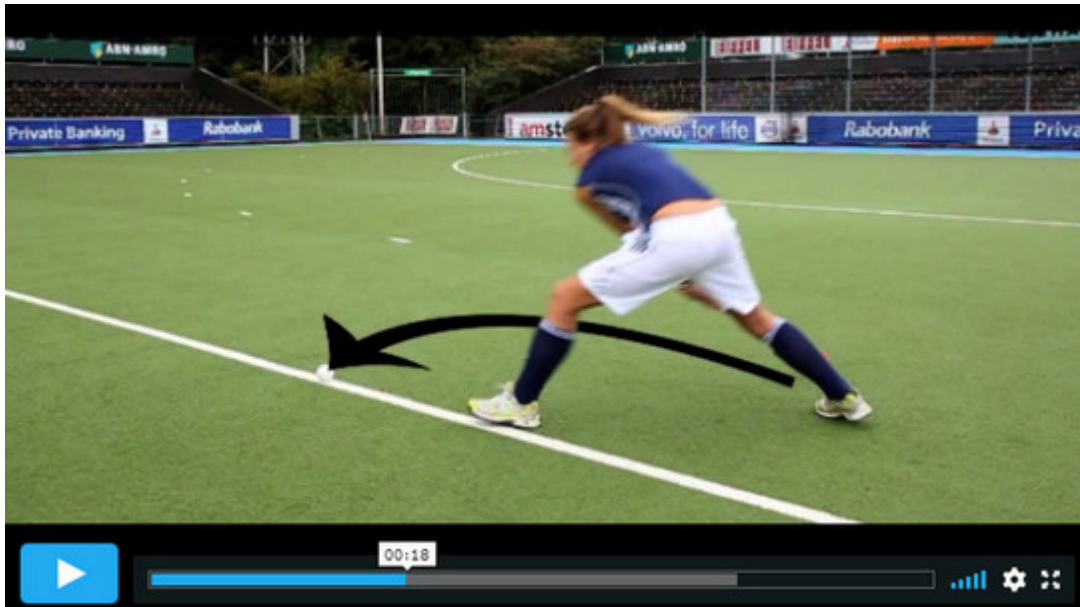
Slap Hitting



Slap Hitting



Slap Hitting



Slap Hitting



Slap Hitting



The Cost of Winning



Elimination



Elimination



Play vs Directed Activities



Reverse Stick Hitting or Tomahawk



Reverse Stick Hitting or Tomahawk



Tomahawk / Reverse / Backhand -shot high on goal - Field Hoc...



Watch later



Share



TOMAHAWK SHOT

