

Core field hockey techniques

Striking

1. Pushing
2. Slap Hit
3. Simple Hit & Clip Hit
4. Reverse Stick Hit/Tomahawk

Stopping/Defending

1. Tackling – Block and Steal PALM 2F
2. Wide base receive
3. Engaging
4. Channelling

Move/Pass/Eliminate

1. V Drag
2. Passing square
3. Dribbling – Stick on ball, neutral
4. Reverse Stick Dink
5. Pulls into back foot space
6. Passing diagonal right off right foot (“Left Foot Pass”)
7. Elimination
8. 1 v 1 Elimination
9. 2 v 1 Elimination – Passing

Carrying

1. Ball carrying 1 o’clock
2. Posting up & rolling out
3. Ball carrying 12 o’clock
4. Ball carrying 11 o’clock
5. Ball carrying 3 o’clock

Receiving

1. 11 o’clock receive

2. Receiving on reverse stick outside left foot feet facing forward. •
3. Receiving ball on front stick from behind
4. Receiving ball from behind on reverse
5. Receive outside right foot feet facing forward
6. Receive on back foot feet facing forward