

Elimination Videos

[Youtube Link](#)

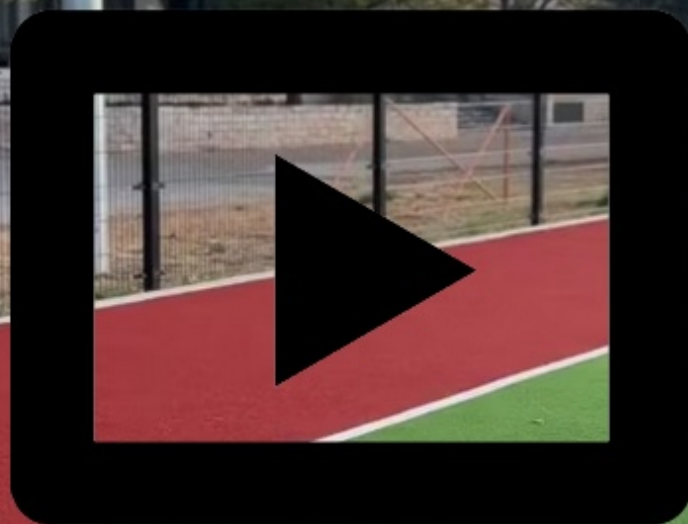


[Youtube Link](#)



[Instagram Link](#)

HOW TO: ELIMINATE ON THE RIGHT SIDELINE 🤘



Instagram Link



Instagram Link



**Learn how to be good
at 1 v 1 eliminations** ✓

Instagram Link



**What most coaches
fail to teach players**

Instagram Link

WAYS TO BEAT A PLAYER

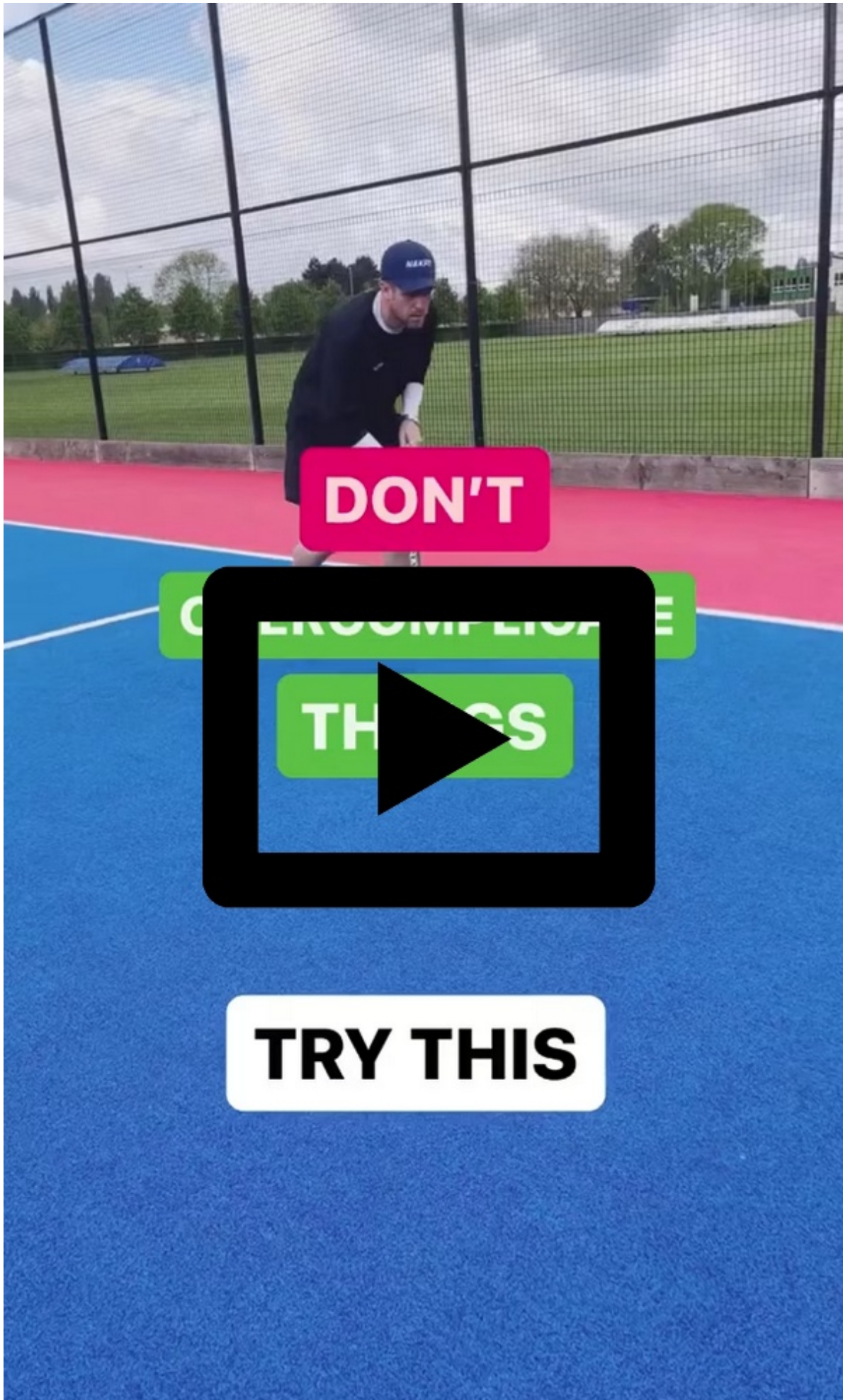
3 WAYS



Instagram Link



Instagram Link

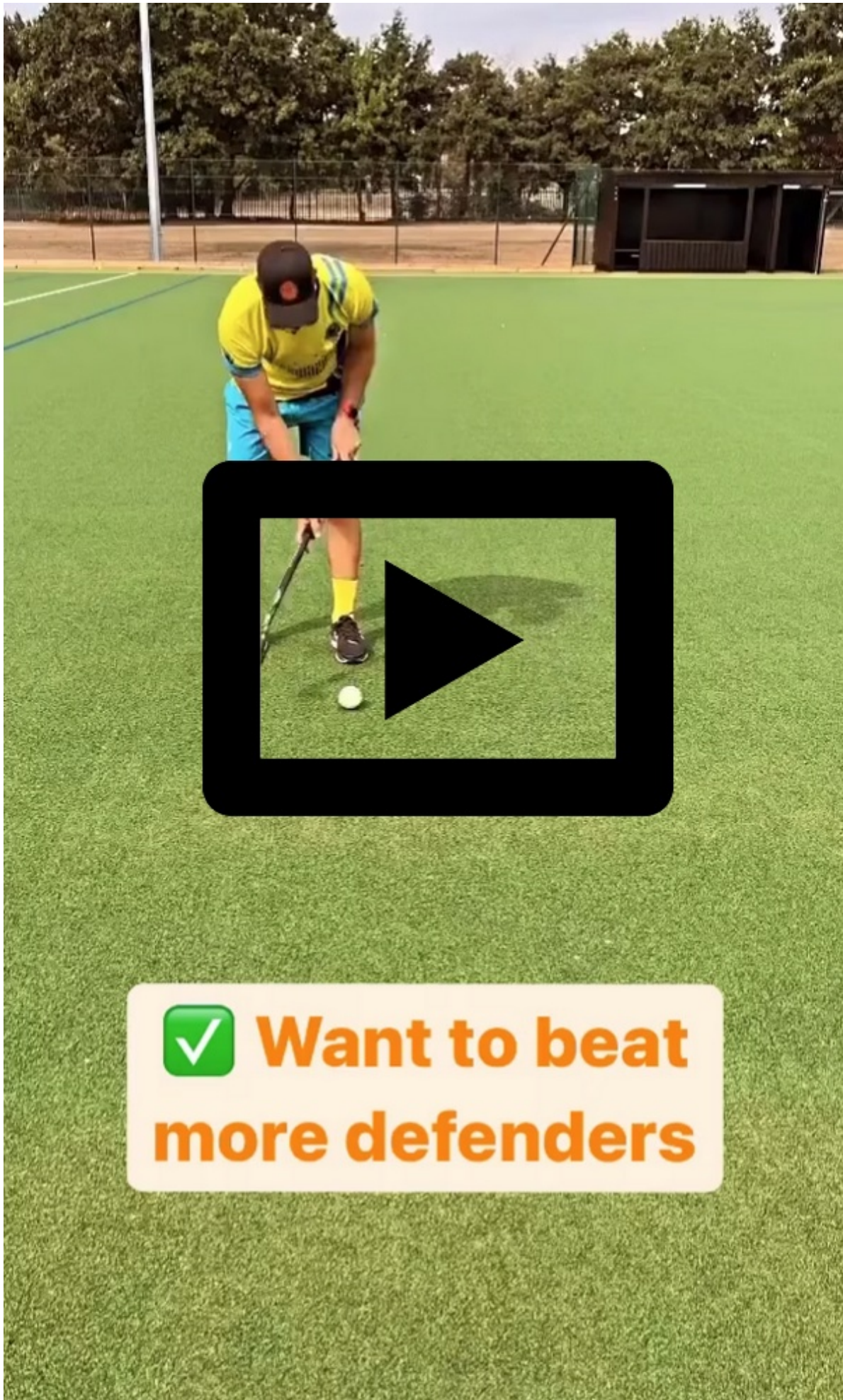


Instagram Link



**If you coach field hockey,
then you need this drill ❤️**

Instagram Link

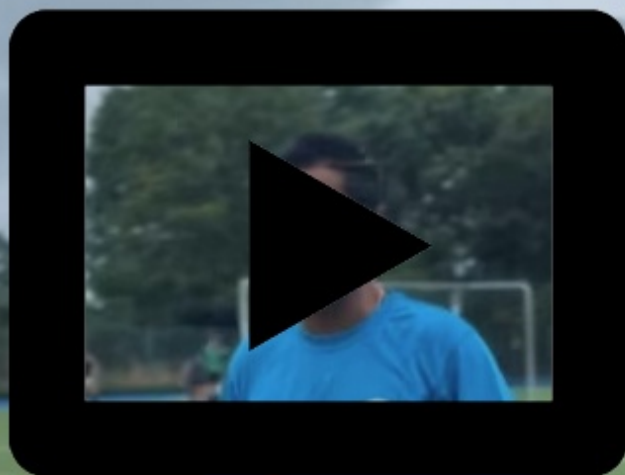


**Want to beat
more defenders**

Instagram Link



Instagram Link

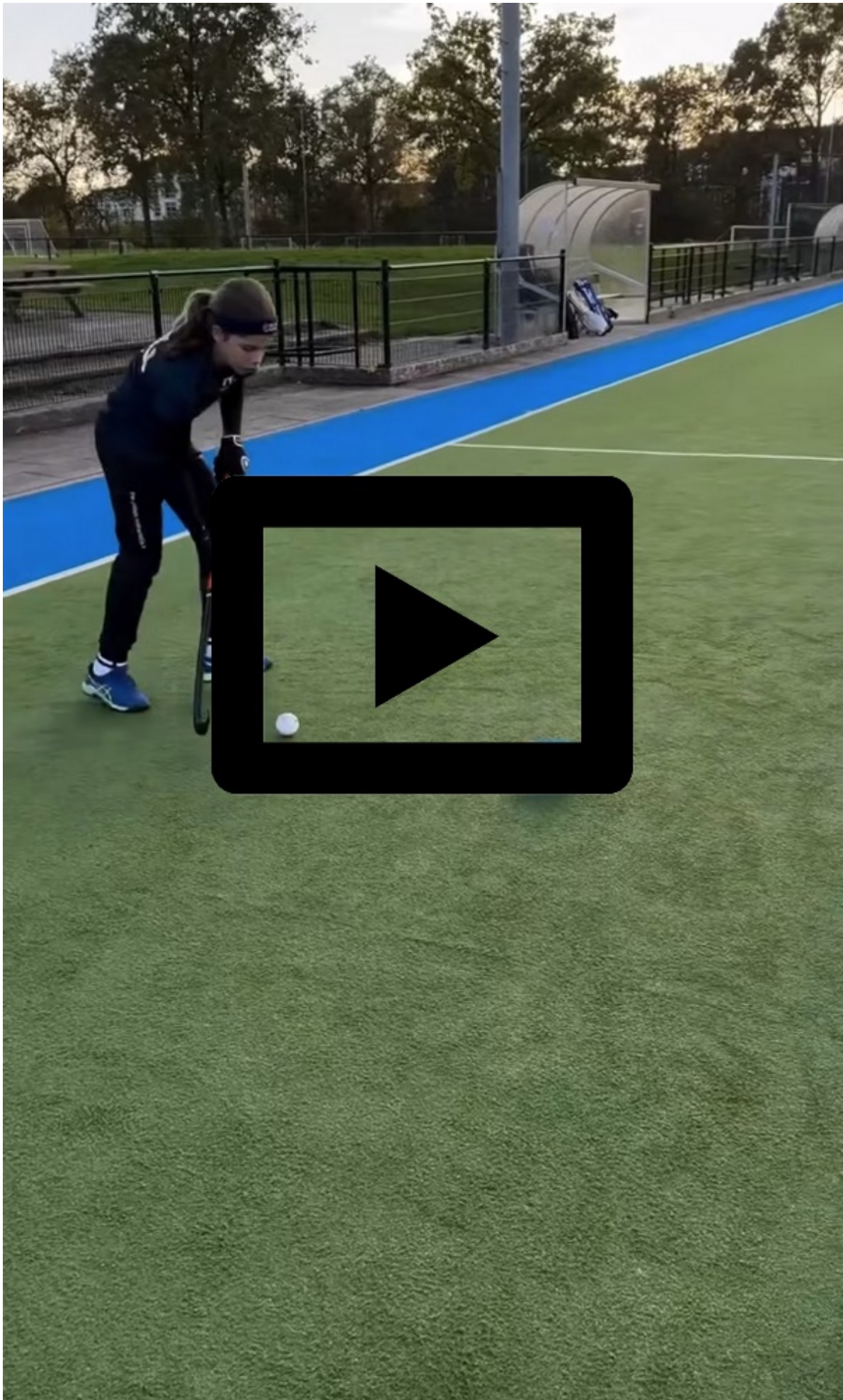


***WHAT WOULD THAT
MEAN TO YOU?***

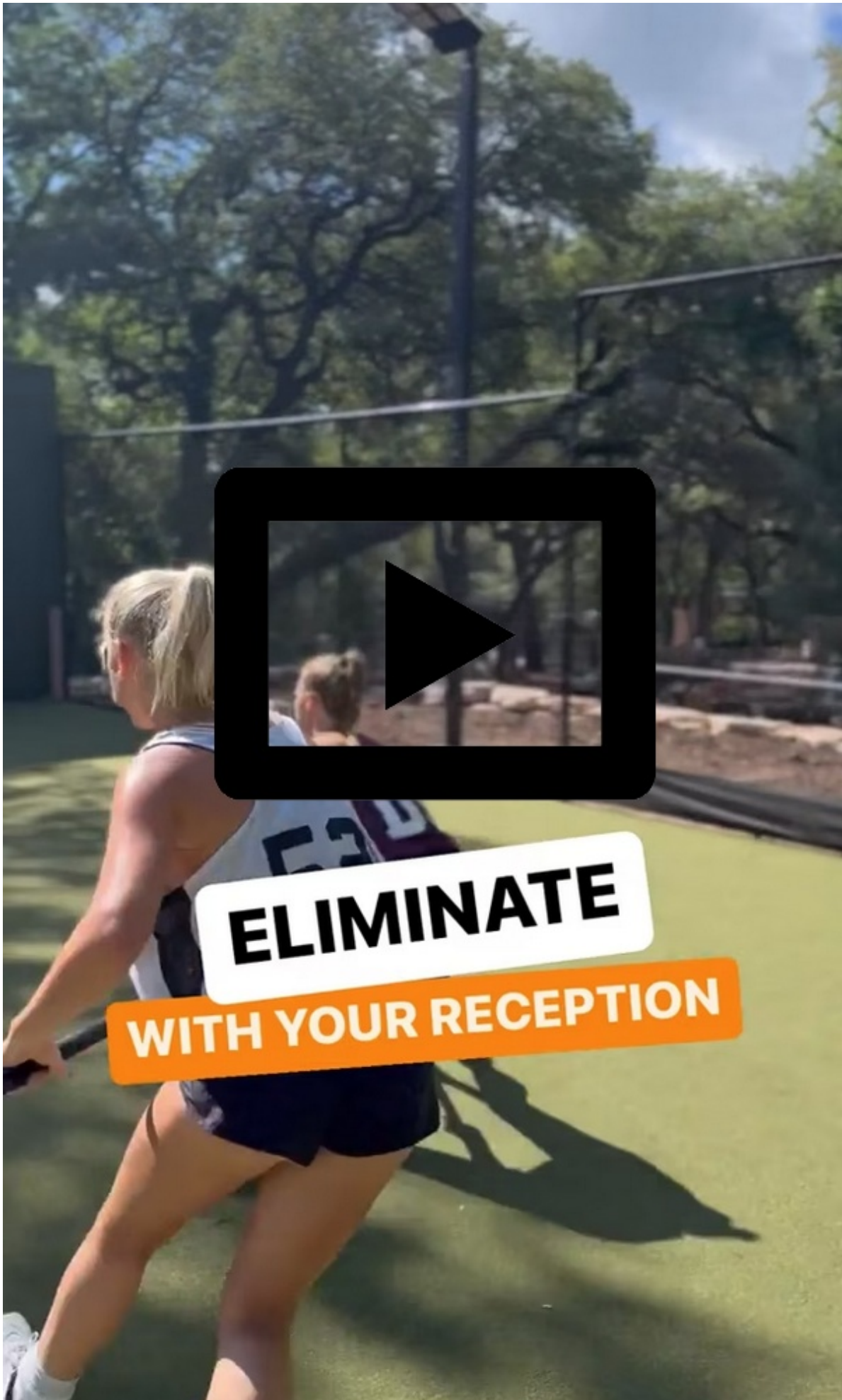
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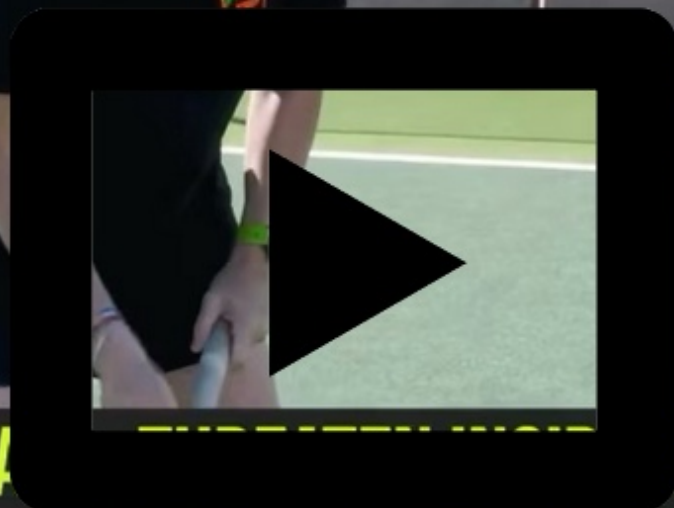


Instagram Link



Instagram Link

AND ALSO THREATEN



AHEAD PASS



Instagram Link



**How to improve
1 v 1 eliminations**

Instagram Link



**Effective elimination
to practice at home**

Instagram Link

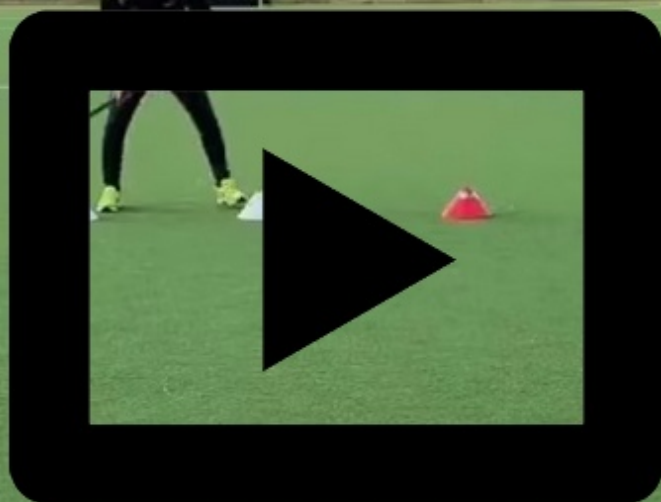
HOW TO: ELIMINATE WITH YOUR FIRST TOUCH 🔥 🔥



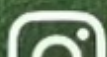
Instagram Link



Instagram Link

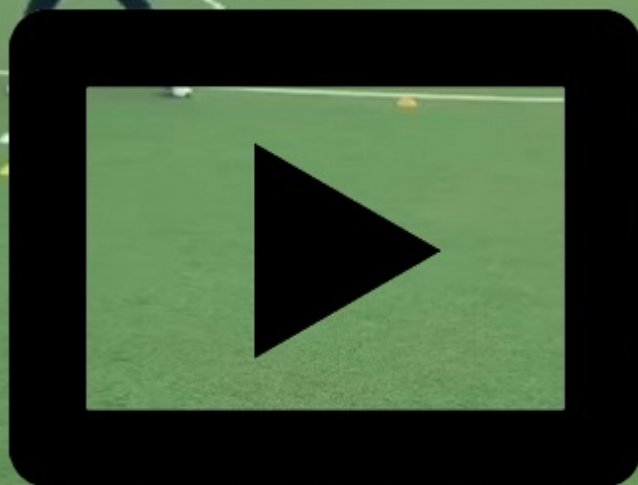


**Really simple but
extremely effective
elimination technique**



stickwise

Instagram Link



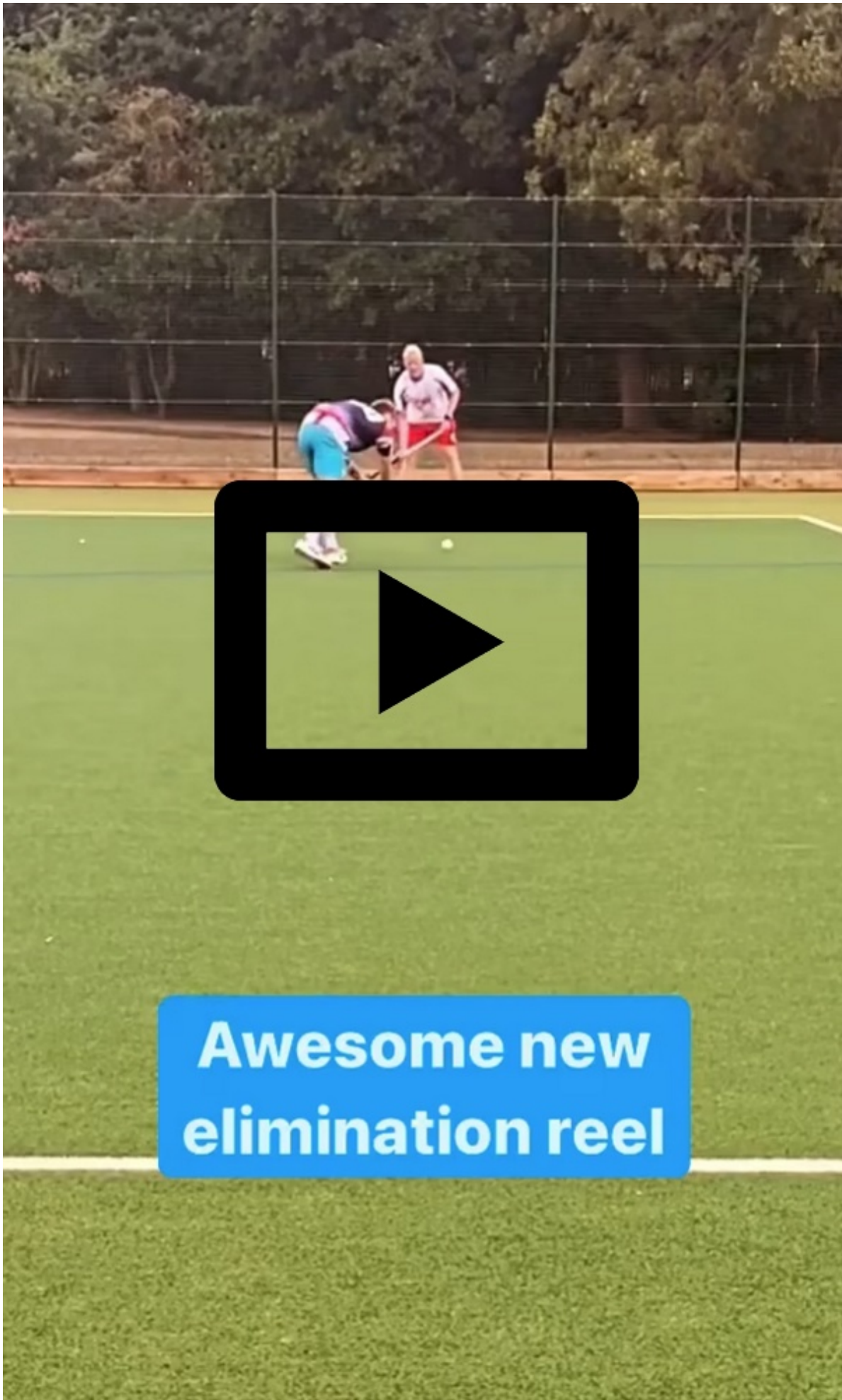
**Vital 1 v 1 elimination
coaching points** ✓

Instagram Link



**Most 1 v 1's fail because
players run at defenders**

Instagram Link



**Awesome new
elimination reel**

Instagram Link



**You must go much
wider than you think**

Instagram Link

HOW TO:

USE DECEPTION

ELIMINATE 🏏



Instagram Link



Instagram Link



Instagram Link

HOW TO

ELIMINATE A PLAYER



05:19

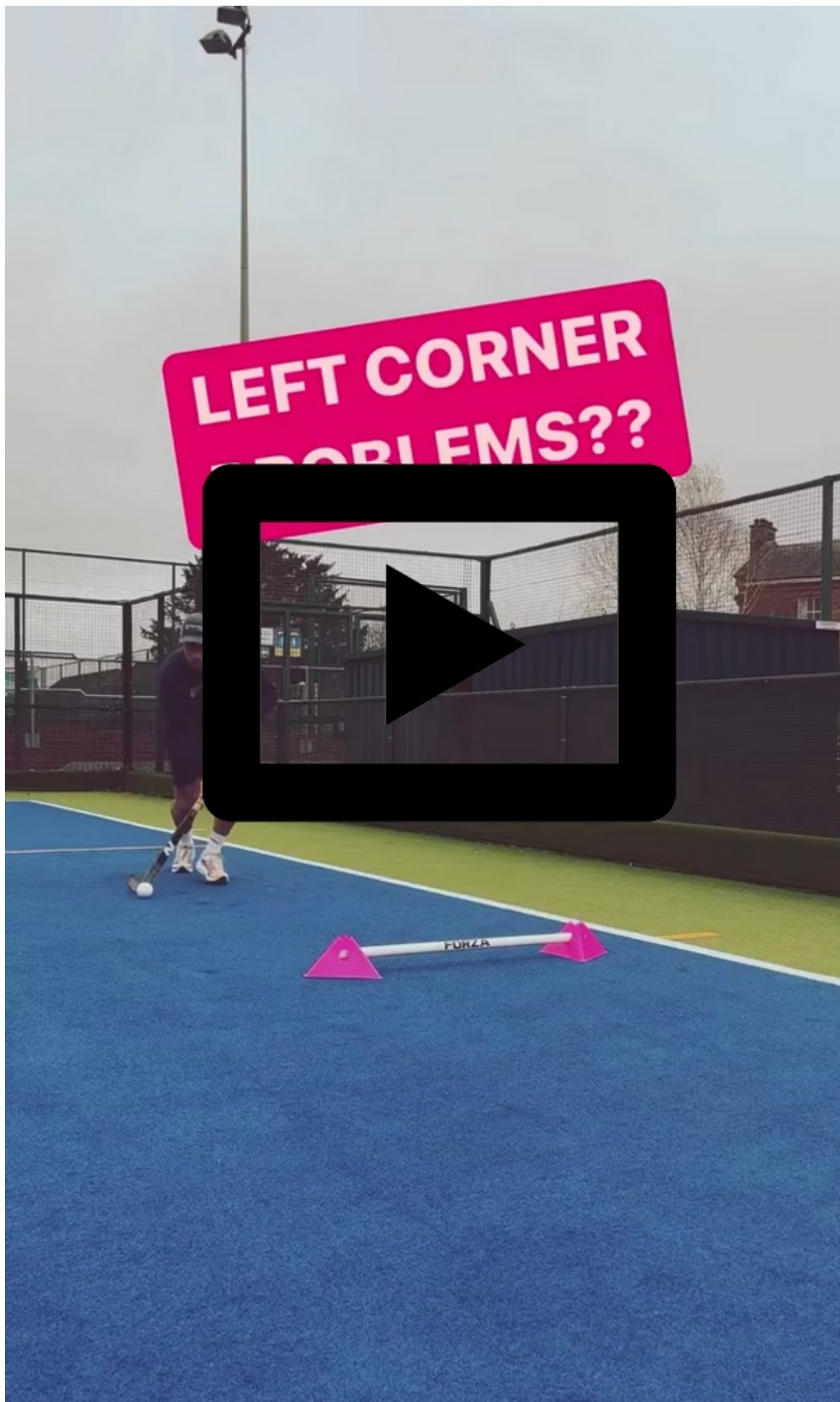
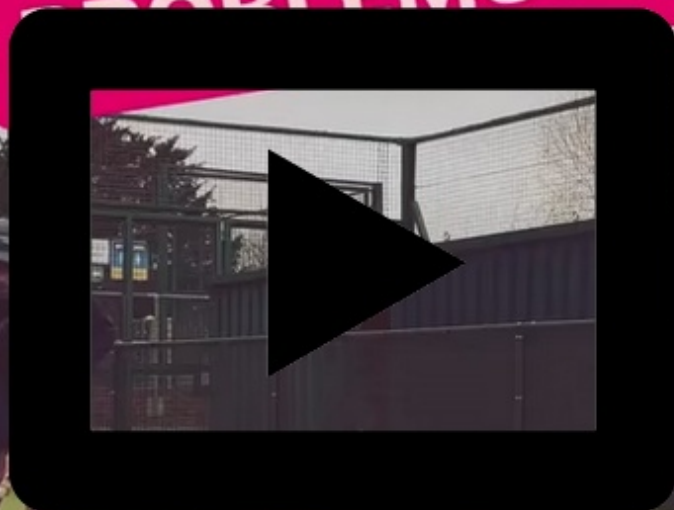
3rd

Instagram Link



Instagram Link

**LEFT CORNER
PROBLEMS??**

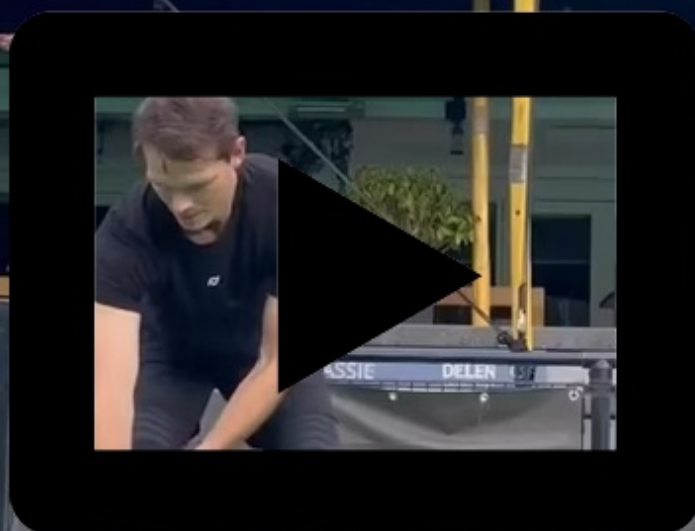


Instagram Link

HOW TO: ELIMINATE ON THE LEFT SIDELINE



Instagram Link



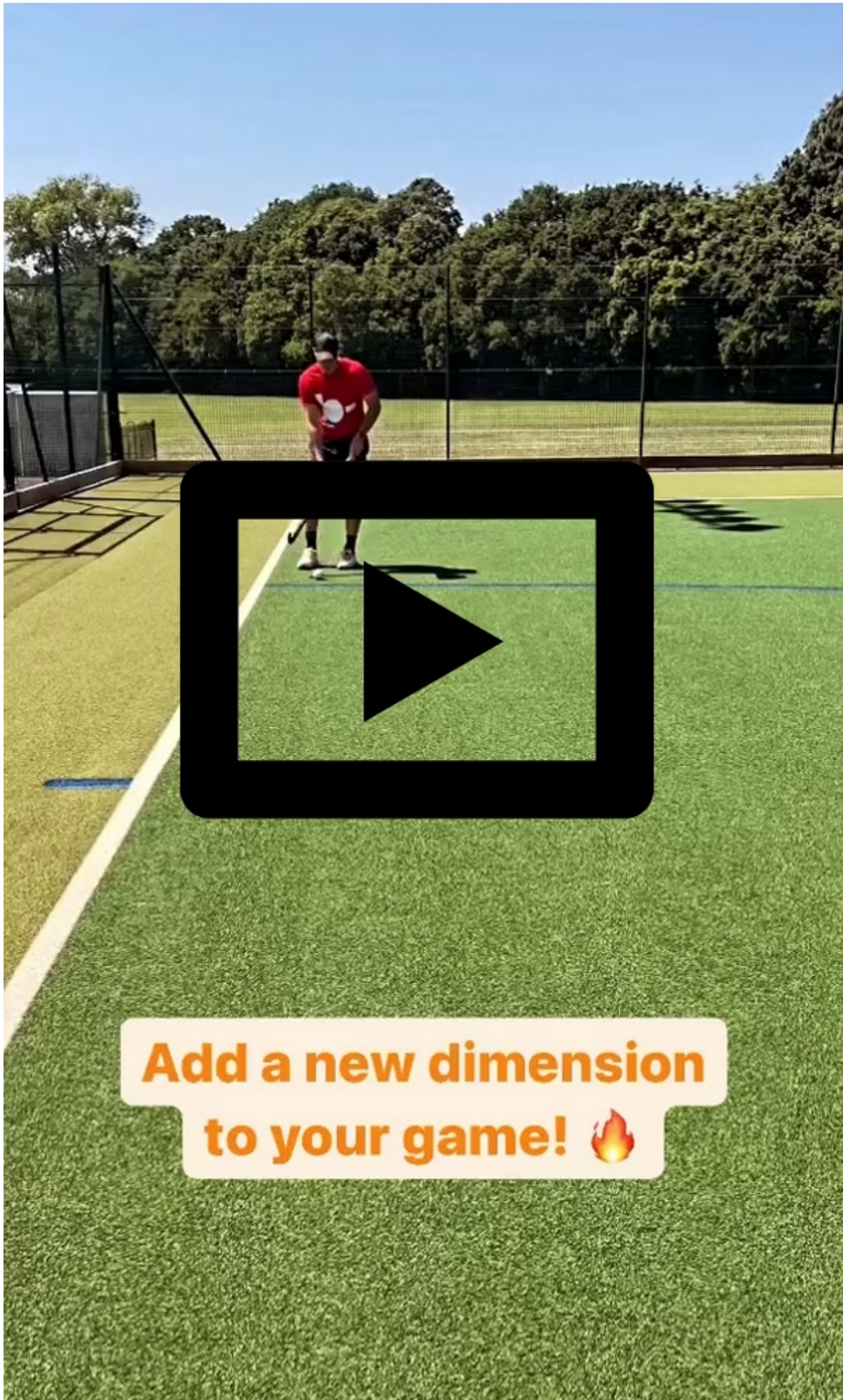
FOREHAND LIFT

Instagram Link

TOP FLIGHT



Instagram Link



**Add a new dimension
to your game! 🔥**

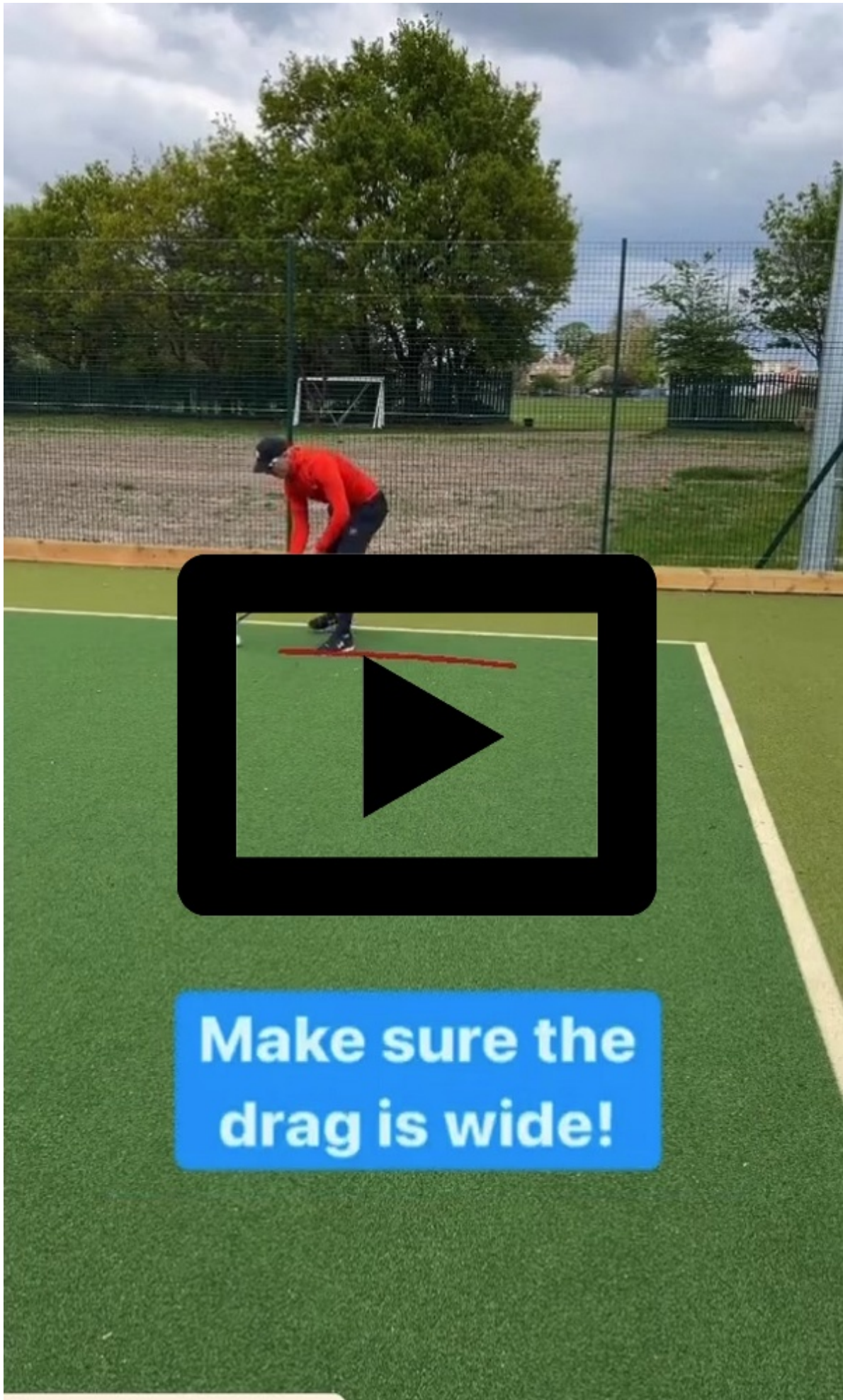
Instagram Link



Instagram Link



Instagram Link

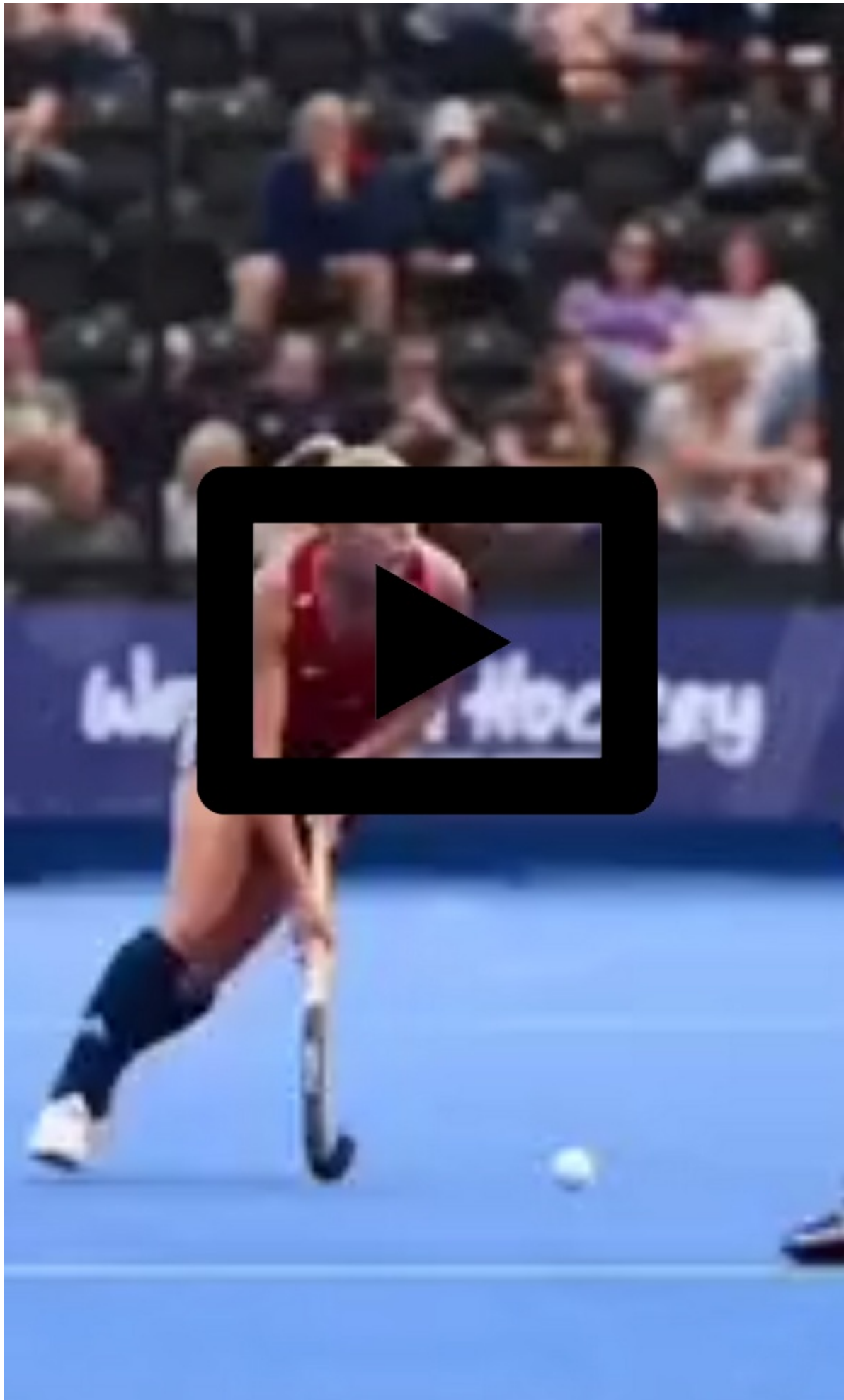


**Make sure the
drag is wide!**

Instagram Link



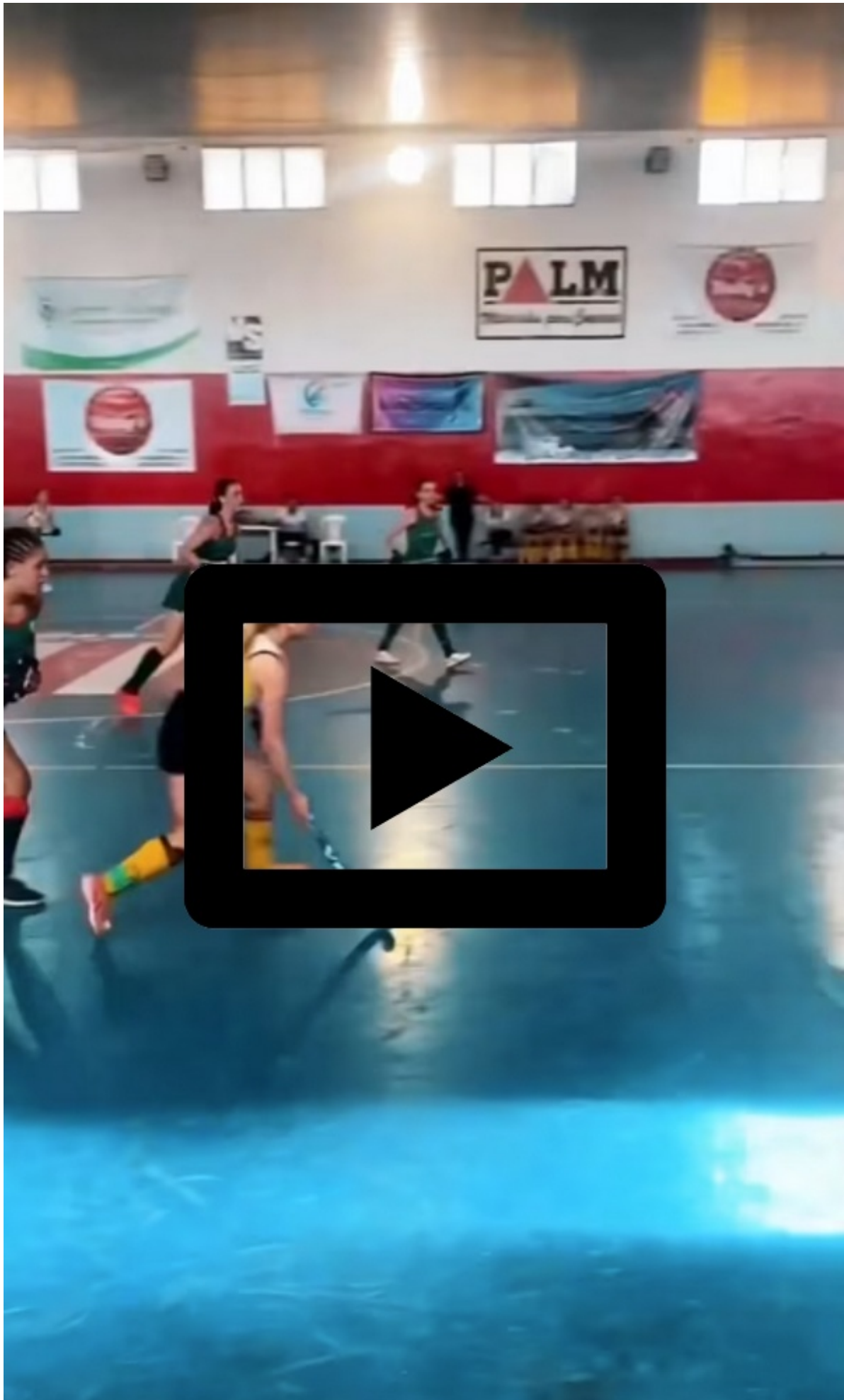
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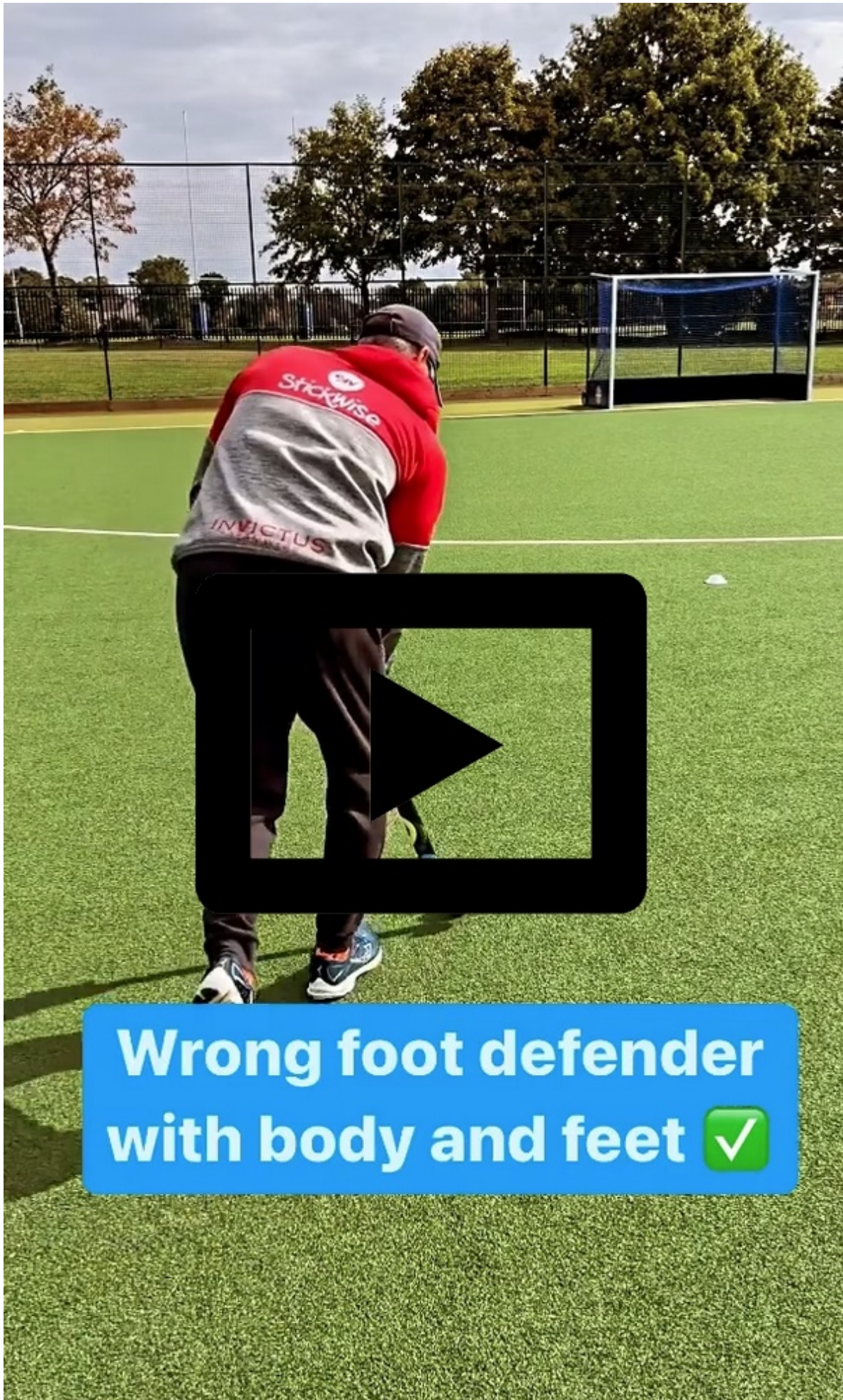
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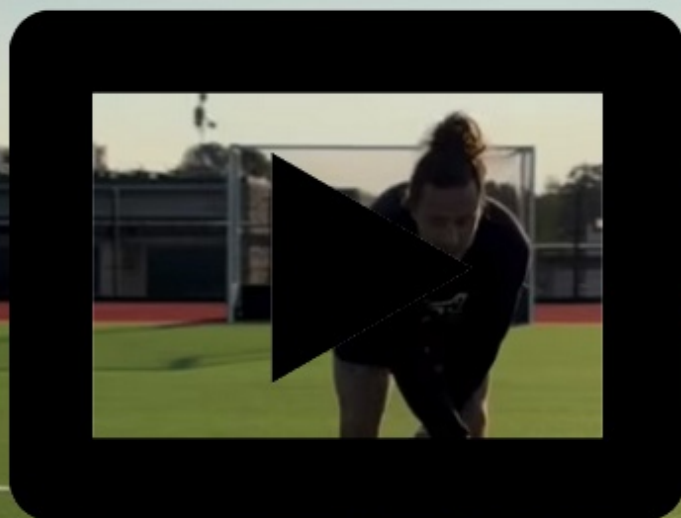


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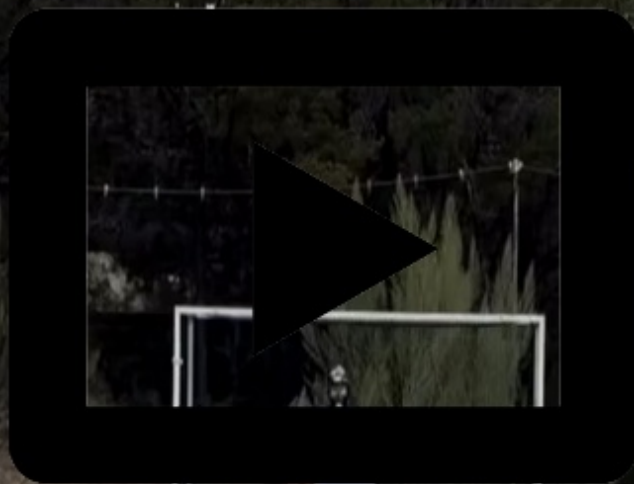
Instagram Link

**BRING IT BACK AND
SNAP IT FORWARD**

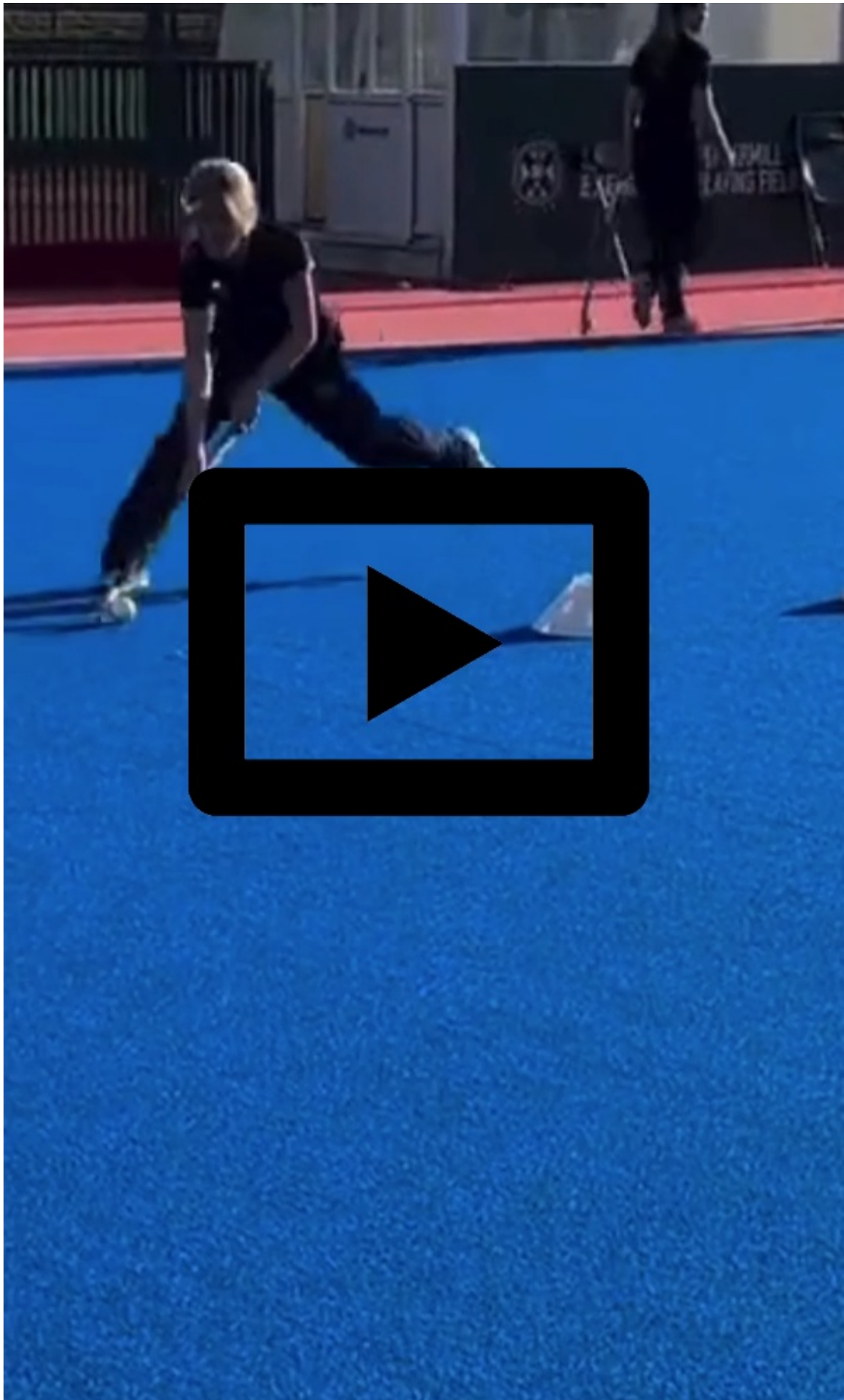


Instagram Link

HOW TO: FACE THE PRESSURE & ELIMINATE



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