

Skills

Instagram Link



**4 drills to fast track
your stick skills! 🔥**

Instagram Link



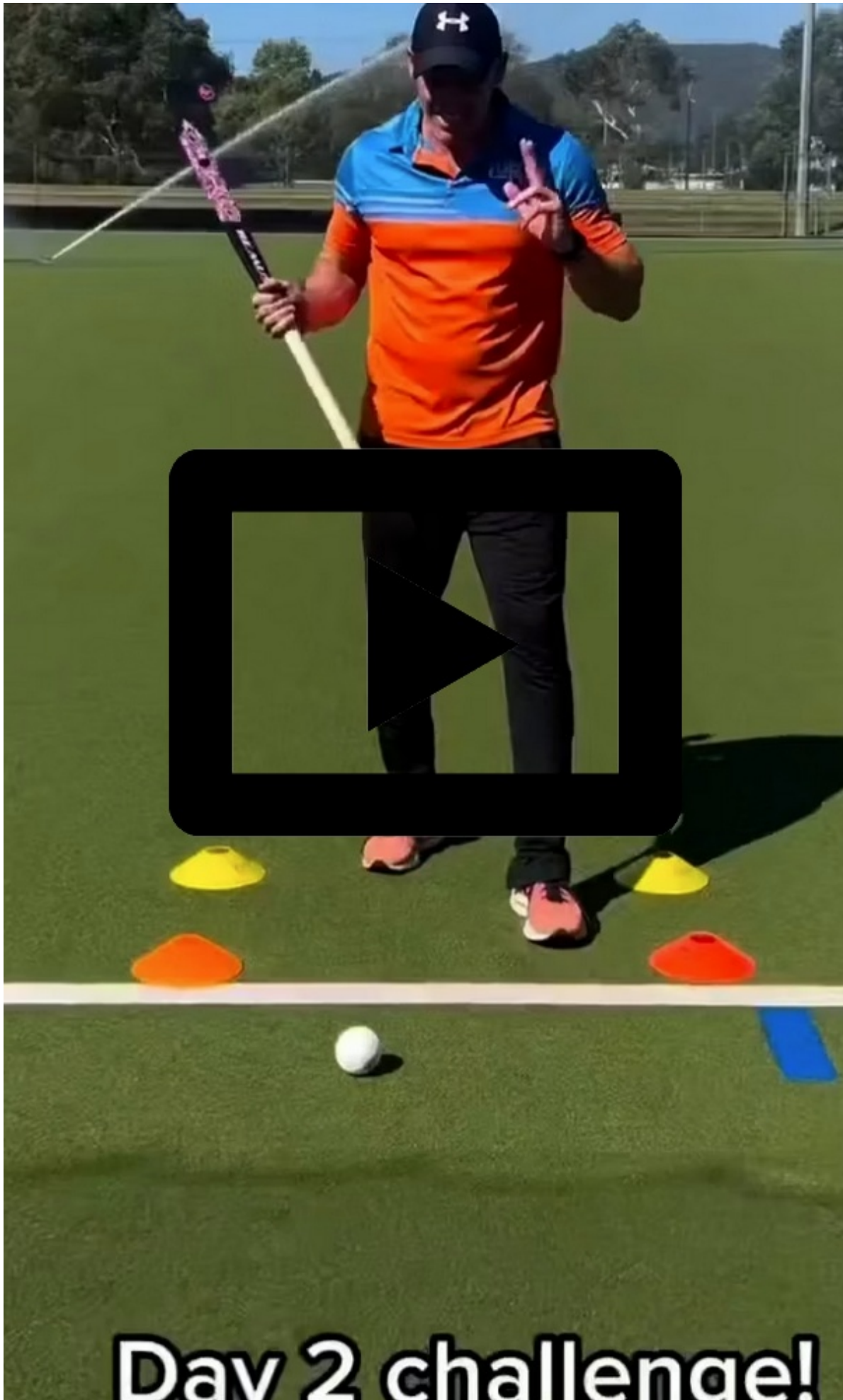
Drill 1

Instagram Link



**Want better stick
and ball control?**

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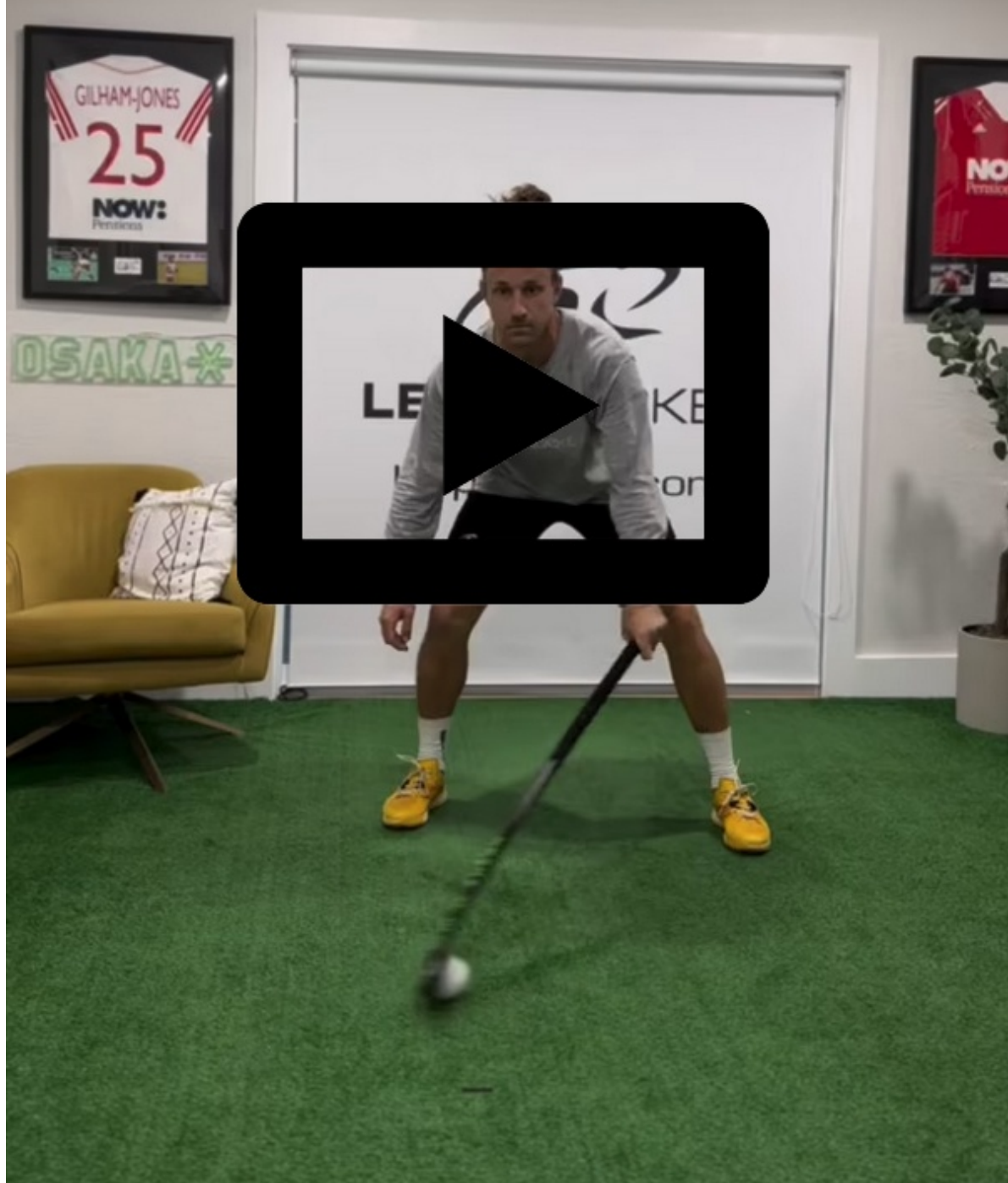
Instagram Link



**This squares the
defender up** ✓

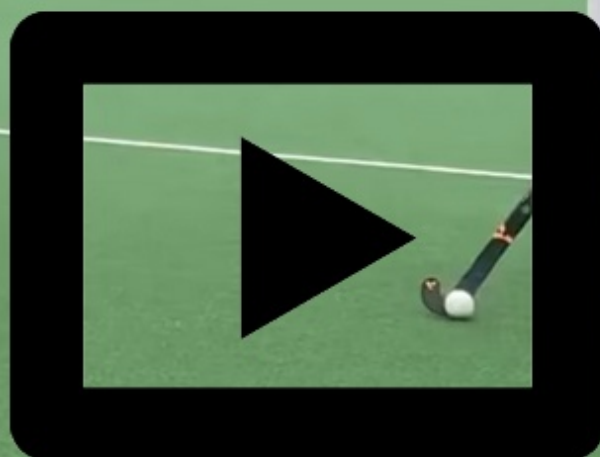
Instagram Link

HOW TO: STRENGTHEN YOUR LEFT HAND 🤲💪



Instagram Link

CUTTING IN ON THE LEFT



Instagram Link



Instagram Link



🔥 Great drill to
practice eyes up

Instagram Link

DROP PASS

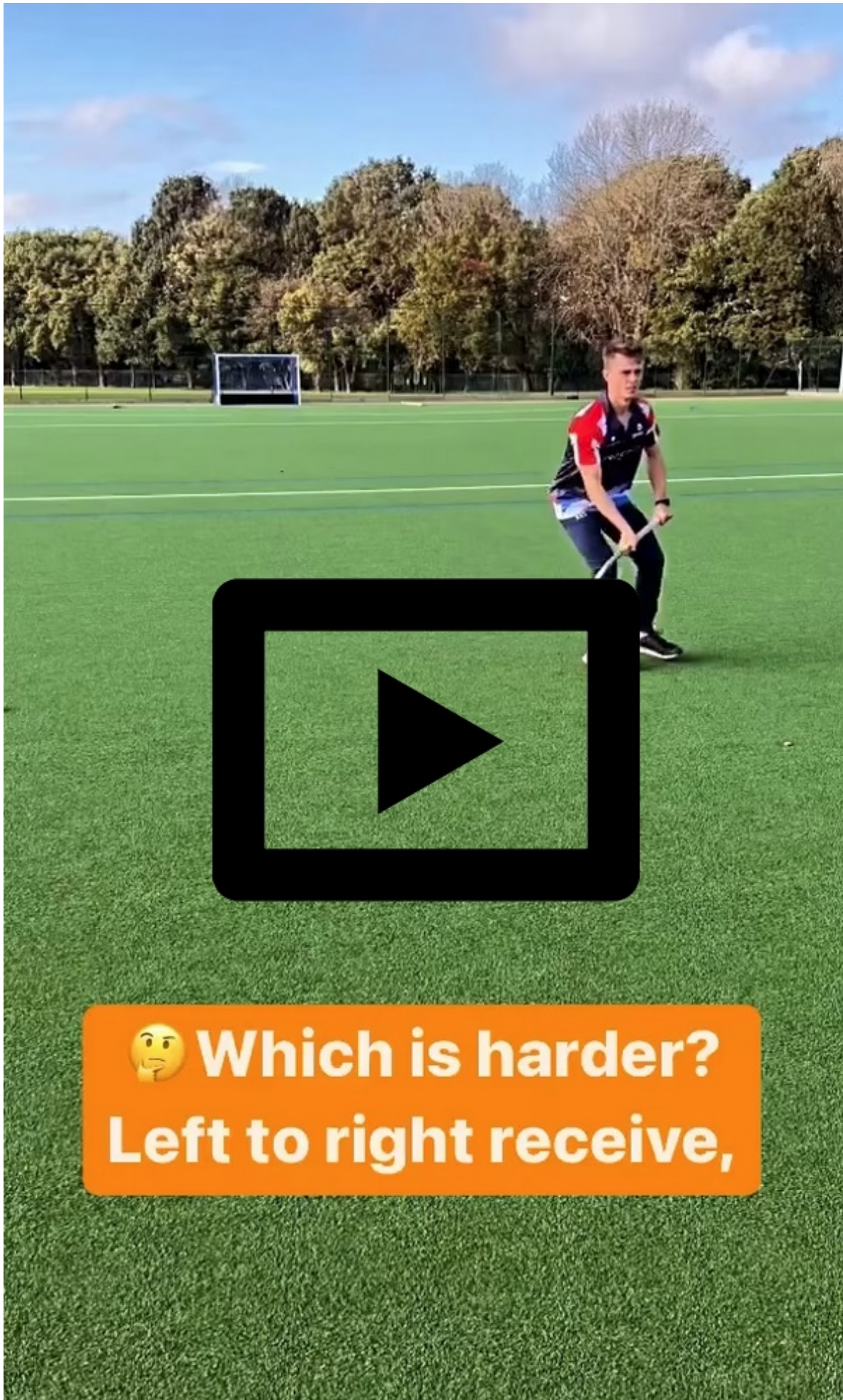


Instagram Link



Play like a pro!

Instagram Link



🤔 Which is harder?
Left to right receive,

Instagram Link

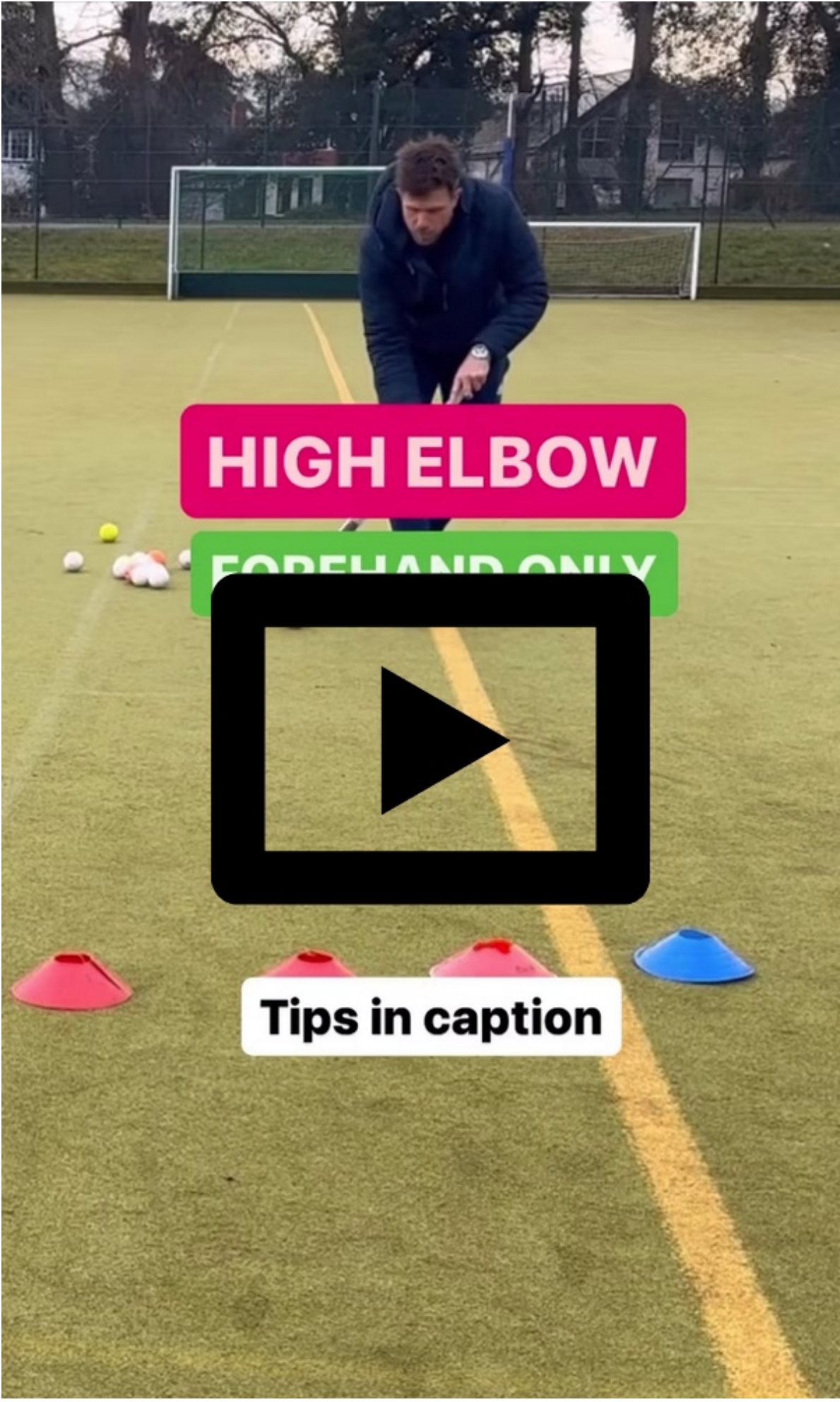


Instagram Link



**Simple way to improve
your stick skills fast** ✓

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HIGH ELBOW

FOREHAND ONLY



Tips in caption

Instagram Link



V-Drag Coaching points

Instagram Link

Field hockey Drills

just need a wall!

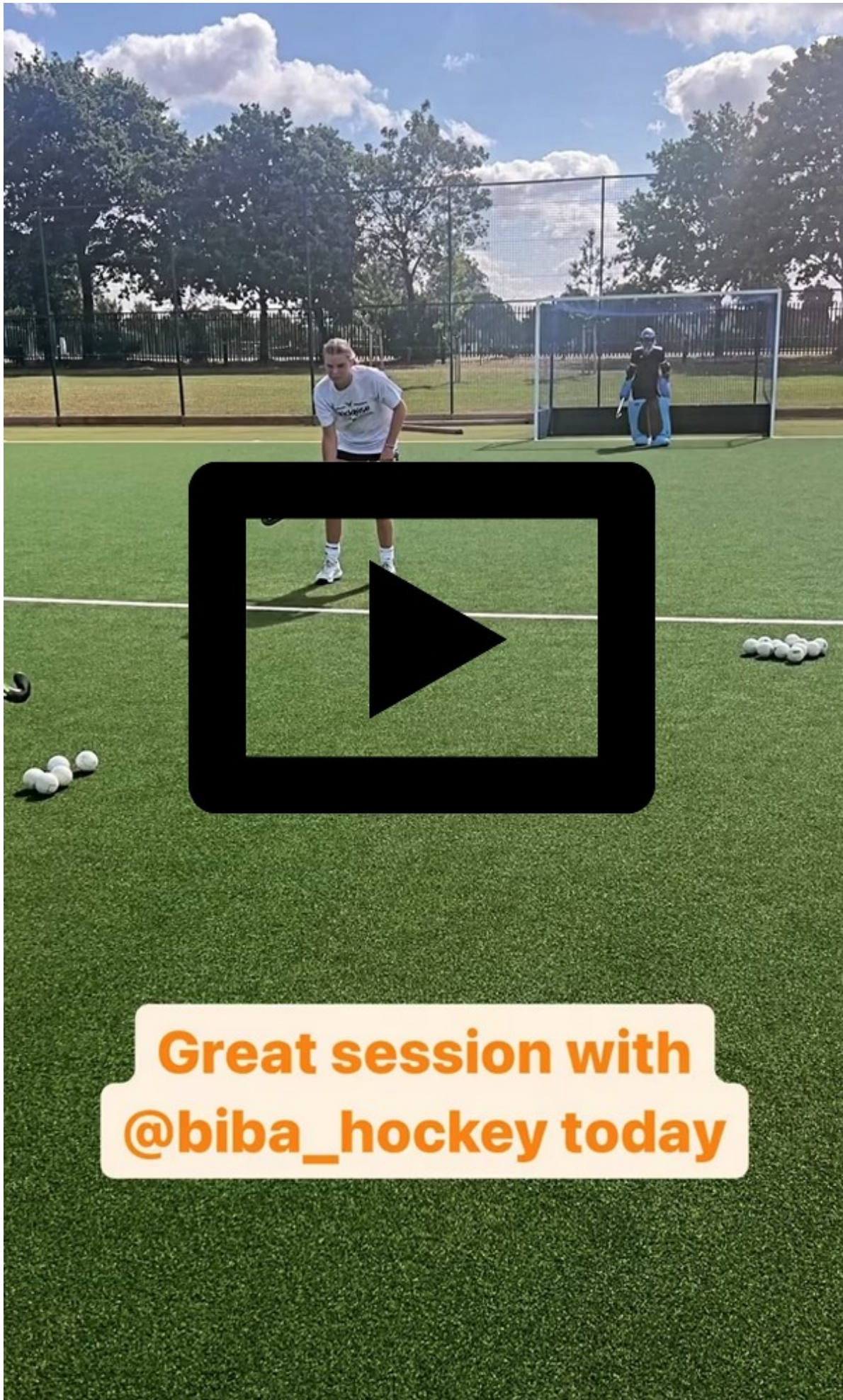


3x1 minute push passing

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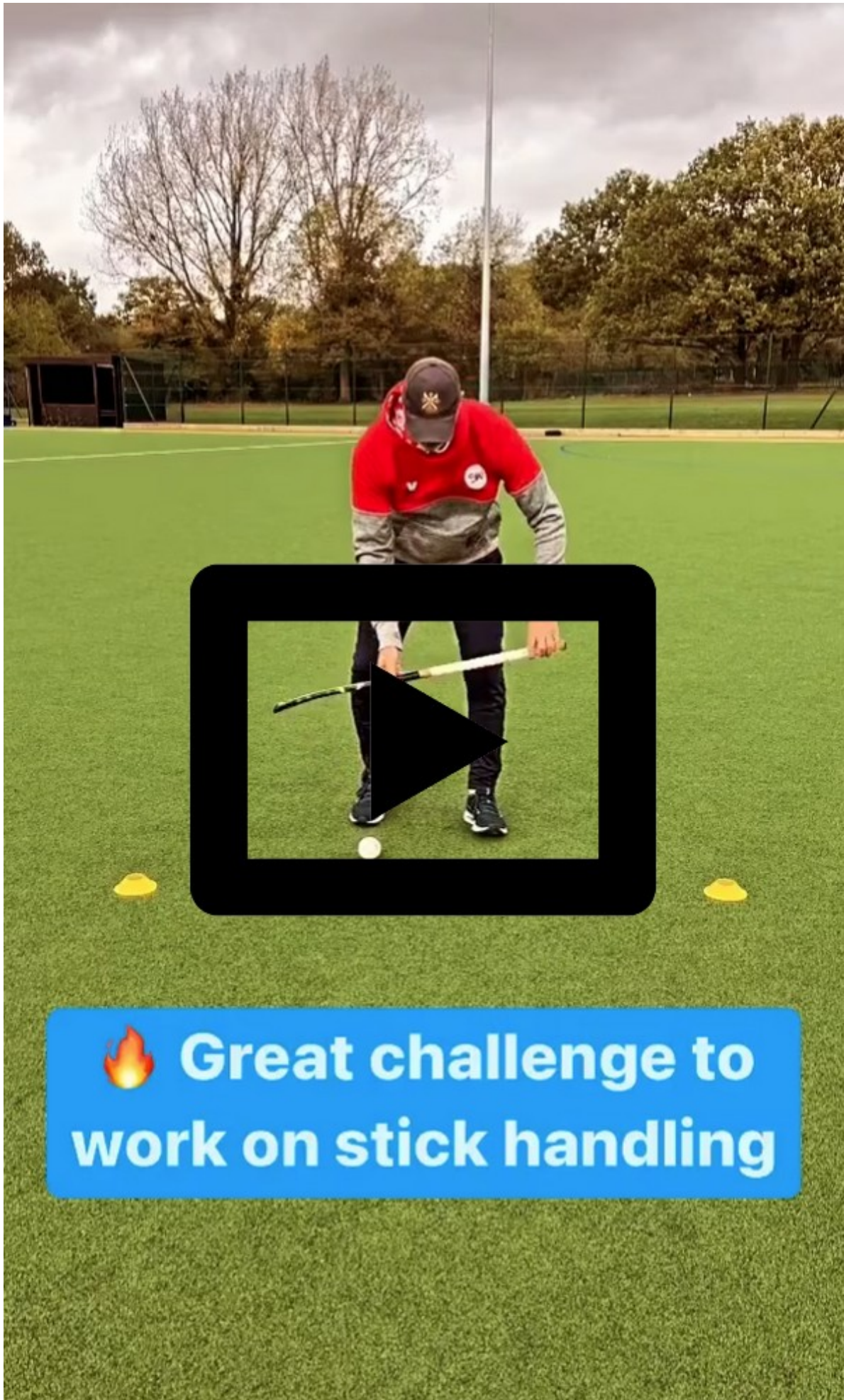


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**Great session with
@biba_hockey today**

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🔥 Great challenge to
work on stick handling

Instagram Link



**Great drill for
stick skills 🔥**

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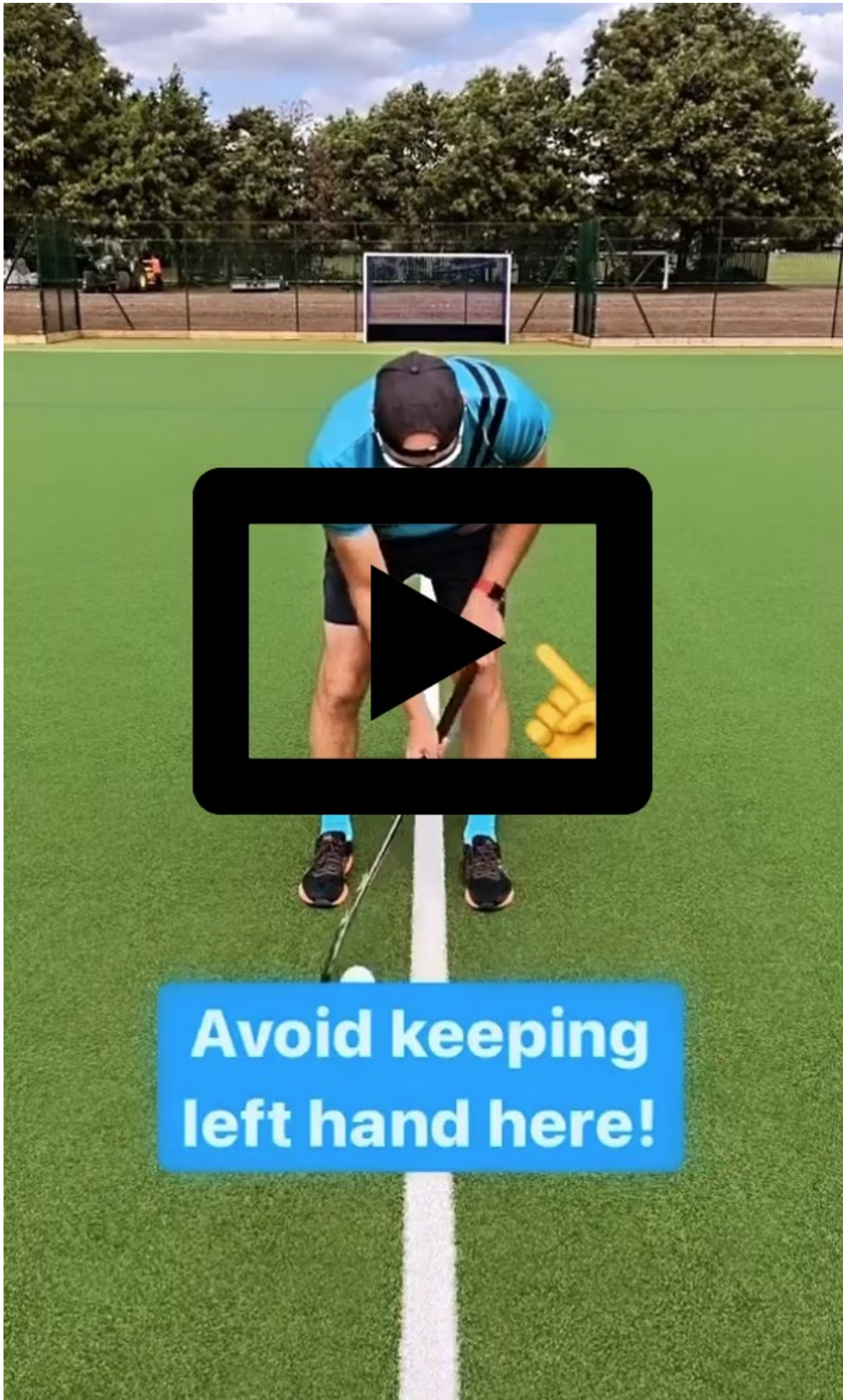
Play like the pros!

Instagram Link

DBO



Instagram Link



**Avoid keeping
left hand here!**

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HOW TO: RECEIVE MOVING ON THE REVERSE



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**Tips for Reverse
stick receive! 🔥**

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RECEIVING

AND FIND SPACE

TIPS IN CAPTION

Instagram Link

THE BALL ON OUR LEFT FOOT,



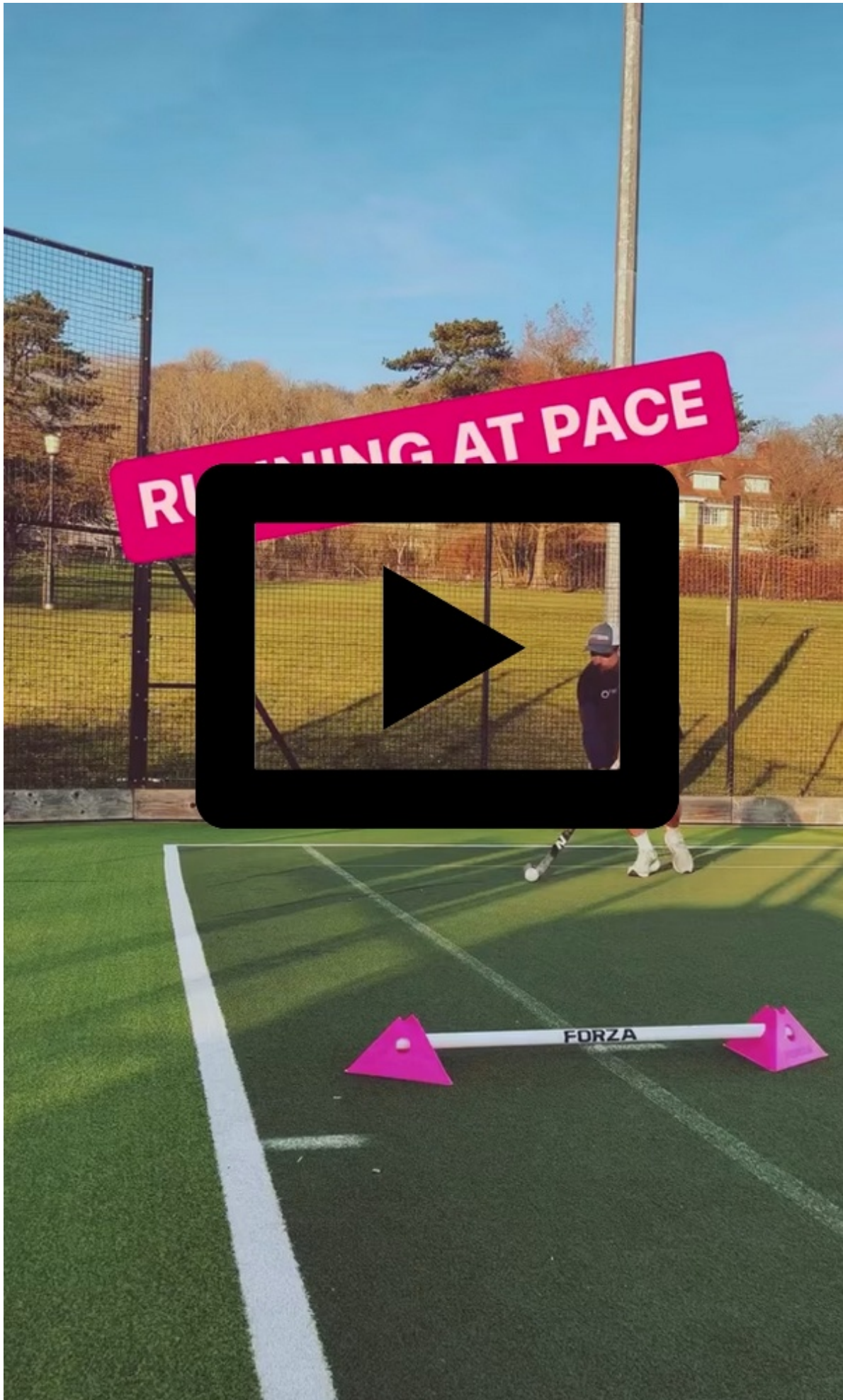
LEFT FOOT TRAINING

Instagram Link

HOW TO: RECEIVE WITH A DEFENDER BEHIND YOU



Instagram Link



Instagram Link



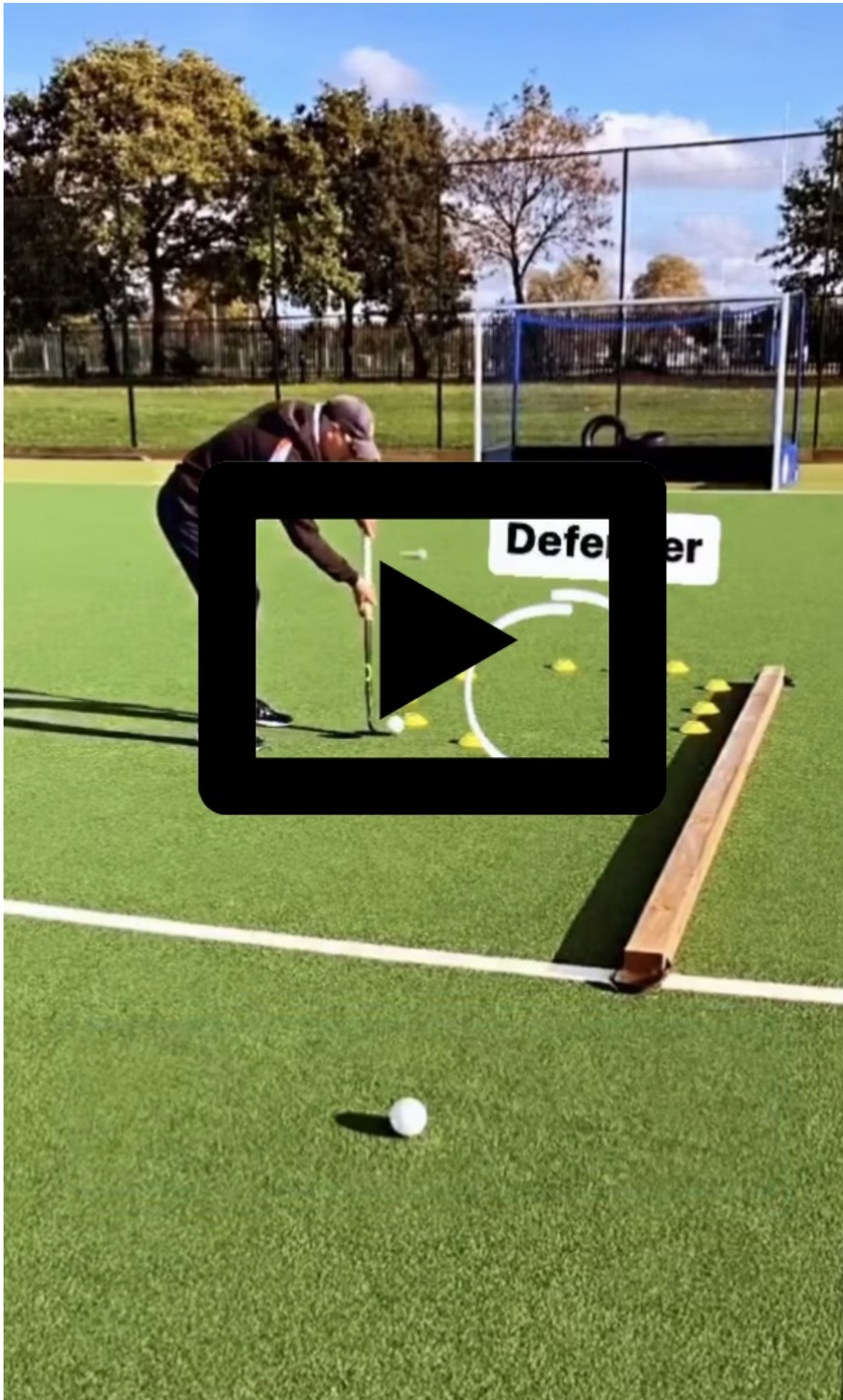
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Instagram Link



Instagram Link



Defender

Instagram Link



Wide drags!
Avoid tip tap!

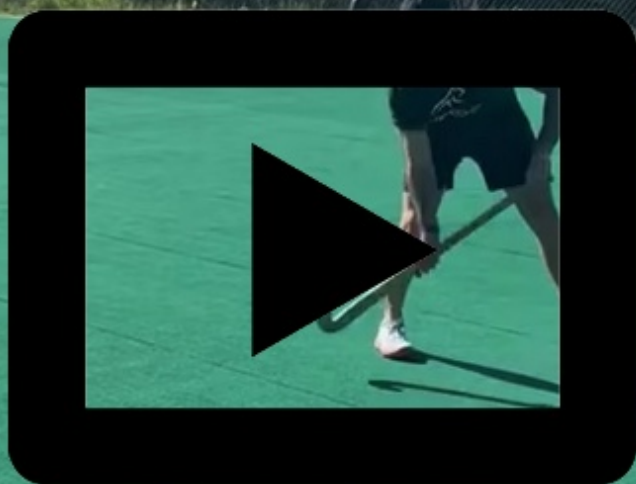
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STEP 3



Instagram Link

V-DRAGS



Instagram Link

The Box Drill



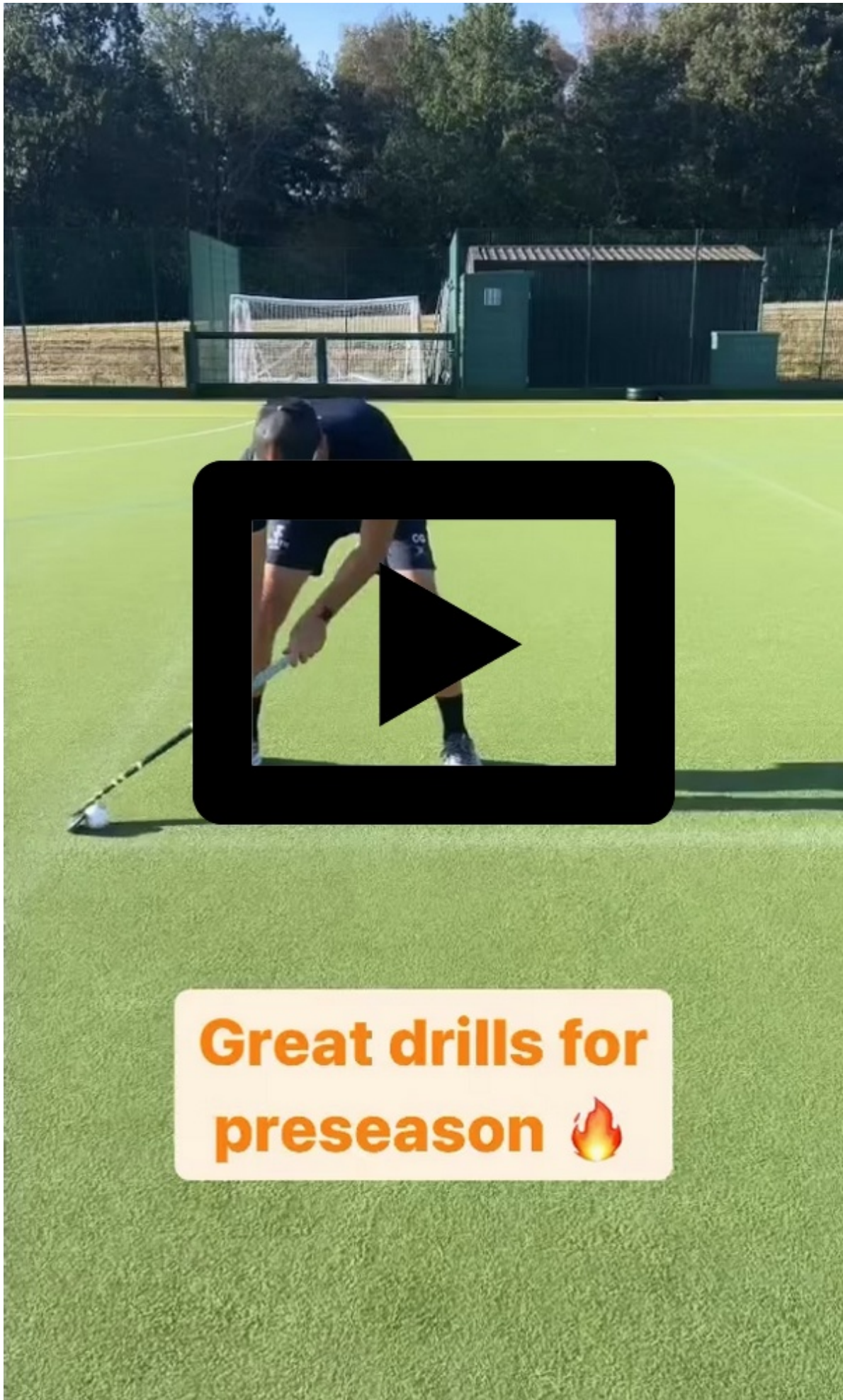
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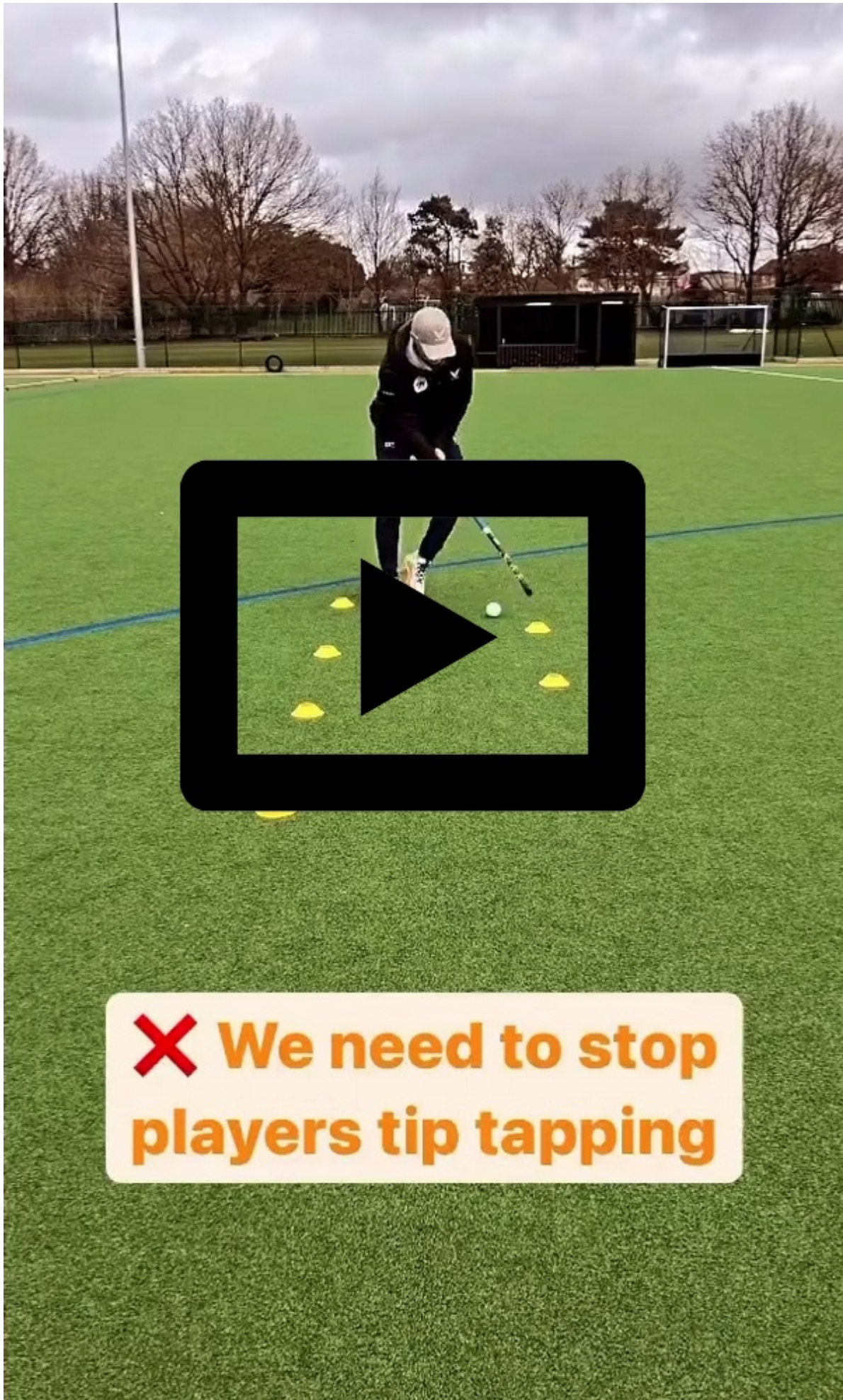


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🔥 Latest stick 🔥
handling drill

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**✗ We need to stop
players tip tapping**

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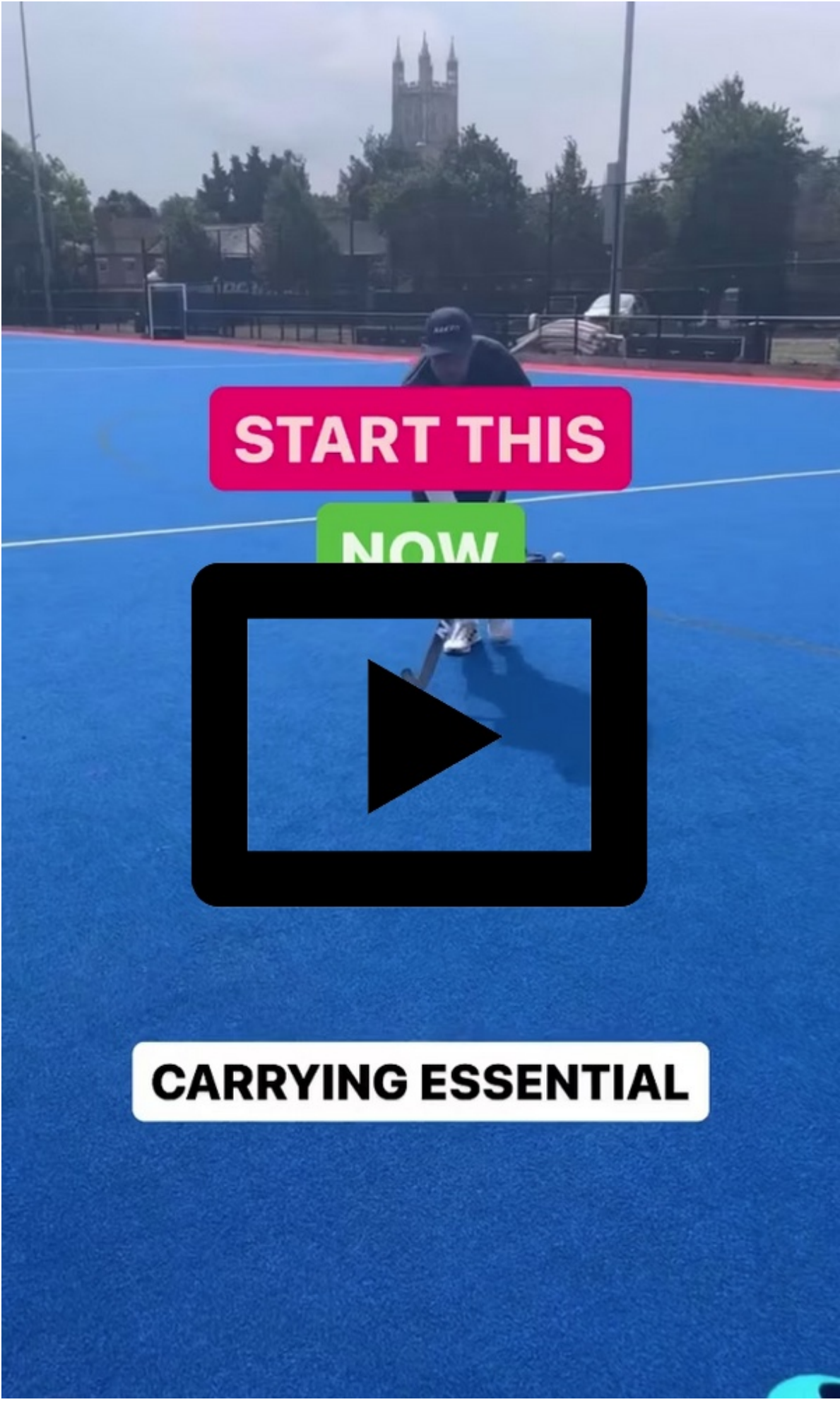
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BOUNCING PASSES

STUCK OF RECEIVING
BOUNCING PASSES?



Instagram Link



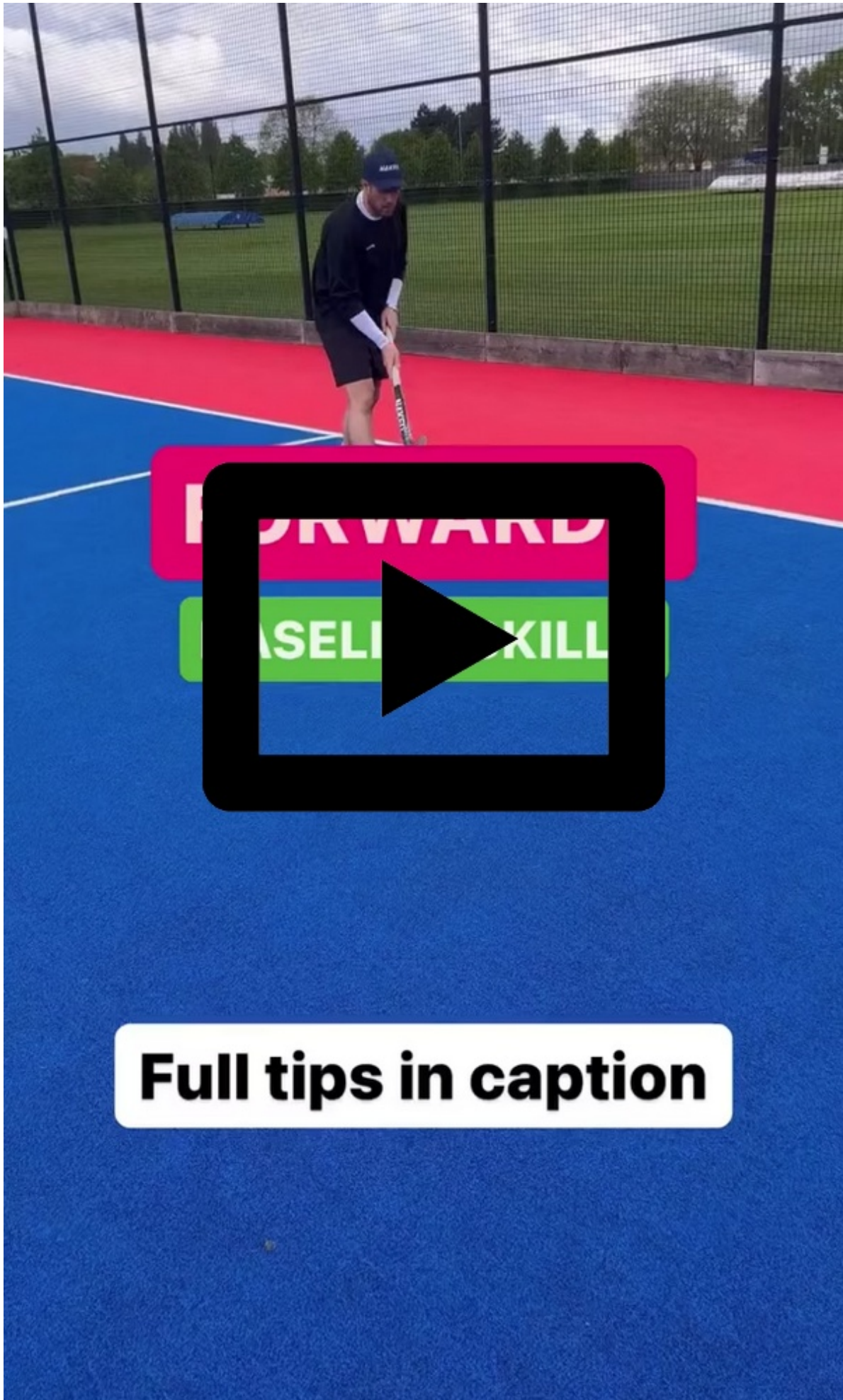
START THIS

NOW



CARRYING ESSENTIAL

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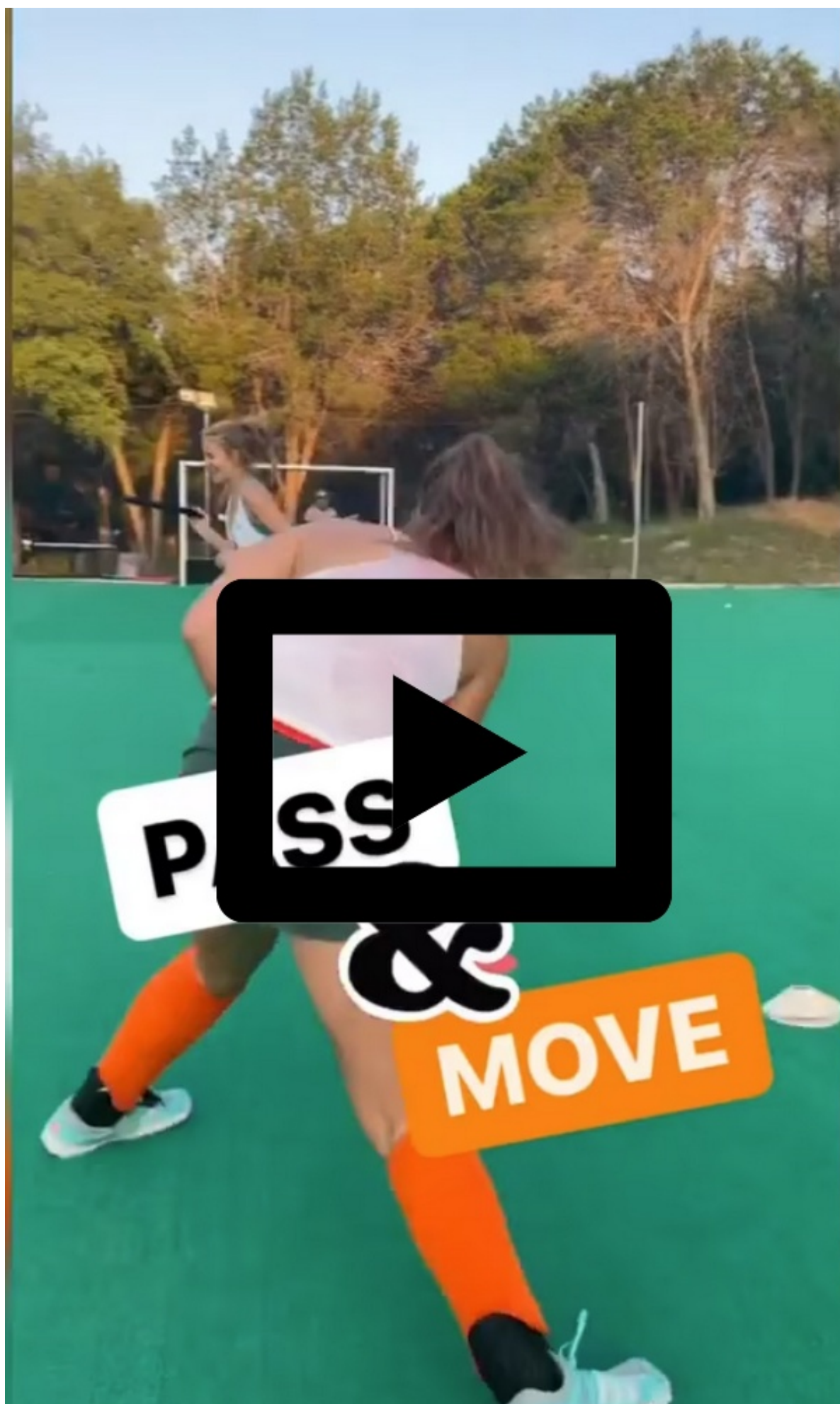
Full tips in caption

Instagram Link

THE SMASH 💪



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Instagram Link



**One simple tip that's an
absolute game changer!**

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WHEN WE'RE AT RIGHT HALF,



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Instagram Link



Beat more defenc

Instagram Link



Instagram Link



RAW SKILLS
HOCKEY ACADEMY



Body Feints Forehand

Instagram Link





Instagram Link



Instagram Link

RIGHT FOOT V DRA

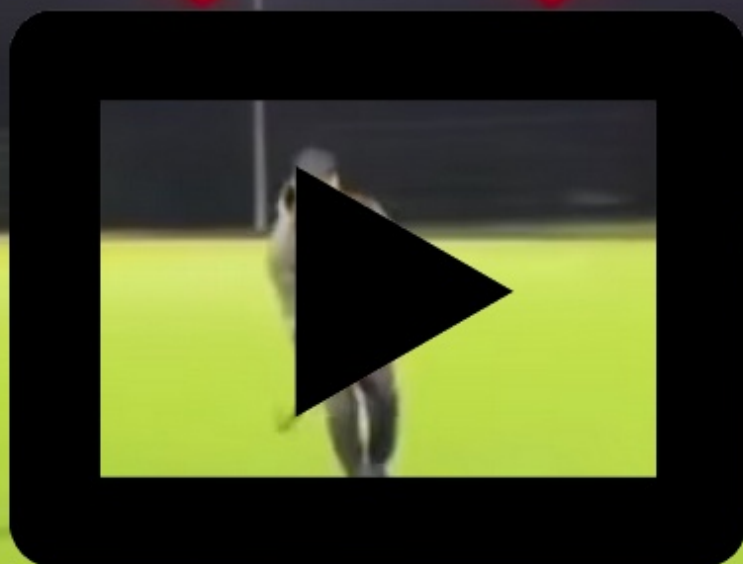
4 TOP TIPS!!



**WATCH THE WHOLE
VIDEO WITH FREEZE**

Instagram Link

Standing still

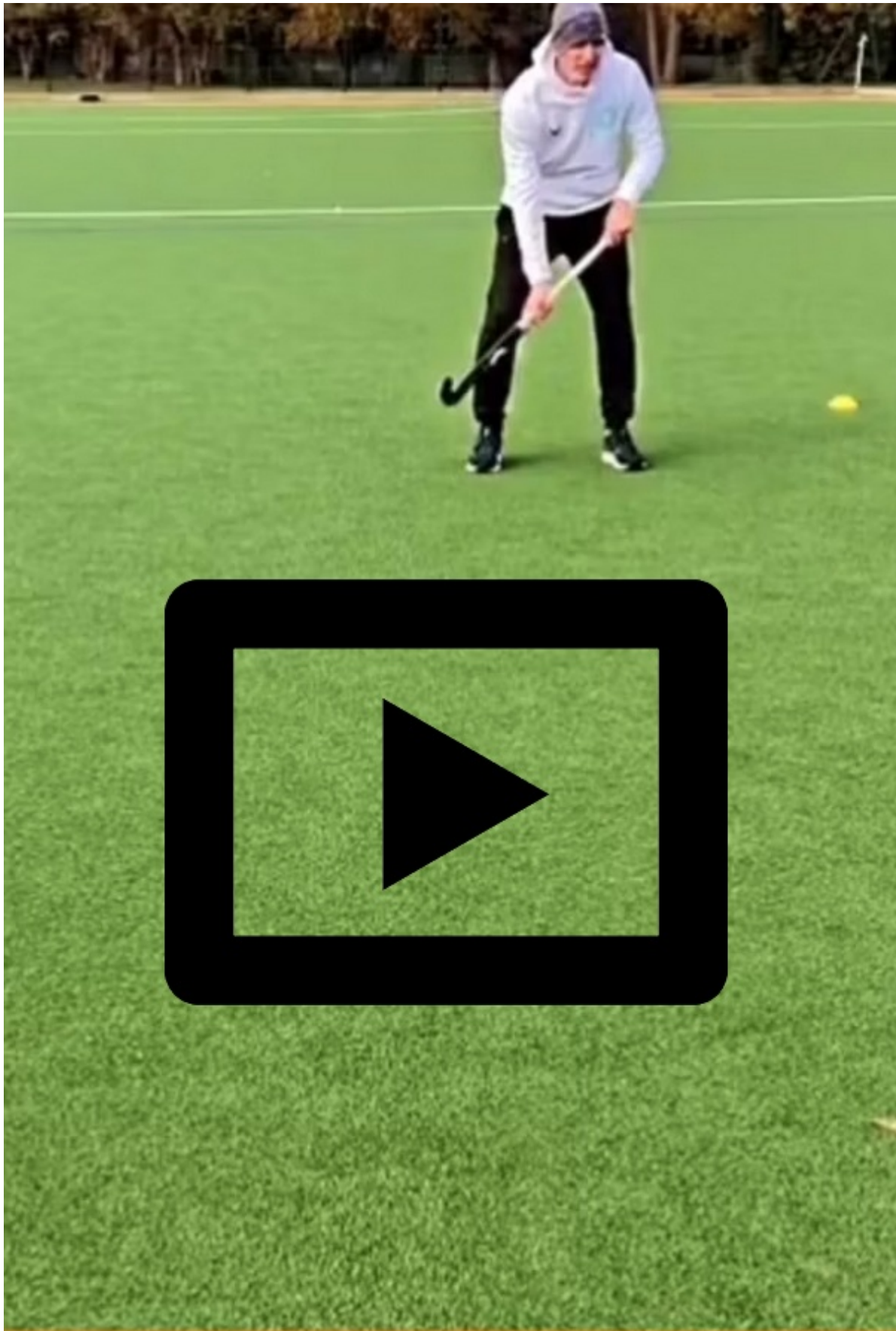


Receiving the ball
under pressure 🔥

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Amazing drill for

Instagram Link



**Improve your drag
and eye and centre**

Instagram Link



Instagram Link

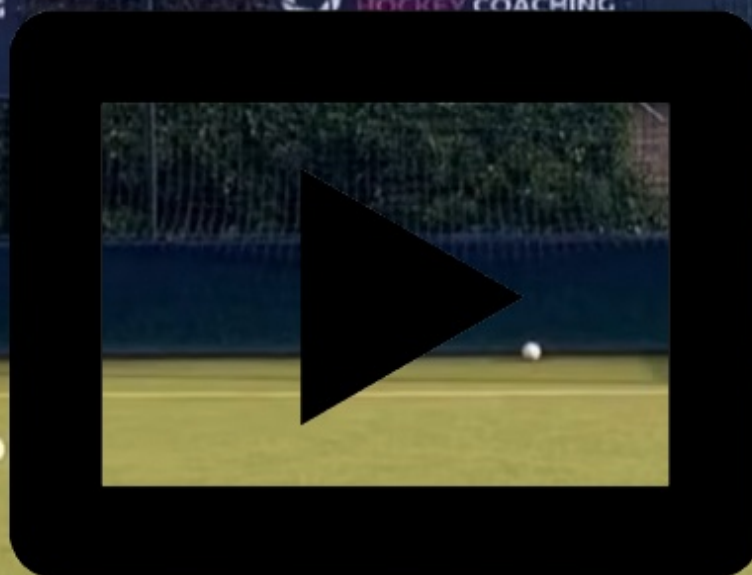
**This tip will improve
your goalscoring**



Instagram Link

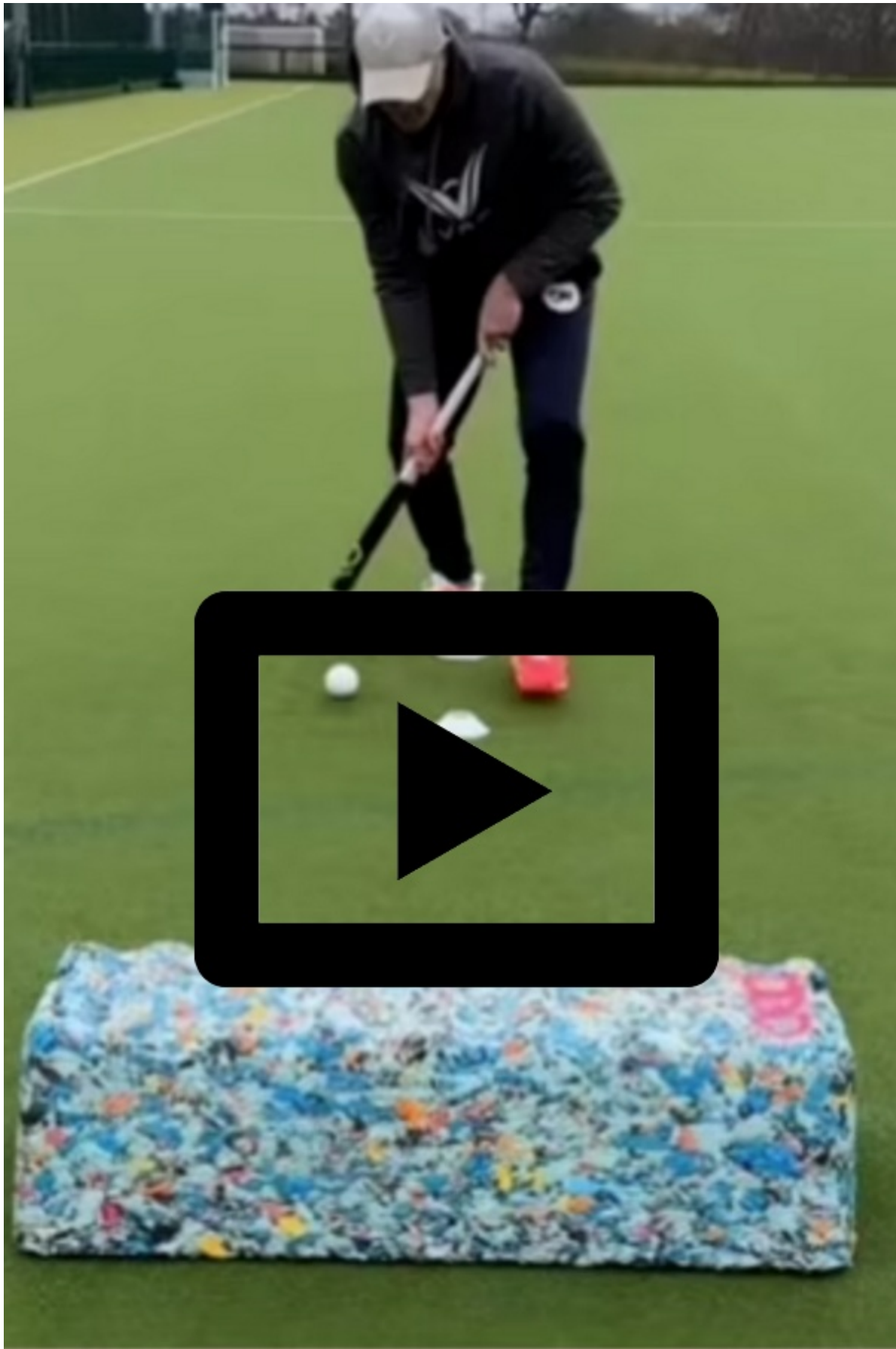
GRIP IT

3 TOP TIPS



**IMPROVE HAND
POSITION ON THE
STICK**

Instagram Link

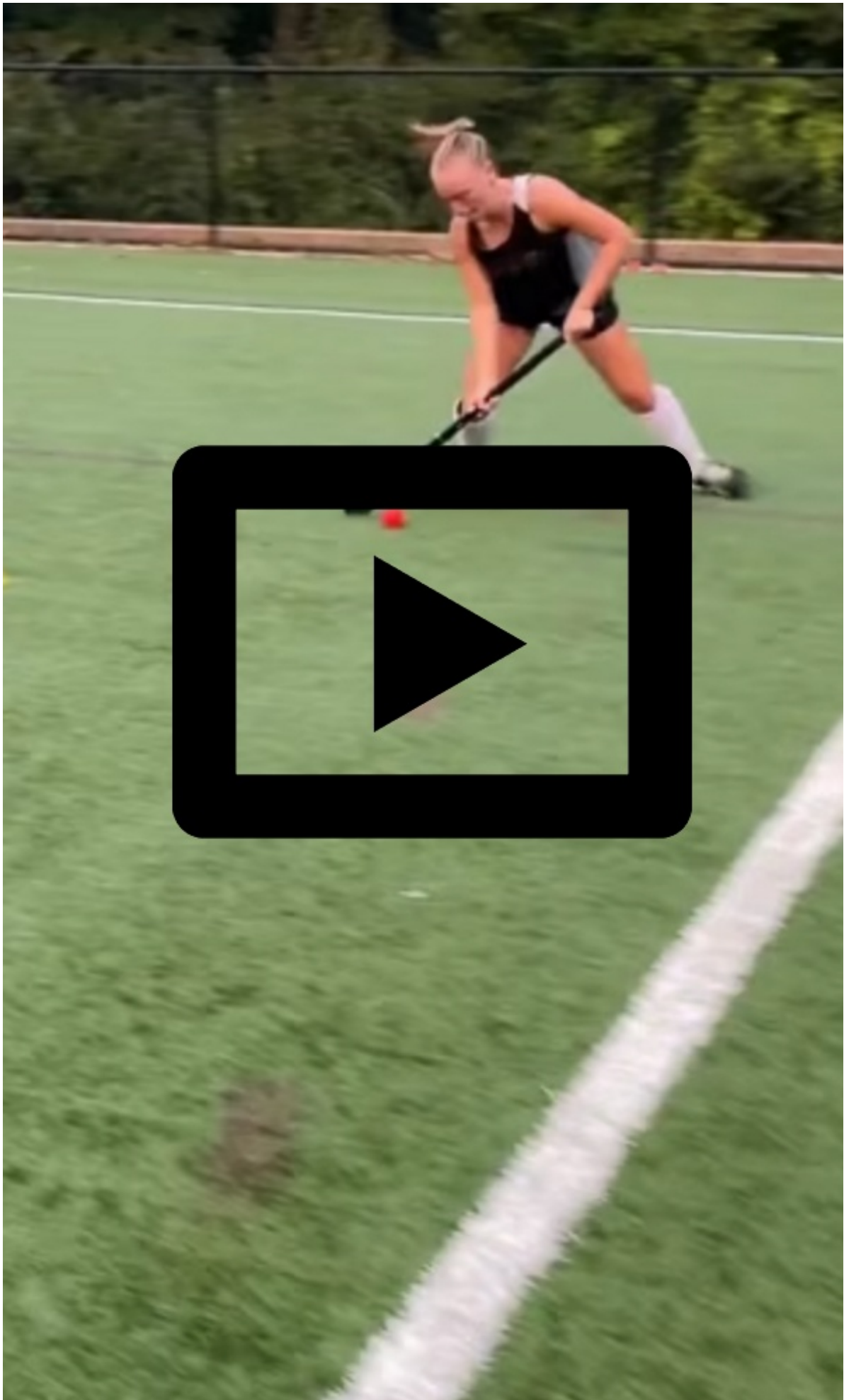


1st time reverse

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3D Fun



Instagram Link

AERIAL

FLIP-FLOP

TUTORIAL



EVO HOCKEY

Instagram Link

HEY, GUYS.

TRY THIS SKILL TO:

CREATE MORE
GOAL DURING
ADDITIONAL



Instagram Link

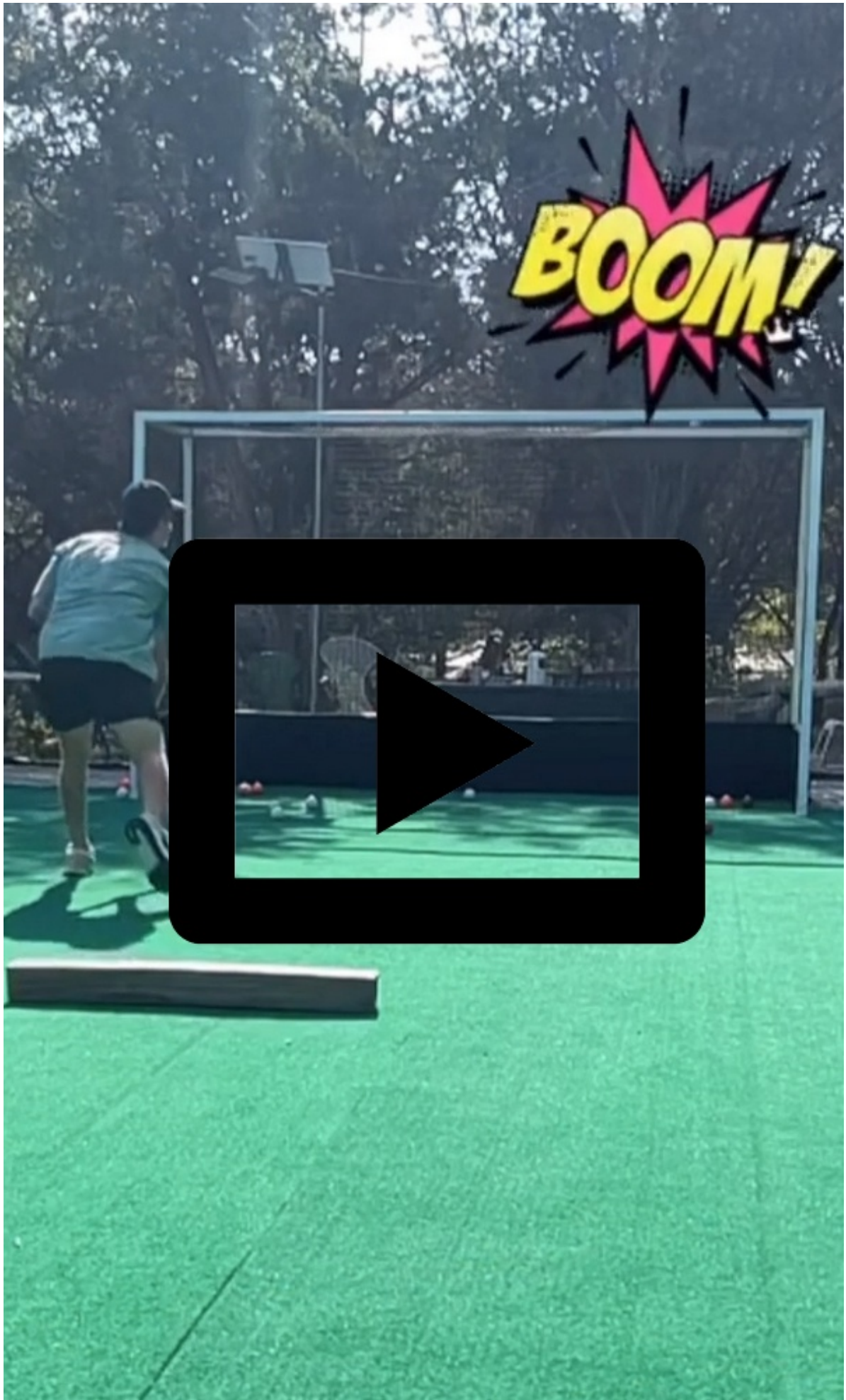


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**Two of my favorite skill
exercises :)**



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Watch until the end!



Should we coach our

Instagram Link



**Want to have better
control of the ball**

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HOW TO: SCORE GOAL IN THE 5 YARD ZONE



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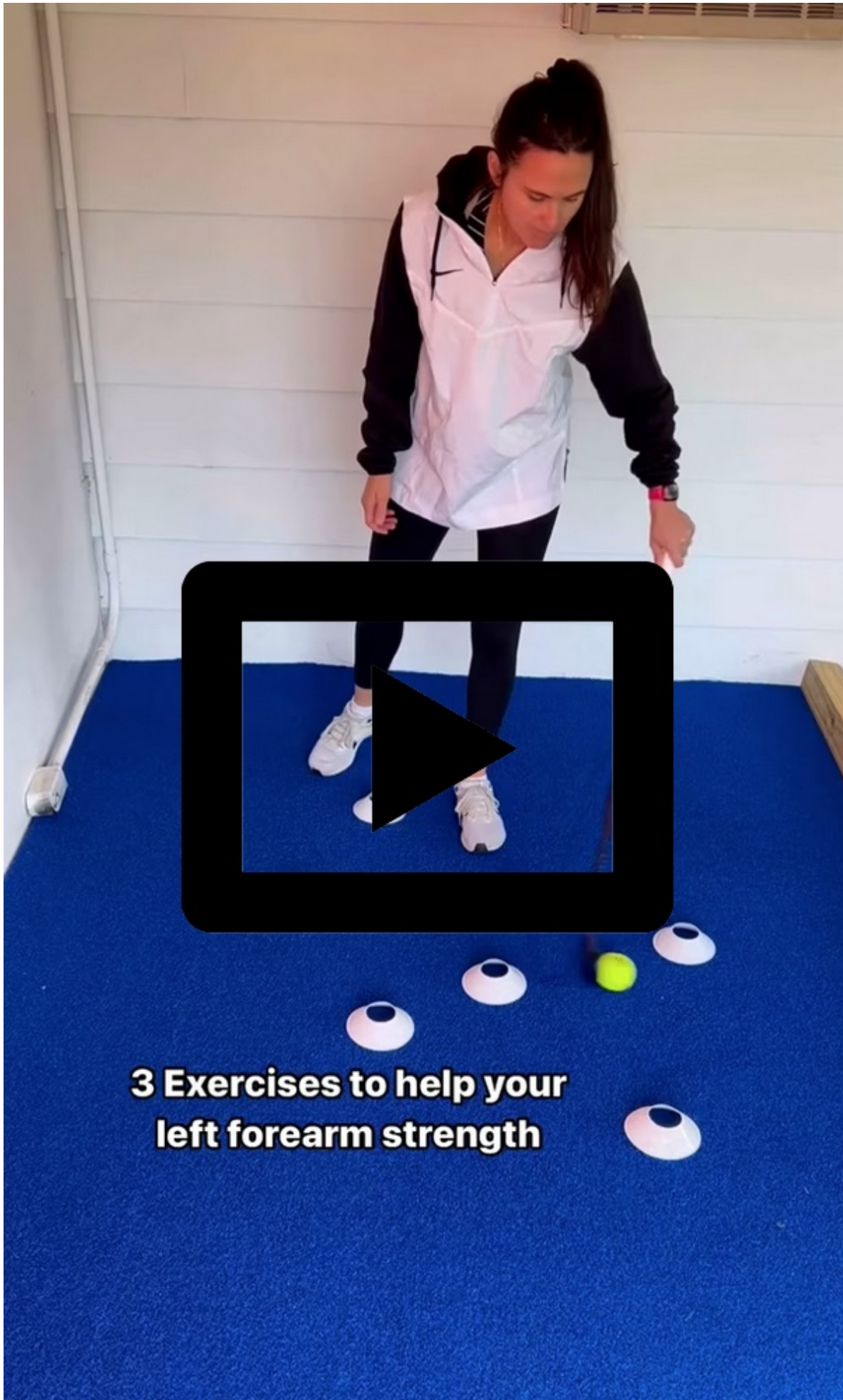


The "perfect ball carry

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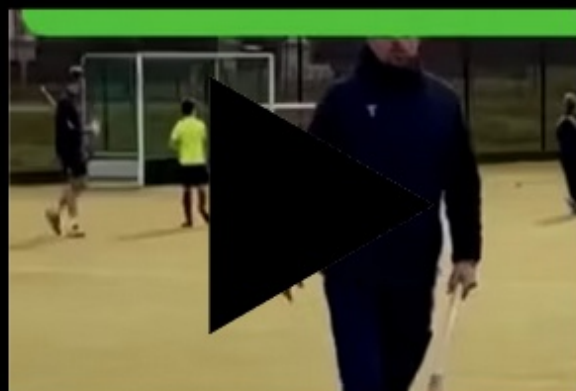
**3 Exercises to help your
left forearm strength**

Instagram Link

COACHING DRILL

PASSING AND

RECEIVING



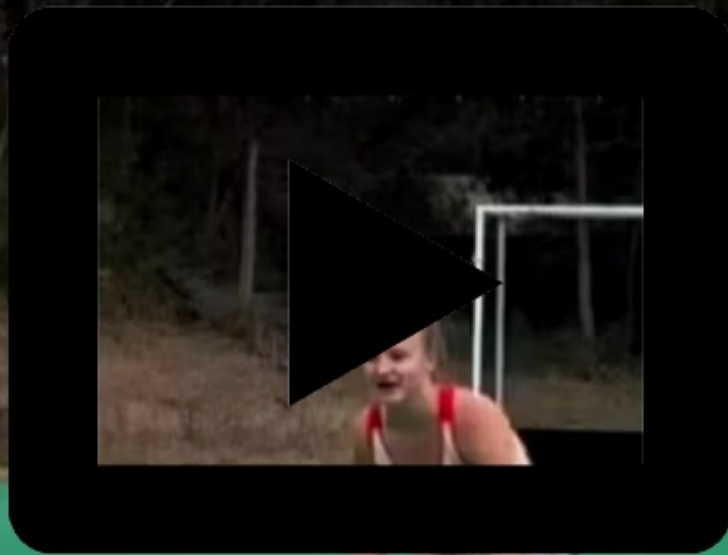
Instagram Link

Before...



Instagram Link

Before..



Instagram Link

