

Slap Hitting

A quick way of moving a ball with accuracy and pace.



It has several advantages:

1. You do not have to change your grip (although in some instances by doing so you get more power)
2. Even bad slap hits can be effective
3. They can be used quickly under pressure
4. They carry less risk for failure than a traditional hit

Methodology

1. Keep your hands apart for speed (or if you have time the close them up for more power)



2. The backswing should be short and flat, with stick parallel to the ground (even scraping on the ground)
3. Your shot has more chance of success as you have the majority of the shaft
4. Keep the follow through low and your stick on the ground
5. To lift the ball, angle the head of the stick upwards so slightly undercutting your shot
6. If you want more power move your hands together at the top of the stick

1. Get Low

Position your body low to the ground for better **control** and

stability.

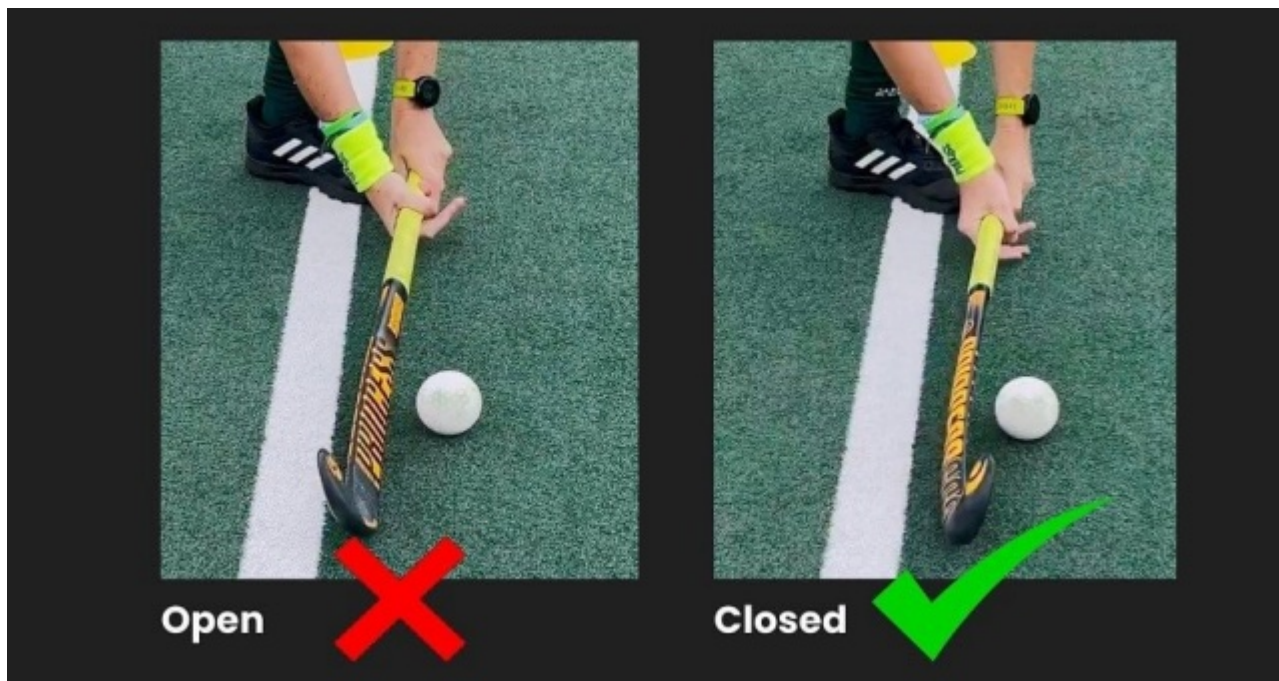


2.Body Position

2.1 Ensure the ball is **in line** with your front foot.



2.2 Keep the **stick face closed** to prevent the ball from bouncing up.



3. Follow Through

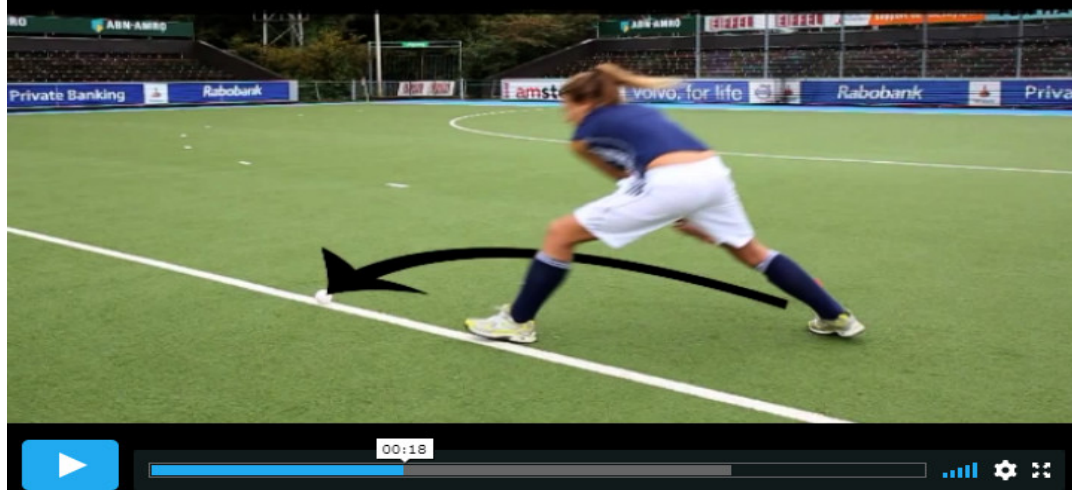
Use your body weight and proper leg movement in your follow through. Shifting your weight **from your right foot to your left foot, generating more power in your slap.**



Further videos highlighting options



Using your wrists, sweep the stick in a circle across the pitch



00:18



Ryde Hockey: Basics of Slapping



Watch later



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The Slap



00:06

