

The Hit & Clip Hit

Hitting a hockey ball

1. Hands together an inch off the top of the stick
2. Ball in line with front foot
3. Body 90 deg to the direction of intended ball travel (left shoulder pointing where you want the ball to go)
4. As you swing bend down so left hand passes in line with left knee during the swing
5. Follow through

Extra – do it while the ball is slightly moving – “step into the hit”

Detailed synopsis of the whole process

Annotated video of the whole process incl body position



Further options

Some further tips to look for



Short sharp annotated version

Hockey.nl give us their overview





Very very detailed

You get all the whys and wherefores on this one



Clip Hit

Quicker simple version of full hit – use when no time and still want power



Clip Hit

Really good stuff here from a team of really good dutch players

