

Points Of Play

1. Defending

In a game there are usually two defenders, they should not be along side each other but should 'seesaw' back and forward depending on which side of the pitch the ball is. Sometimes a sweeper system is used, where the wing defenders push up to help the midfield. During an attack by your team the last defender should not be in the 'D'. When defending in the D defenders should be Goal Side of the attacker (Between the attacker and the goal).

2. Midfield

Midfielders have the most running as they are required to defend and attack. They should adjust their position as to where the ball is on the pitch.

3. Forwards

One forward should remain up the pitch to stretch the defenders on the other team. Forwards should make runs across the pitch to keep the defender busy.

NO PLAYER SHOULD BE STOOD STILL AT ANY TIME

4. Hitting and Pushing

Both these skills should be used equally during a game. Pushing the ball has the advantage of a quick pass to players close by and prevents the defender from tackling should you raise your stick to hit it. However a hit is used for free hits and when you have time for longer passes and crosses. This should be with a preferably short back swing but full follow through.

5. Aggression

Aggression on and off the ball is essential, when in a tackle players should be low to the ground with hands far apart on the stick in the push position for maximum strength. Swinging your stick into a tackle will probably result in a stick tackle, lay your stick to the ground behind the ball and remain strong.

6. Passes

Always **look up** before you pass the ball and square passes are usually the best.

7. Running Off the Ball

Running to find a space in which to receive the ball is very important. You must lose your defender by running into space with change of speed and direction.

8. Receiving the Ball

Always run forwards to meet the ball, do not wait for the ball to reach you as a defender could nip in.

9. General Play

Vary your play - Dribbling round players using stick skills (not too many at once) or passing the ball are both important but neither one too much.

9. 16 Meter Hits

Always hit the ball towards the sidelines, to a players stick, never through a mass of players.