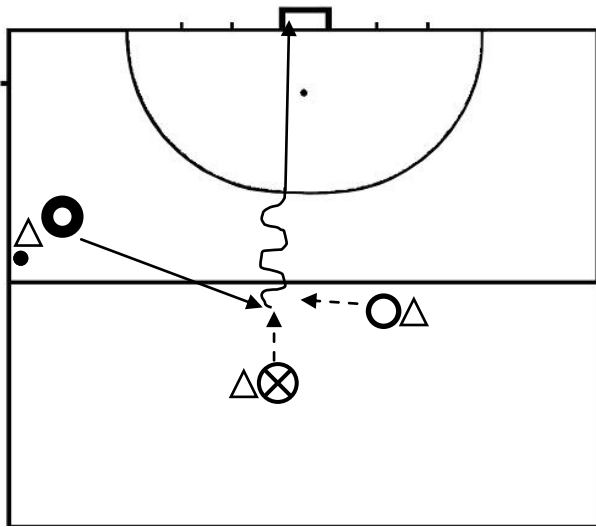


Advanced Hockey Skills- Tackling and Dispossession

Interception from the left/right



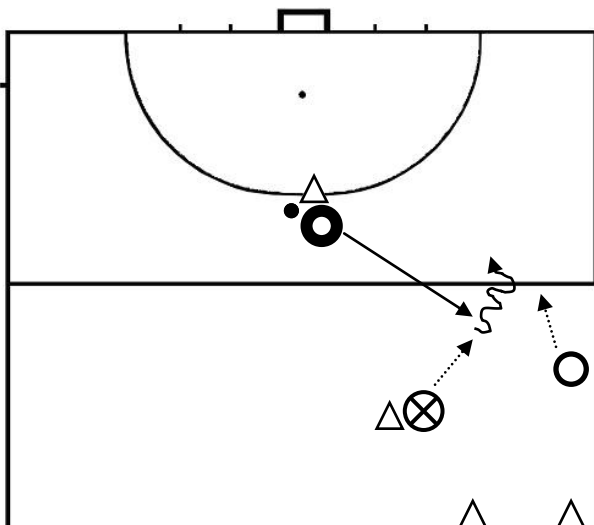
1. O passes to O
X defends in the triangle position and intercepts the pass
O puts pressure on the interception by X
X dribbles in direction goal and scores

Variation:

- Reduce the distance to the circle
- Play a slightly bouncing ball

Intercept the pass in such a way that it makes forward movement at speed possible
Positioning of feet:

Be in a position that allows both the direct opponent and the ball possessor to be in view (triangle)



2. O passes to O
X defends in the triangle position and intercepts the pass
X dribbles direction circle and scores

Variation:

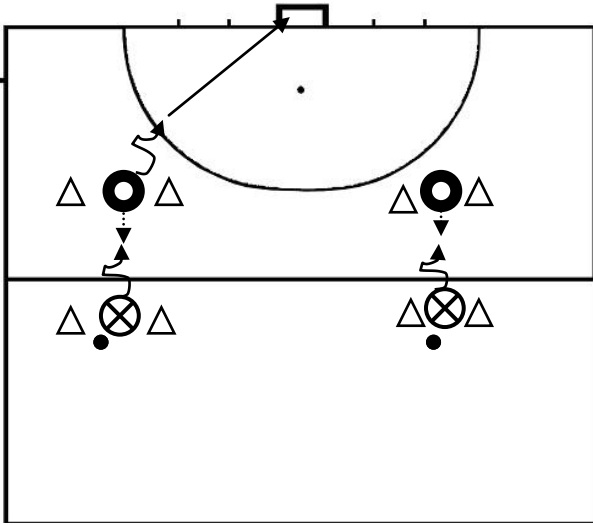
- O makes a tackle back on X
- O is first defender and O provides cover
- O dribbles through the goal at the centreline if O gains possession
- Play a slightly bouncing ball

Intercept the pass in such a way that it makes continuing forward movement at speed possible

Position of feet:

In a position that both the direct opponent and the ball possessor can be seen (triangle)

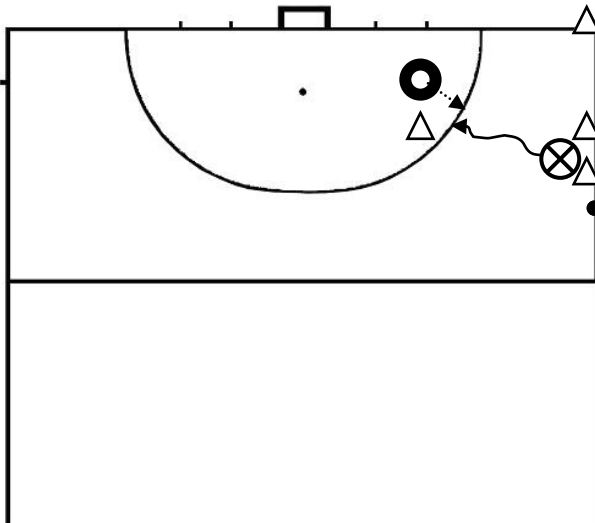
Double Handed block tackle



1. X dribbles towards the circle
 O defends the goal with the double handed block tackle
 Alternate from left - centre - right
 If X wins the 1vs1, continue dribbling and score
 If O wins, change positions

Turnover:
 If O gets possession, dribble through the goal of X
 Immediate tackle back by X

Don't commit too early to the double handed block tackle
 Defend towards the ball



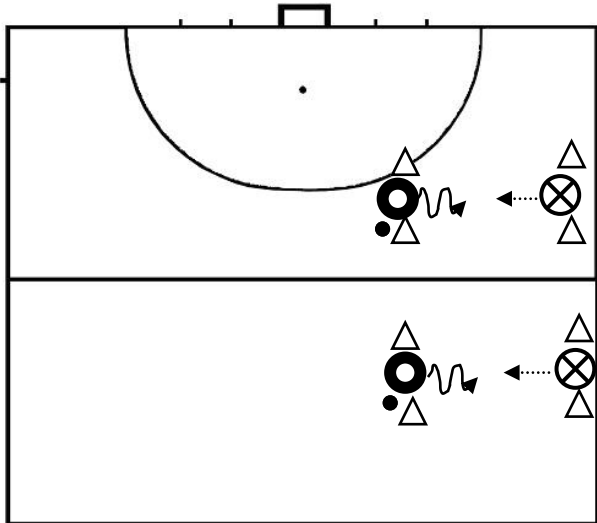
2. X dribbles towards the circle
 O defends with the double handed block tackle
 X is awarded a short corner = 1 point / X scores = 2 points

Variation:
 X starts from a different position
 O starts from a different position

Turnover:
 O gains possession and dribbles direction goal on the sideline
 O scores by dribbling through the goal = 1 point
 X makes a tackle back and tries to make a tackle before O reaches the sideline

Don't commit too early to the double handed block tackle .Defend towards the ball

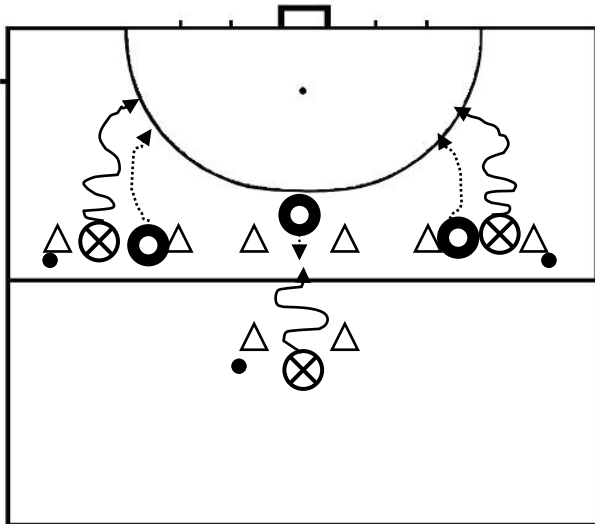
One Handed Block tackle



1. **O** tries to reach the sideline by dribbling through the goal of **X**
X defends the goal with the one handed block tackle

Turnover:
 If **X** gets possession, dribble through the goal of **O**
 Immediate tackle back by **X**

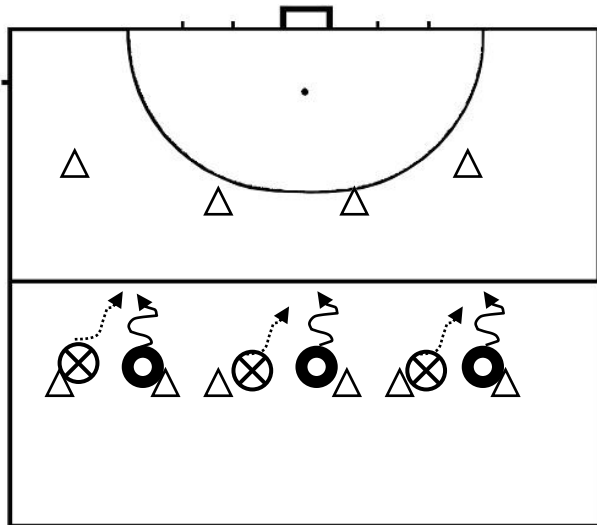
*Don't commit too early to the one handed block tackle



2. **X** dribbles towards the goal
O follows **X** and jabs to put on pressure
 When **X** tries to eliminate **O**, **O** defends with the one handed block tackle left in front of the feet

Turnover:
O dribbles towards the small goal, **V** tackles back

Shave from the left/right



1. **O** dribbles towards the circle
X starts from the left cone and tries to get possession through a shave from the left

Variation:

First put pressure on **O** using the jab (stick in the right hand!)

Turnover:

X gains possession and dribbles through the small goal at the start

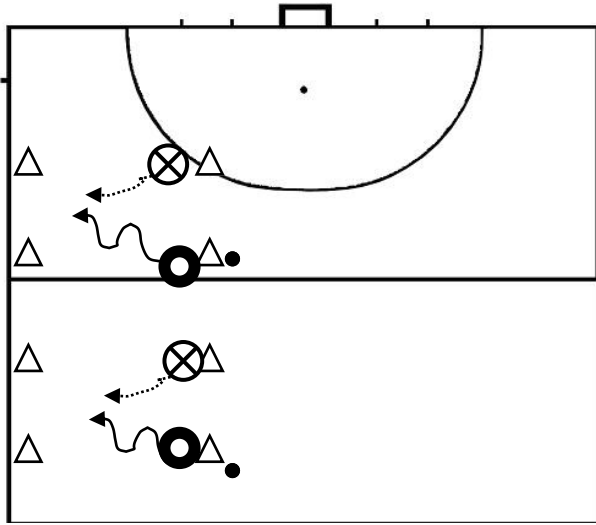
O tackles back and tries to regain possession from **X** before the starting line with a shave from the left

Defend without committing a foul

Stay out the physical space (at jab distance = stick length + one step) of the defender when jabbing

After the shave, peel off immediately to the left, away from the opponent

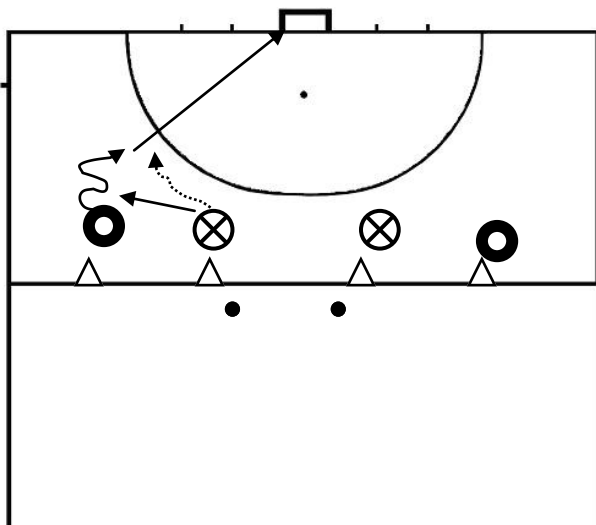
Steal from the left/right



1. O dribbles towards the small goal on the sideline
X starts from the right cone and tries to get possession through the steal from the right

Variation:
 First try to keep pressure on **O** with a jab

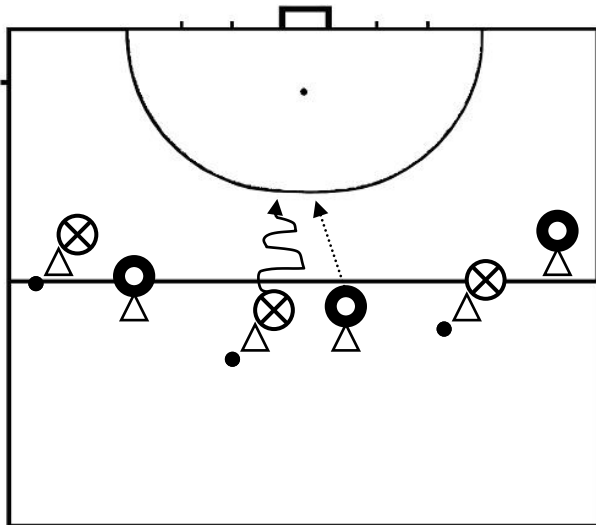
Defend or tackle without committing a foul
 Don't move into the physical space of the defender when jabbing (jab distance = sticklength + one step)
 Immediately turn away from the direct opponent after the steal
 Bend the arm when playing the steal



2. X passes to **O**
O dribbles towards the circle
X puts pressure on **O** with a jab and tries to gain possession with the steal from the right
 Do the same on the opposite side of the field

Turnover:
 After a successful steal **X** dribbles through the centre goal on the 25-yard line
O tackles back and tries to stop **X** before the 25-yard line with the steal from the right

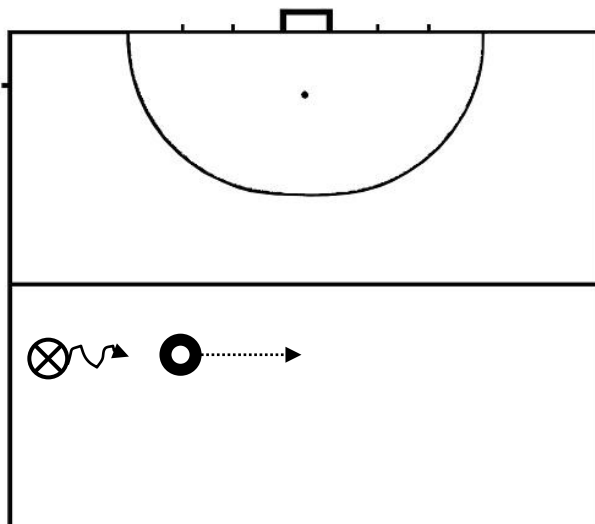
Jab from the left/right



1. **X** dribbles towards the circle
O follows on the right beside **X** and tries to jab the ball away
 Alternate from the right - centre - left

Variation:
 Vary the jabbing moment
X tries to get around the back of **O**

Keep following **X**'s movements and stay focused on the ball
 Stay at jab distance (= stick length + one step)
 Keep the ball carrier on the forehand side

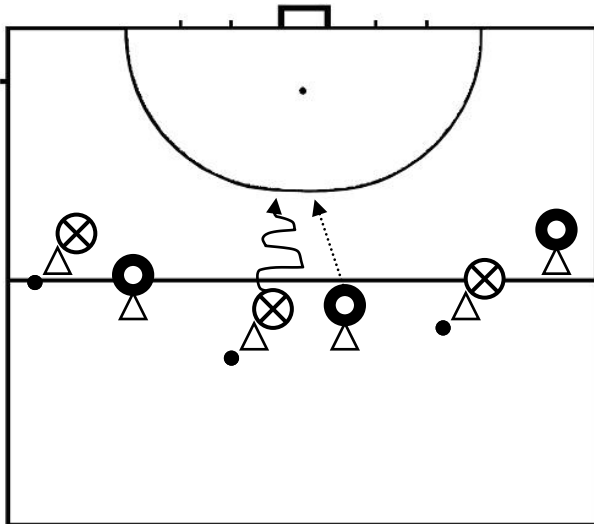


2. In pairs
X dribbles to the other side of the pitch
O moves backwards facing **X** with the left shoulder in front of the right shoulder
O - moving backwards - tries to jab the ball away from **X**

Variation:
X moves to the left and the right during the dribble
O has to adjust her/his position constantly with good footwork
 Make the body turn off the rear foot

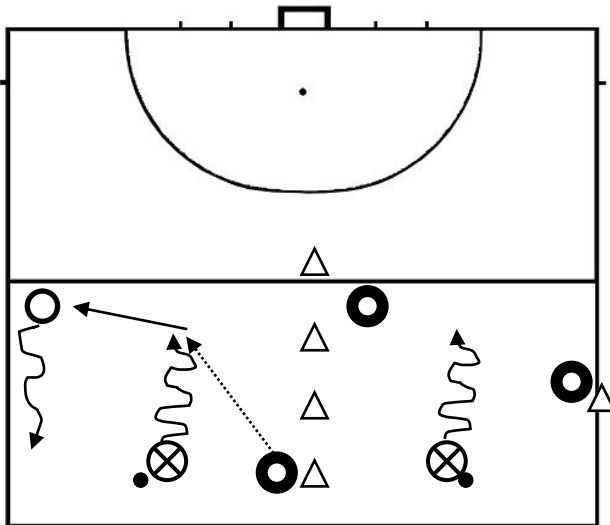
When **X** moves to the right, the right shoulder of **O** is in front of the left shoulder
 When **X** moves to the left, it is the other way round

Left handed one handed tackle



1. **X** dribbles towards the circle
O follows on the right alongside of **X** and tries to play the ball away with the one handed tackle
 Alternate from right - centre - left

Keep moving alongside **X** and stay focused on the ball
 Stay at jab distance (= stick length + one step)
 Defend or tackle without committing a foul



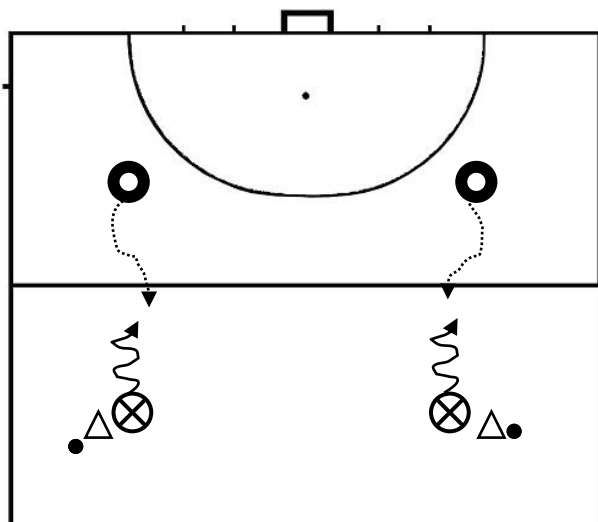
2. **X** starts off with the ball and tries to reach the 25-yard line
O starts off towards **X** and tries to hit the ball towards the stick of **O** with the one handed tackle before **X** has reached the 25-yard line

Variation:
O starts from a different position

Turnover:
O receives and dribbles towards the centreline
X tackles back and tries to recover the ball from **O** before the centreline
 Rotate players: **O** - **O** - **X**

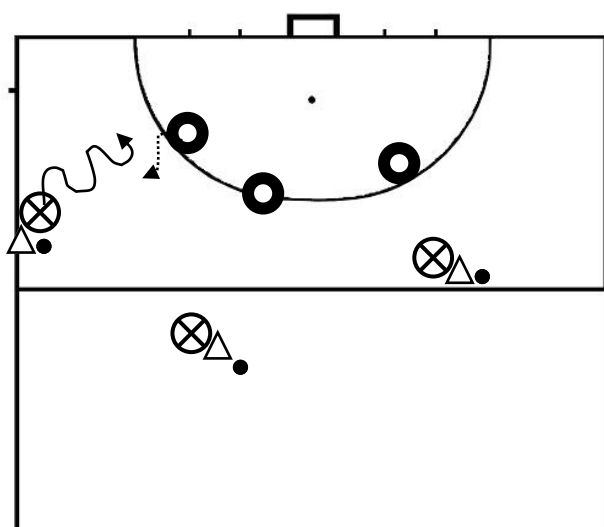
Emphasis:
 Keep moving alongside **X** and stay focused on the ball
 Stay at jab distance (= stick length + one step)
O is at an angle on the right but slightly behind **X**
 Defend or tackle without committing a foul by hitting the ball cleanly

Channeling



1. X dribbles towards the circle
O puts on pressure and tries to channel X towards the sideline

Put pressure on the ball carrier
Leave free space towards the sideline
Curve back to the right and keep moving with the opponent
Maintain pressure on the ball carrier
Start to tackle



2. X dribbles towards the circle
O puts on pressure and tries to channel X towards the sideline
If necessary, O can use the back line if X gets through
The same can be done from the centre and the right.

Defend without committing a foul
Put pressure on the ball carrier
Leave free space towards the sideline
Curve back to the right keeping pace with the opponent
Maintain pressure on the ball carrier
Start the tackle