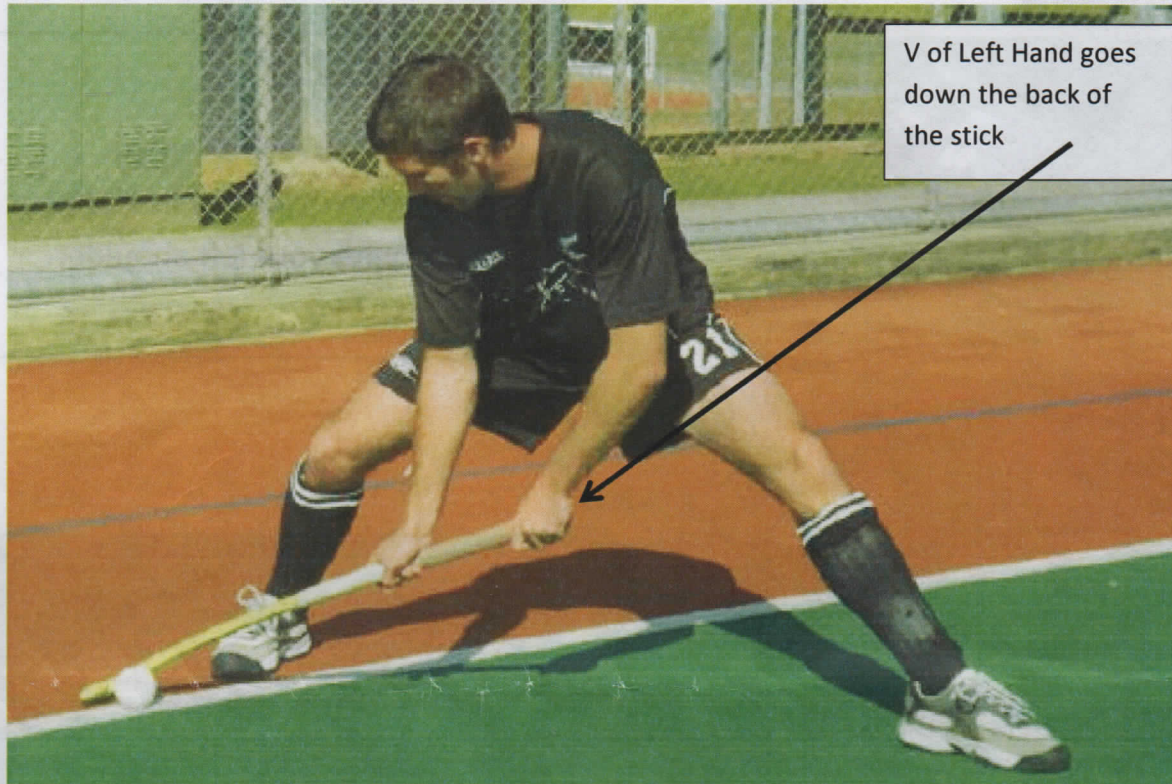


## PENALTY CORNER SKILLS

All players need to develop a penalty corner skill – can be attacking or defensive

### PULL OUT / DRAG



### **COACHING POINTS**

- *Low stance to generate power*
- *Forearm an extension of the stick*
- *Ball is placed on the base line with the right foot behind the line (see photo)*
- *Ball is gathered in hook of the stick and dragged for as long as possible.*
- *Get ball moving before putting in power*
- *Can be used as a deceptive pass or goal shot*



A common fault is when injectors have to pull the ball around the left foot.

Using the image or key phrase of “**railway tracks**” may help players to visualise this concept.

## TRAP / STICK STOP

There are several techniques that can be used especially seeing that the ball no longer needs to be 'stopped dead'. However, players do need to learn the art of stick stopping as in the photos below



### KEY SAFETY TIPS

- **No MOUTHGUARD no go.**
- Trap ball outside the line of your head, in line with your left shoulder.

The trapper has to be balanced and mobile

Feet side to side not back to front, as lateral movements will have to be made.



## COACHING POINTS

- *Trap the ball in a position that allows the hitter a view of the ball*
- *Stick face should be at right angles to the line of the ball tilted slightly forward to control the ball*
- *Body and arms need to stay steady. Do not jab forward*
- *Bunt the ball forward*
- *Hand position on the stick is an individual choice, but need to develop a consistent method*