





Fase :	Technique		
GRIP :	Loose hands	Hands appart (push distance)	left hand V-grip
	Right hand index finger behind stick		
			
Start up	3 to 5 steps	Diagonally behind the ball	Calm
Run up : Step 1 & 2	1st step = correction pass due to pull	Angle of 40 degrees	Accalating
	Step 2: placement of the right foot slightly turned towards the ball	(preparatory step for pickup) for the pickup slightly turn in to the ball	On the front feet, relaxed shoulders
			

Drag fase : Step 3 & 4	With cross-pass behind: step 3 : 1 foot away from the ball	Straight stick, straight sheet, left shoulder and hip to the goal	Step 3 at the ball or slightly over
	With side step : step 3 : 2 foot away from the ball	Left hand close to right elbow	Body center of gravity straight line to the target
	With cross-pass in front : Step 3 : 3 feet away from ball	Ball in straight line towards target	Stay High
			
Acceleration fase: step 5	launce with right foot, right foot parallel to circle edge;	Open left foot	Cutting in to the ball : (the stick slides behind the ball because you body moves down)
<i>Important : Stay high long so that the acceleration coincides with the fall in you body center of gravity</i>	Head on / above the hip	Moving towards net	The ball "rolls up" (± 5 cm) and off the stick
<i>Important : right foot (step 4) must give strength to goal so must be at least parallel to the circle border or something turned towards the goal</i>	Use body center of gravity	Parallel to the ball	Hands beyond the left leg
<i>Important : Stretch of right foot, knee, hip and shoulder, elbow wrist</i>	Stretch right foot, hip, shoulder, elbow	Space between left arm and leg	
Acceleration fase : Snap / flick	Push and pull movement right and left hand	Snap movement right wrist	"Rolling wrists"
			

Swing fase : Step 6	Right hip / leg rotates around the left hip and continues	Balance	Left elbow comes up
Important : end in balance = all strength and speed is in the ball	Right leg bends	Backstick points up	
