

IOU Coaching Certification

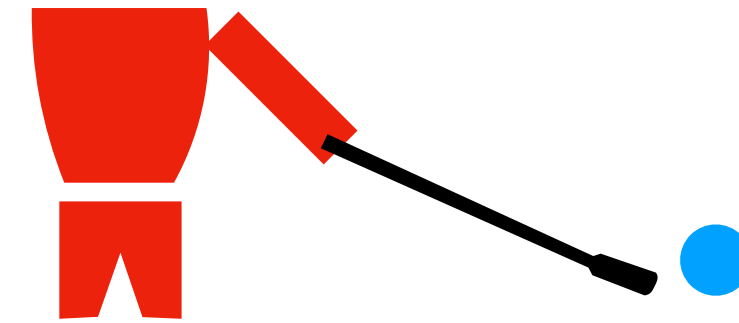
Level 3: Professional Coaching

Section 3: Advanced Skills

Lifts

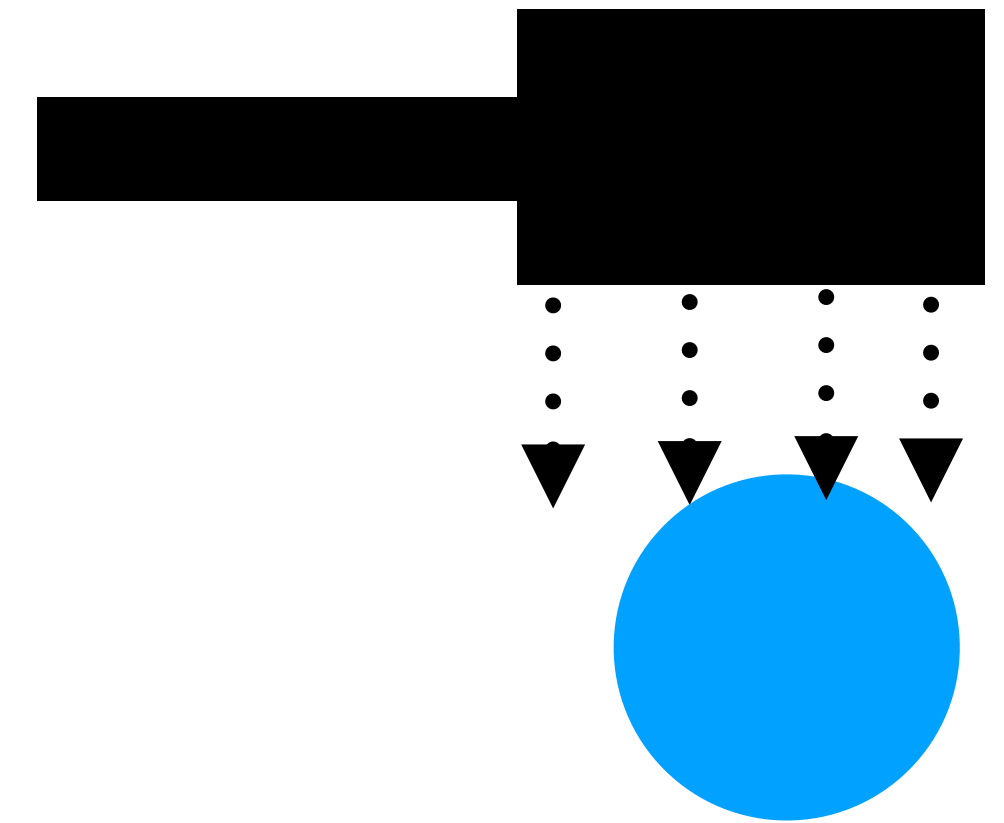
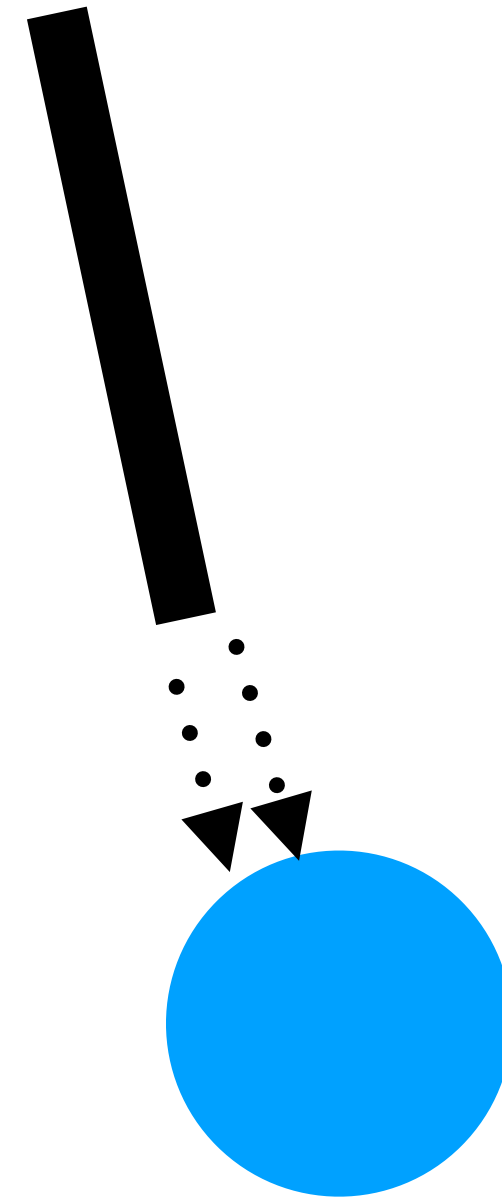
1 Handed Scoop Lift

- Likes a two handed scoop, but trades ability to immediately play ball (such as with a shovel pass) for reach and the ability to hold off opponents
- The lower a player's stick hand is, the easier it is to scoop



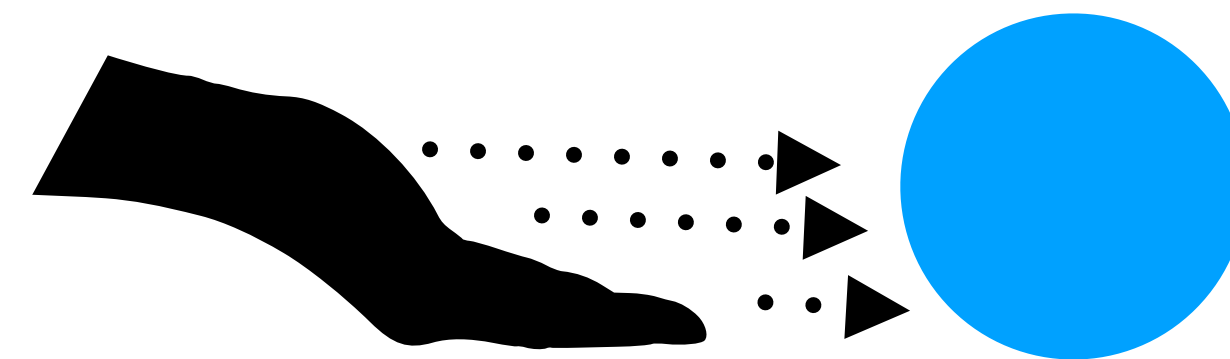
Chop Lift

- Instead of putting stick under the ball to lift it, the player strikes the top of the ball to bounce it into the air
- Helpful for very quick plays or plays in very tight spaces
- Doesn't lift the ball very high



Hand Lift

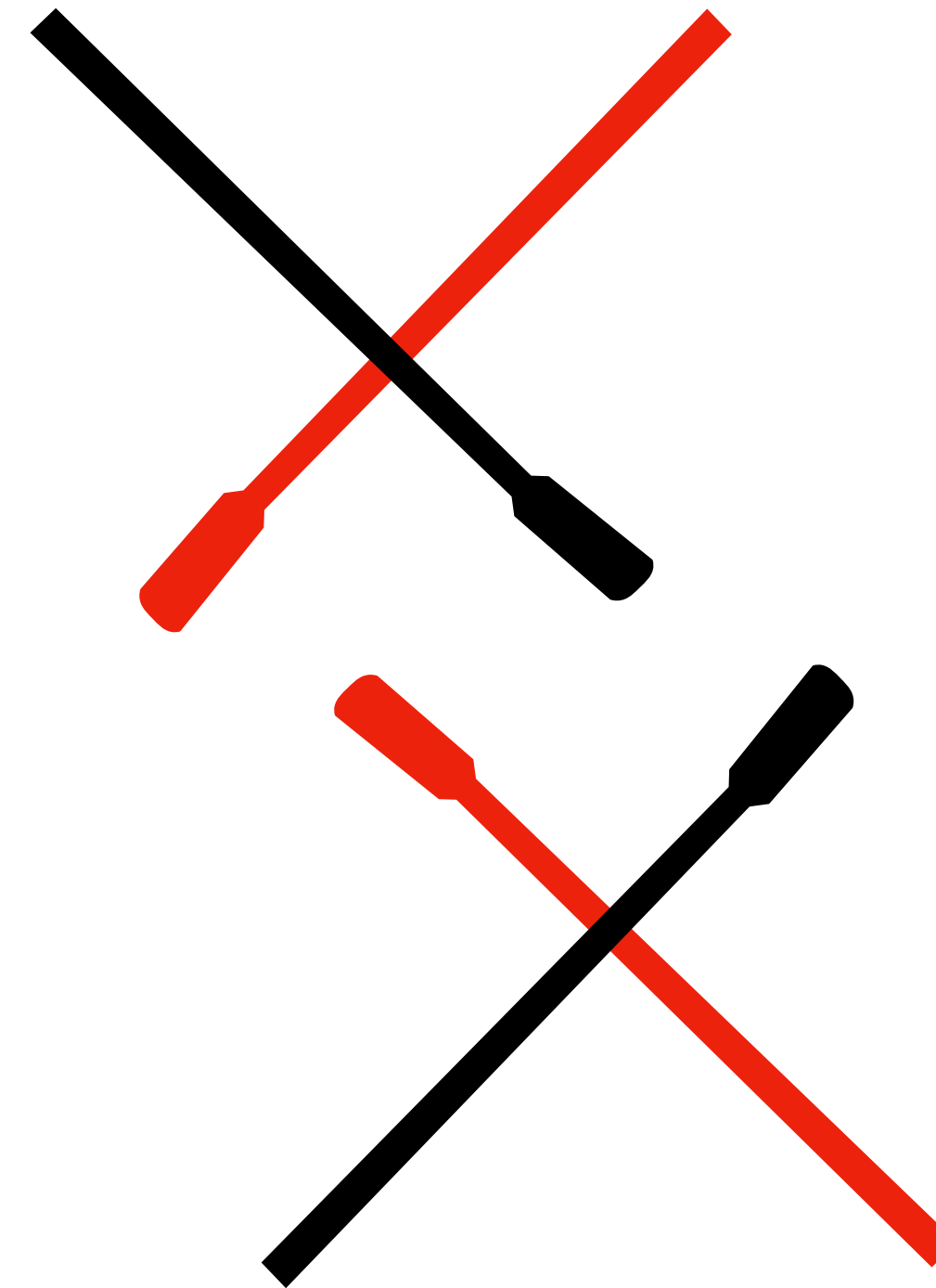
- Like a scoop, but using the hand instead of the stick
- Need to be careful to avoid cleats and sticks- generally only use when not near any other players
- Can be used to make a pass or a shot in one fluid motion
- Player needs to get very low, potentially even kneeling or sliding on the turf



Defensive Skills

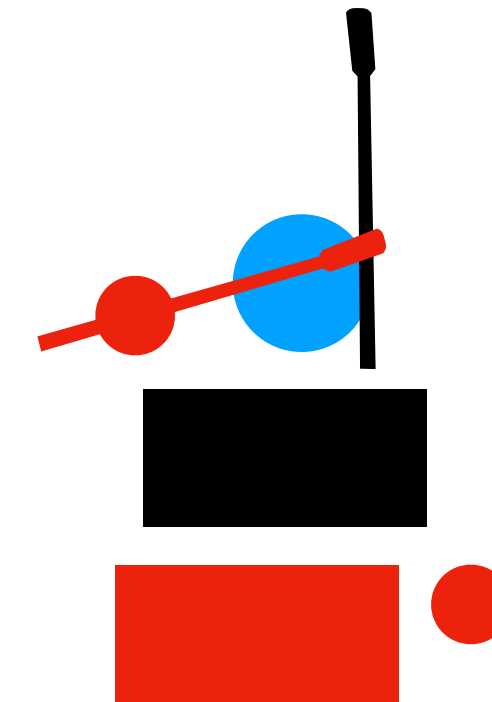
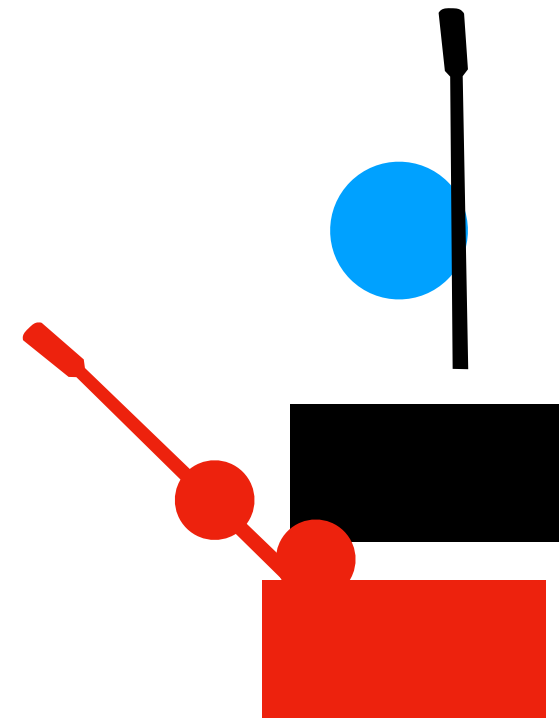
Lift Check

- Defender puts stick underneath attacker's, then pulls it up into the air
- Useful way to bring an opponent in for a hip check or prevent them from catching a pass
- Can be a quick single touch or a continuous pull and hold



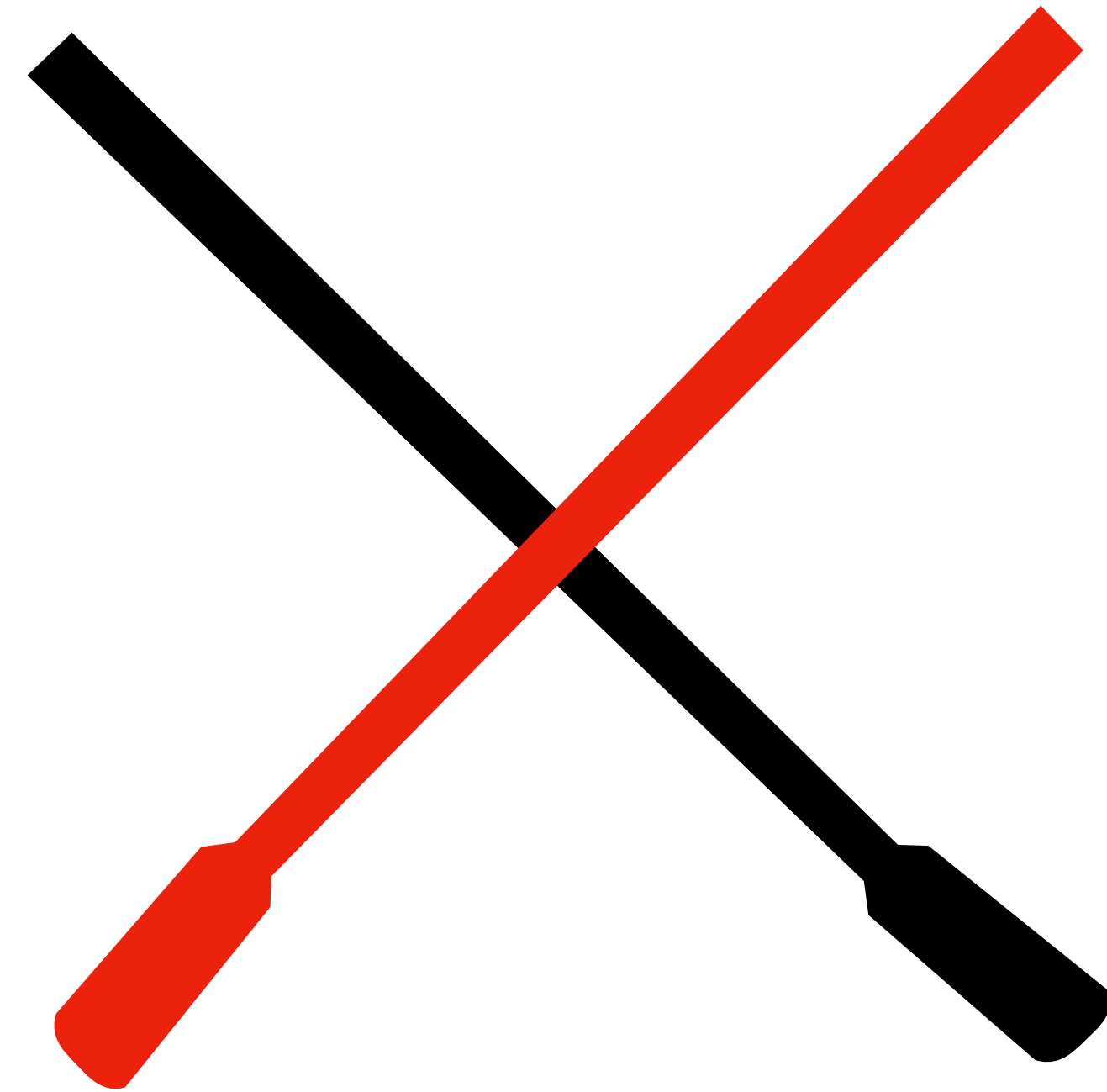
Wrap Check

- Used against a posted up player or when chasing an opponent from behind
- Hold stick high but towards middle, using the butt end as a lever to give it force and spin it around opponent's body
- Defender reaches around opponent and stick checks with one hand
- Can be used to strike the opponent's stick or the ball directly
- Defenders must be careful not to foul opponent's arms, legs, or torso



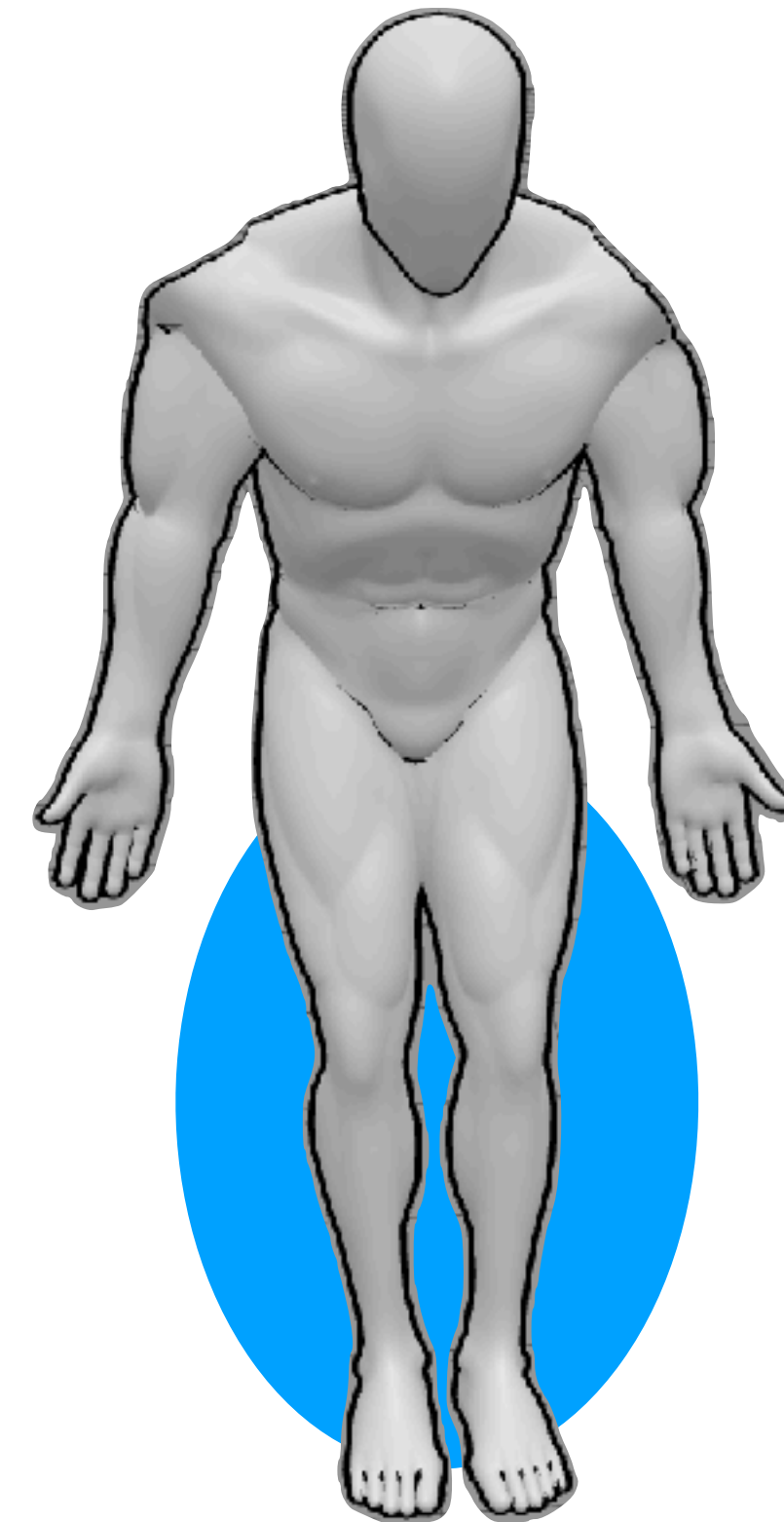
Pin Check

- Defender uses stick to hold attacker's stick to the ground, preventing them from moving it
- Useful for preventing shots
- Players must be careful not to foul opponent's hands or feet with this kind of check



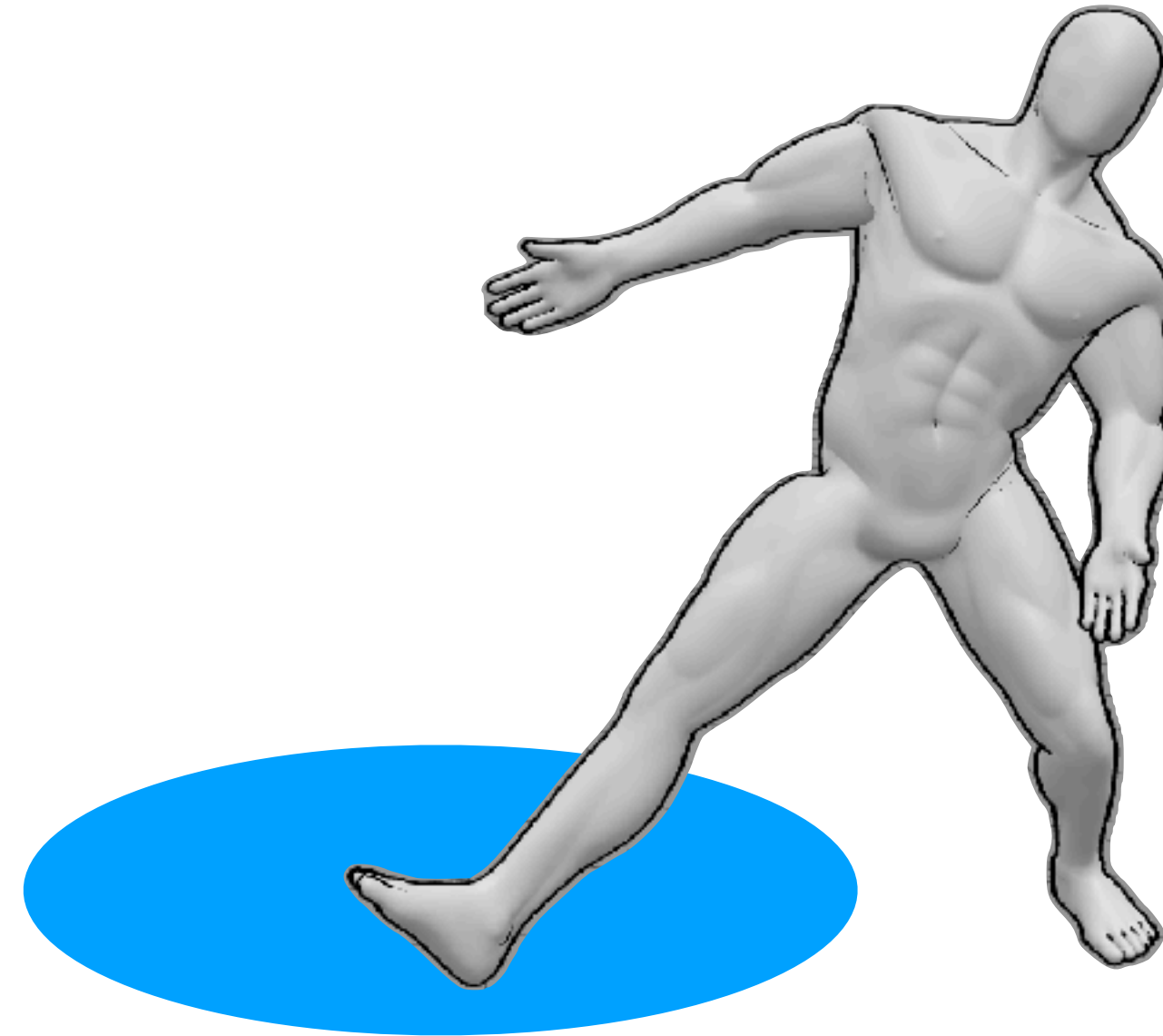
Close-Leg Block

- Crouching position with bent knees
- Feet brought together until nearly touching to close area between legs
- Closes off portion of the goal without compromising mobility- player stays on feet



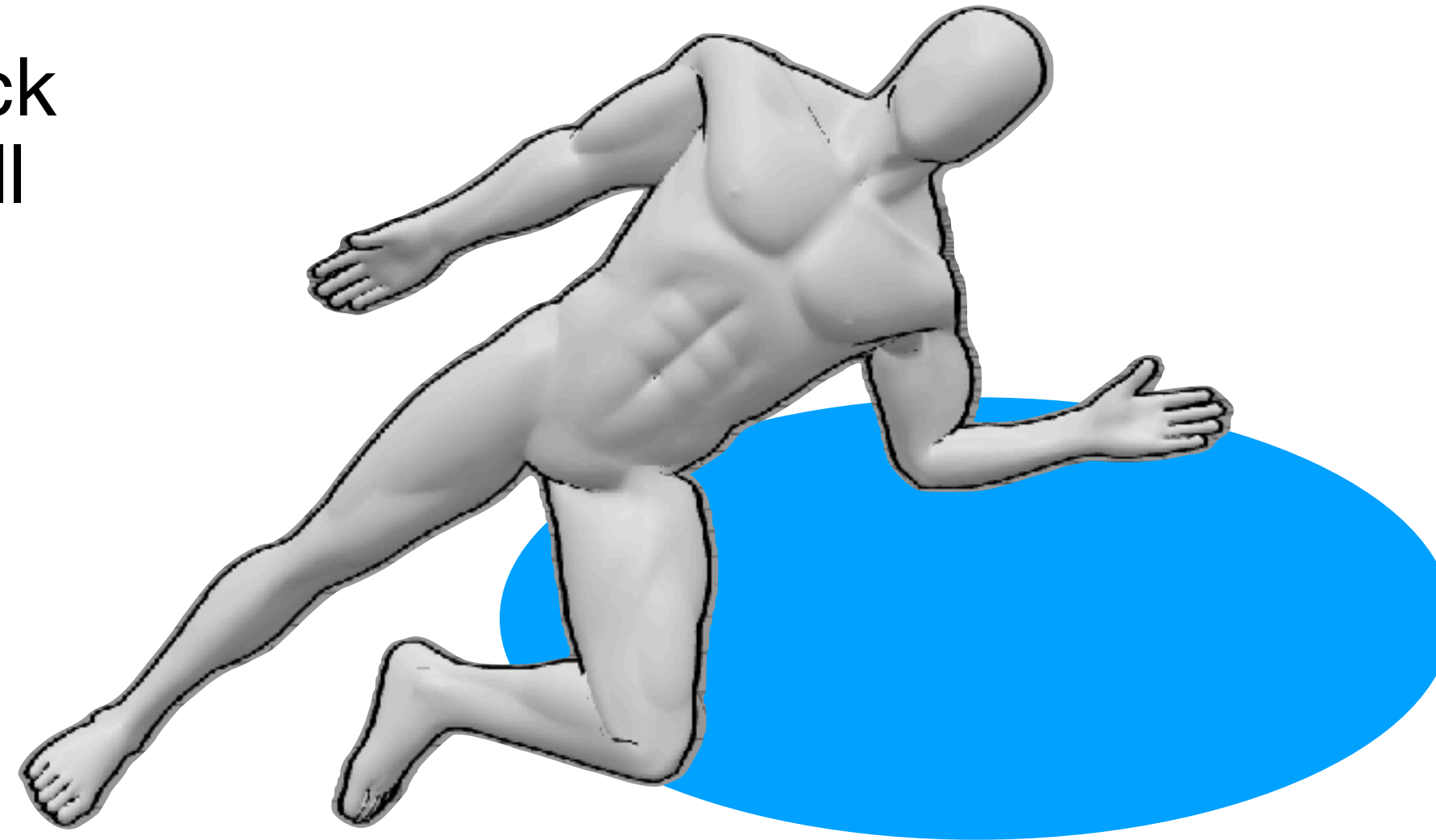
Kick Block

- Extend foot closer to the ball
- Turn extended foot out to increase blocking area
- Lean away from ball and bend far leg to extend reach



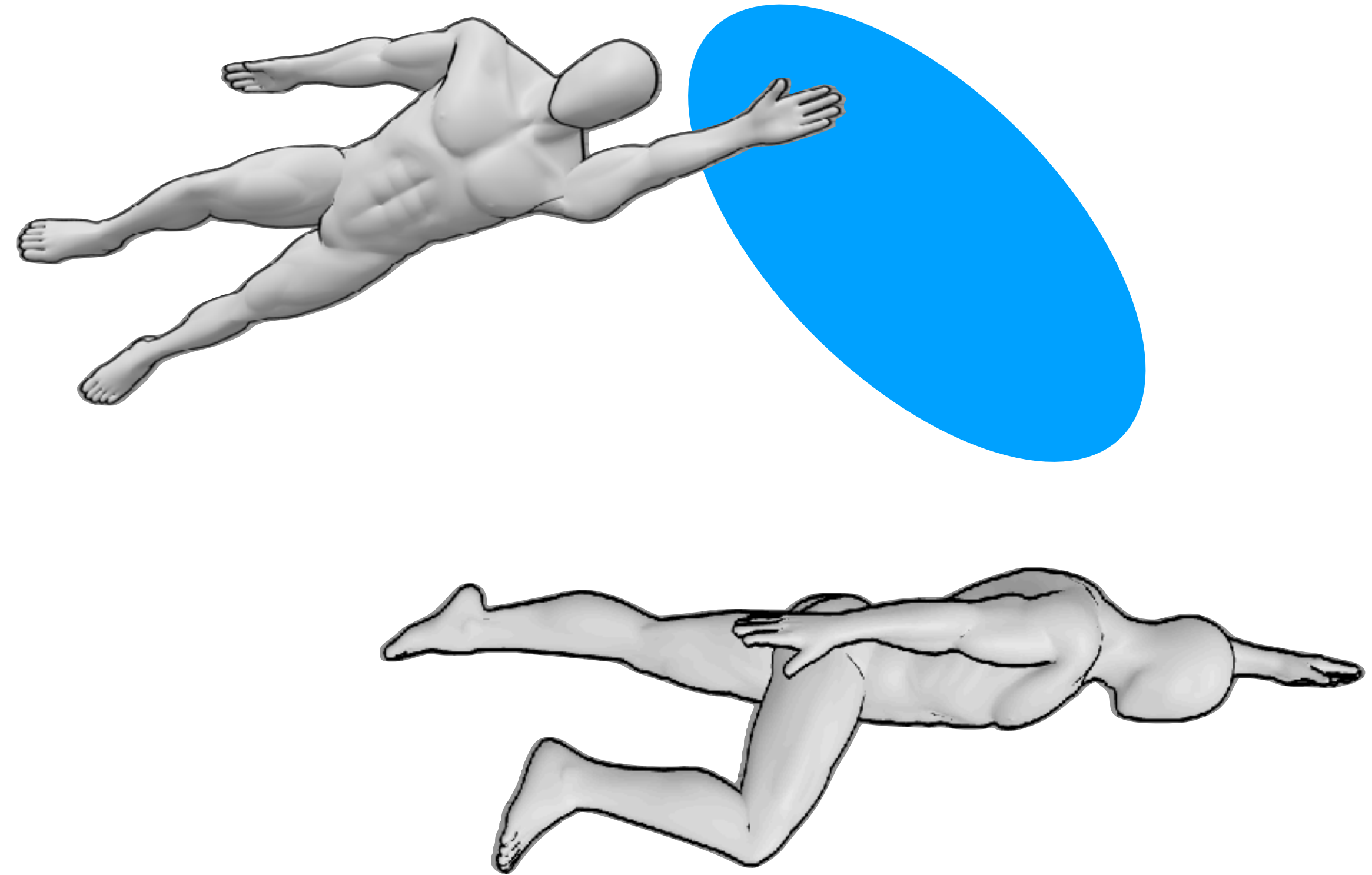
Flash Dive Block

- For shots which are out of reach of a kick but not far enough away to warrant a full dive
- Lift the ball-side leg, bend its knee, and drive it into the ground, pushing off of far-side leg
- Knee should strike ground first, then elbow
- More of a fall than a jump- far foot should stay rooted, and defender should be careful to keep their momentum going down so the ball doesn't go under them



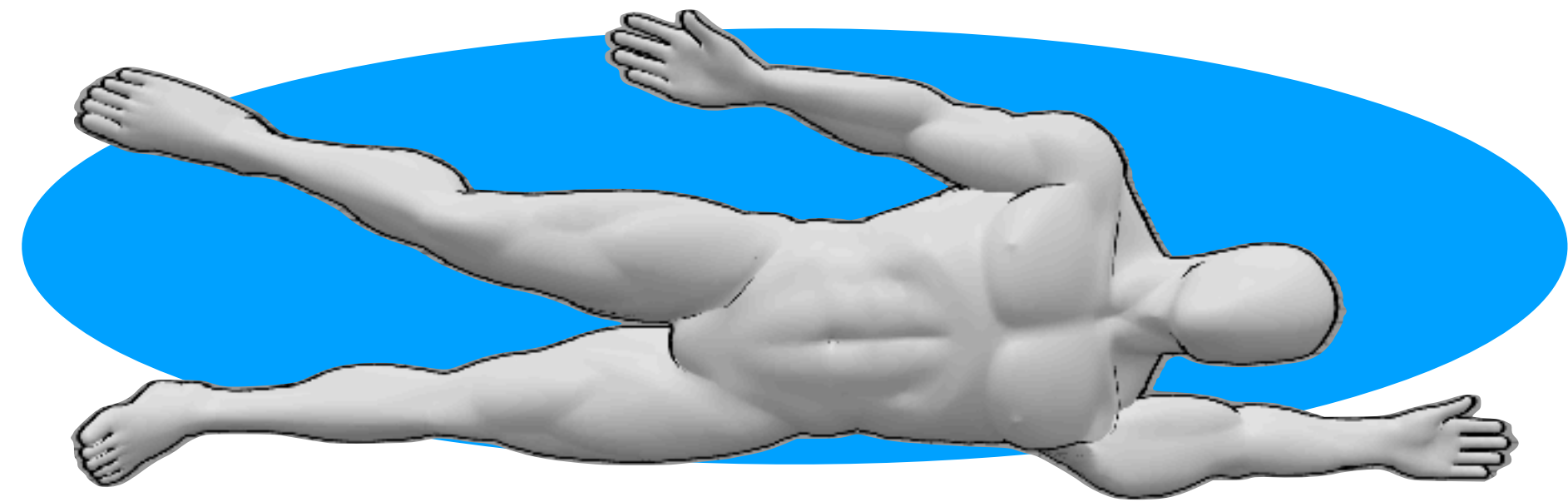
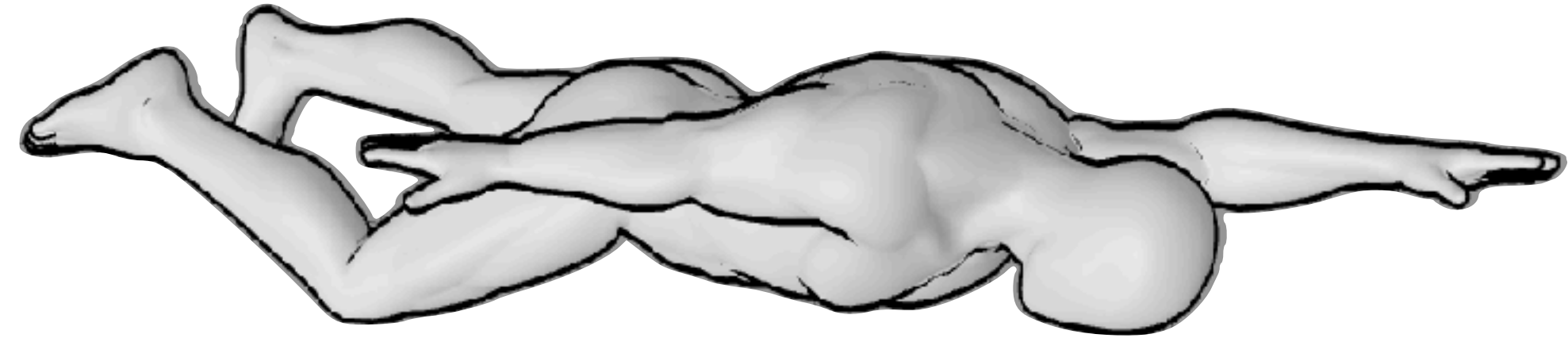
Long Dive Block

- When diving left, jump off of left leg. When diving right, dive off of right leg
- Drive non-diving knee up to generate momentum
- If stick in one hand, drive nearest hand at the ball. If stick in two hands, drive head of stick at the ball
- Like a sideways jump



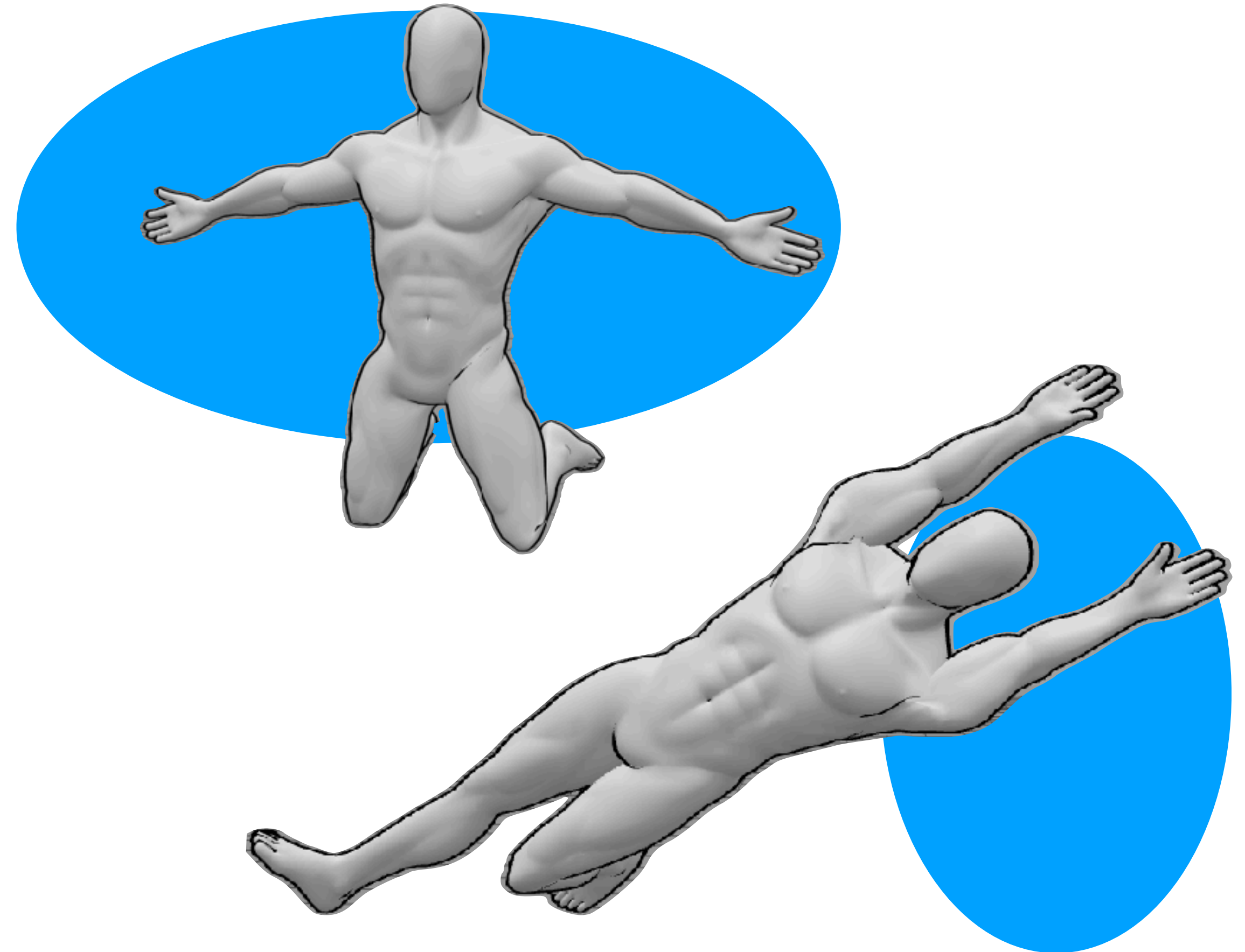
Side Sliding Block

- Slide on one side of the body with the lower arm out
- Bend the top leg to protect the body with the knee
- Useful for charging down opponents or covering large area of the goal



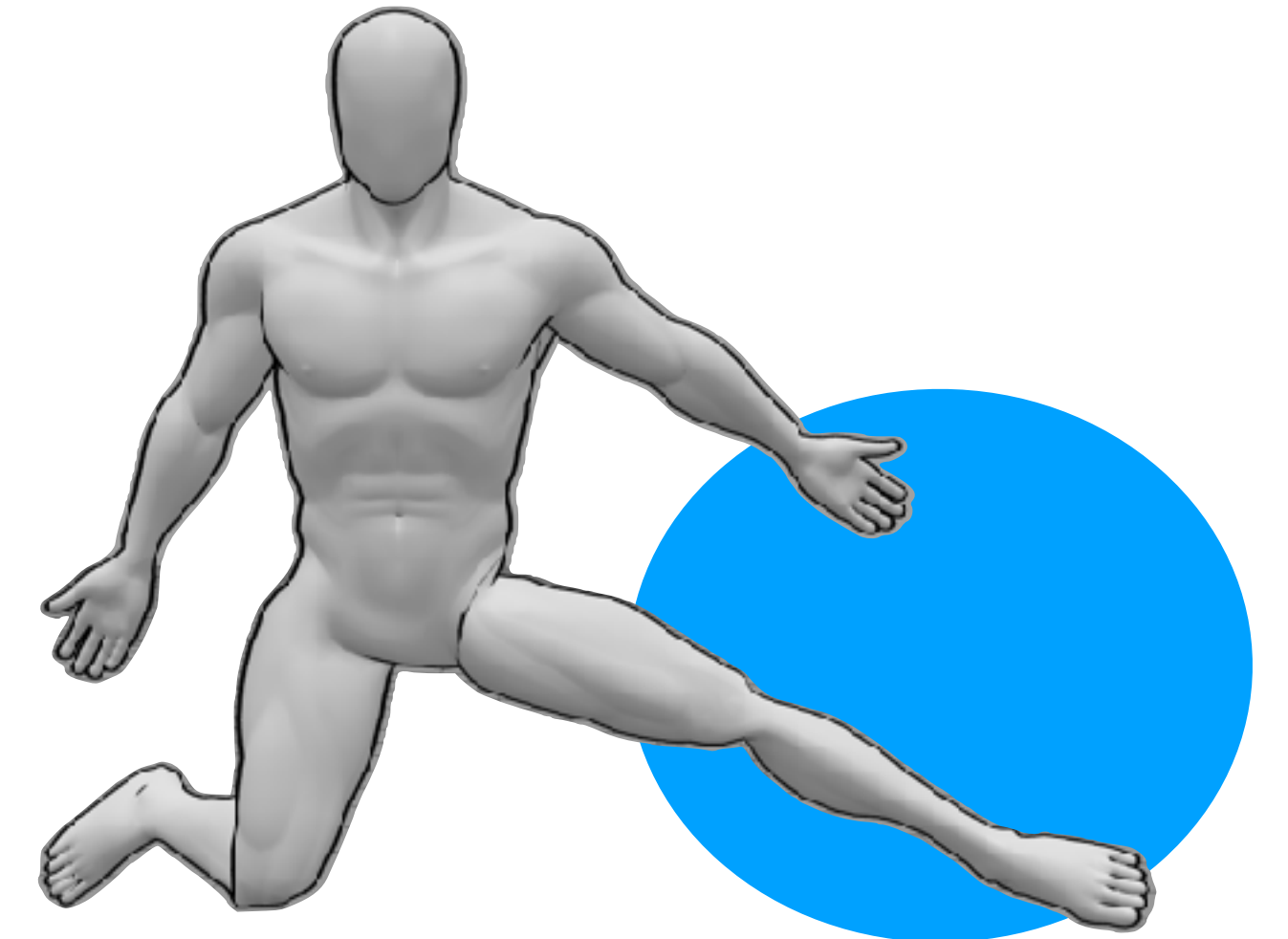
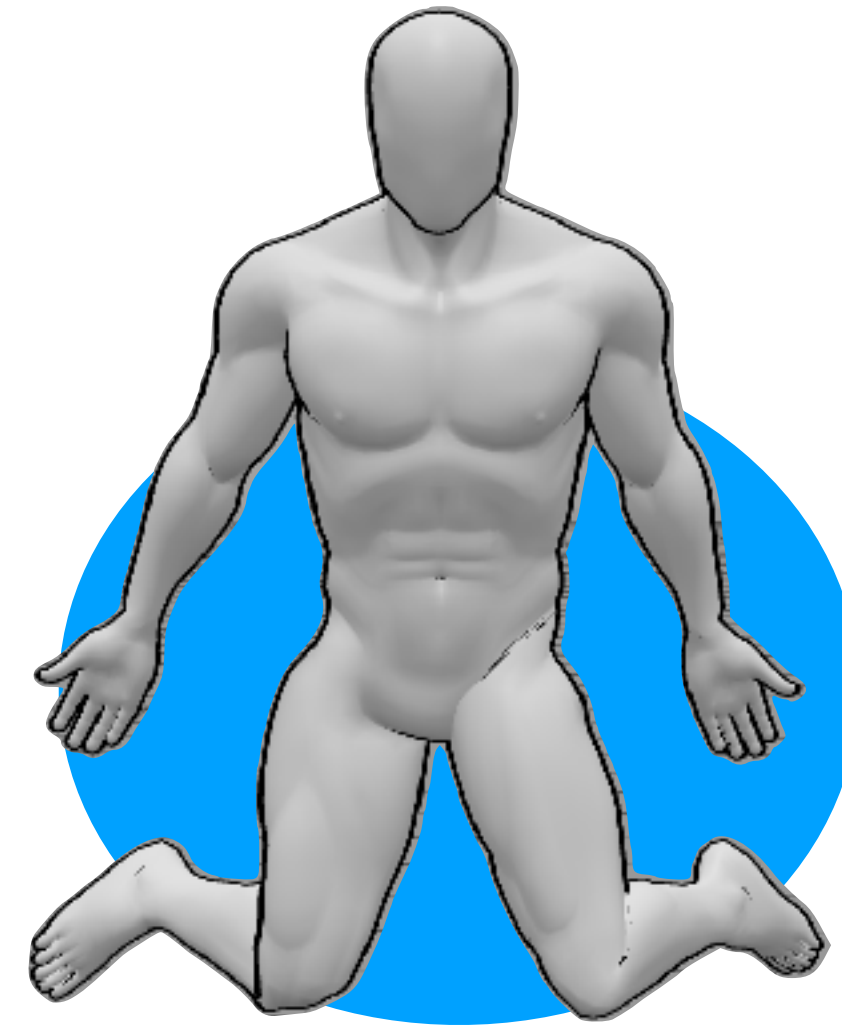
Knee Sliding Block

- Used to cover large amounts of ground before an opponent has shot, such as after a pass, or for charging down opponents
- Slide on the knees, using the arms and stick to take up as much goal as possible
- When the shot comes, use a flash-dive technique to stop the shot



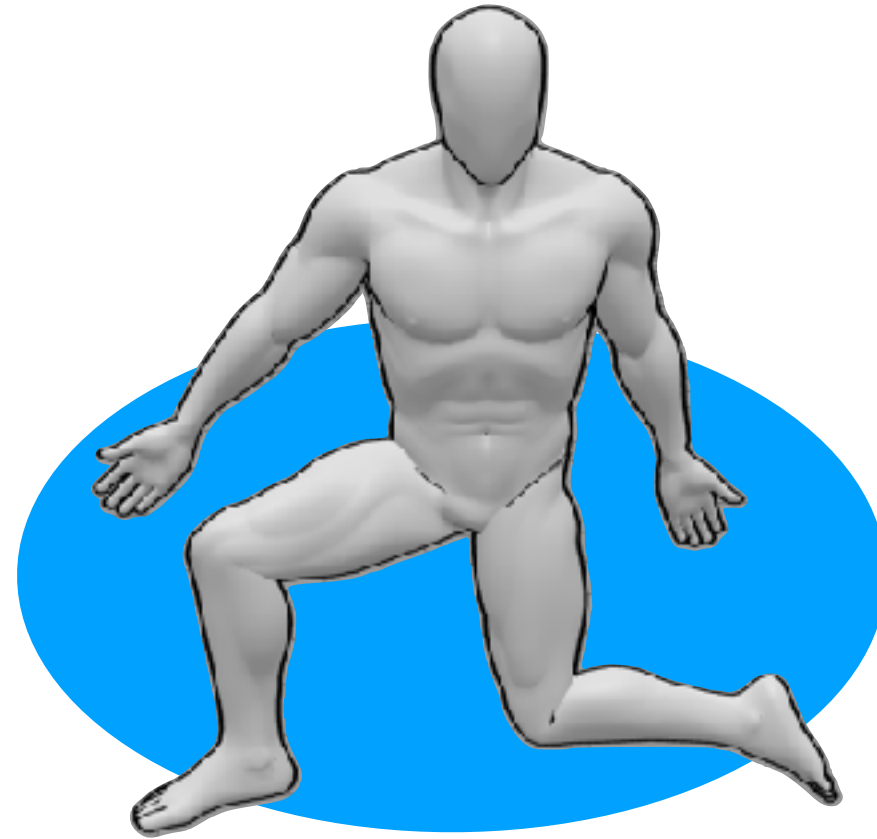
Butterfly Block

- Drop to knees with feet flared slightly out
- From this position, the player can move the chest into a position to block more of the goal and quickly kick out the legs, but loses mobility



Half Butterfly Block

- In one motion, step to the ball with one foot and drop the other knee to the ground
- Keep torso upright to maximize blocking area
- Useful as a quick reaction block or when not sure if to commit to a butterfly block

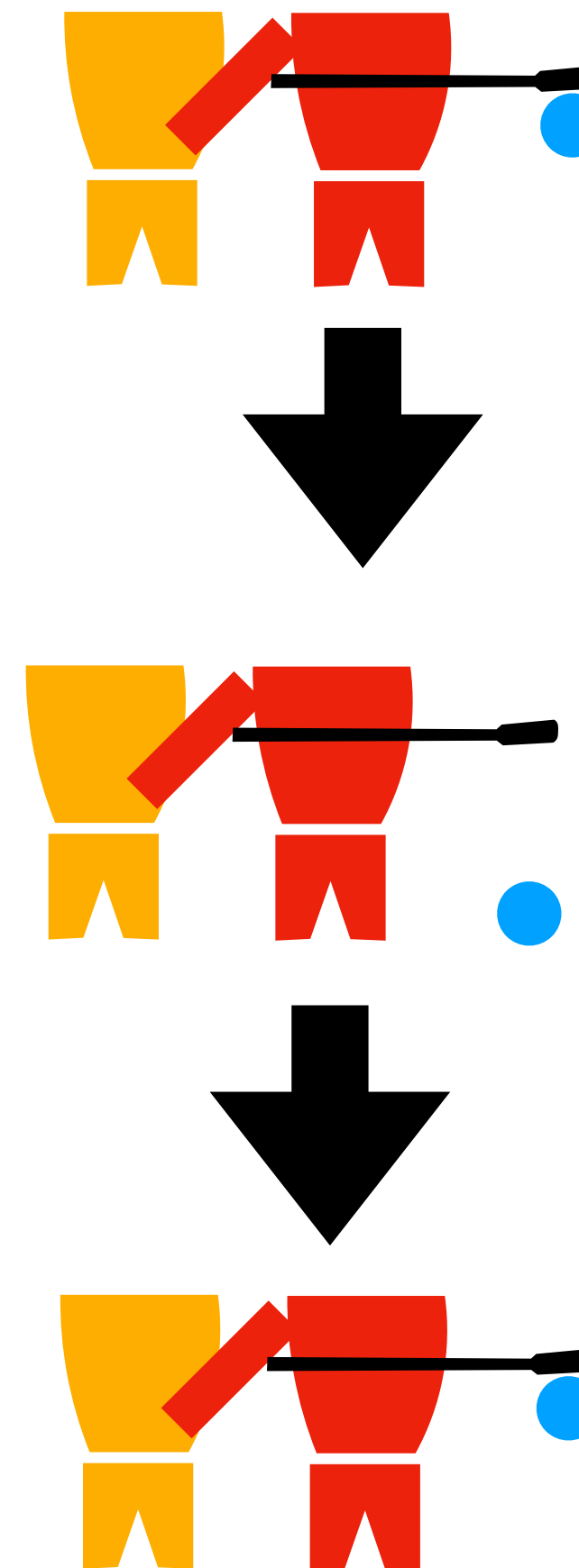


Stick Skills

Post Bounce Dribble

“Basketball Dribble”

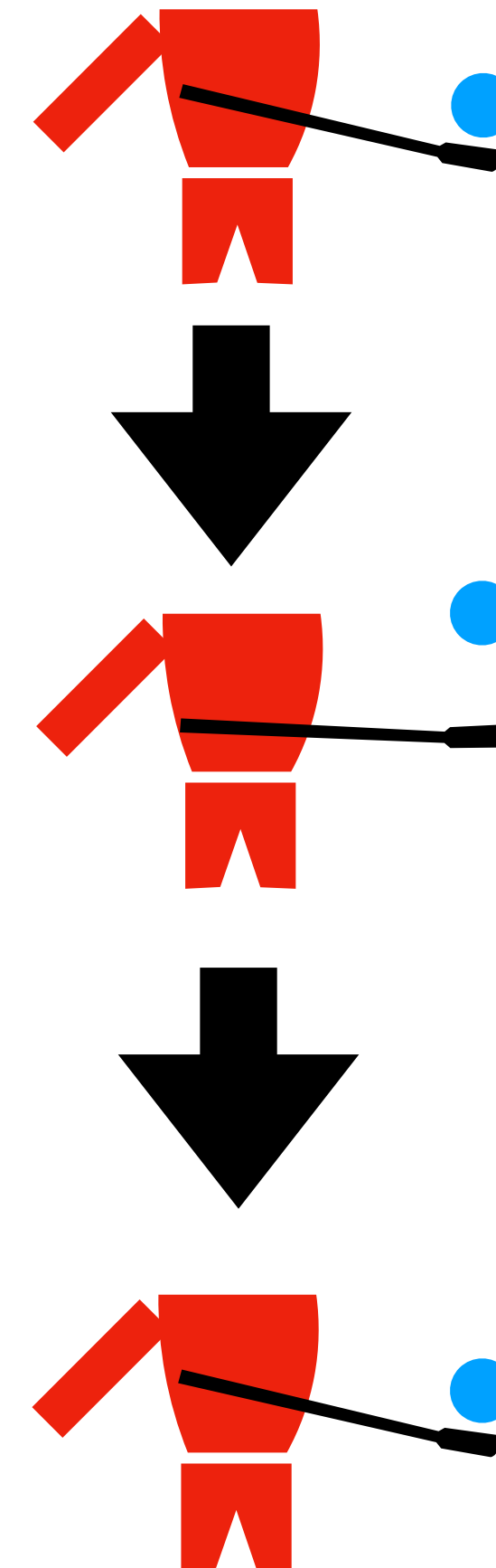
- Combination of ground dribble and post-up
- Hold stick in one hand, use other hand for fending
- Ground dribble is less predictable for defenders than air dribble



One Handed Air Dribble

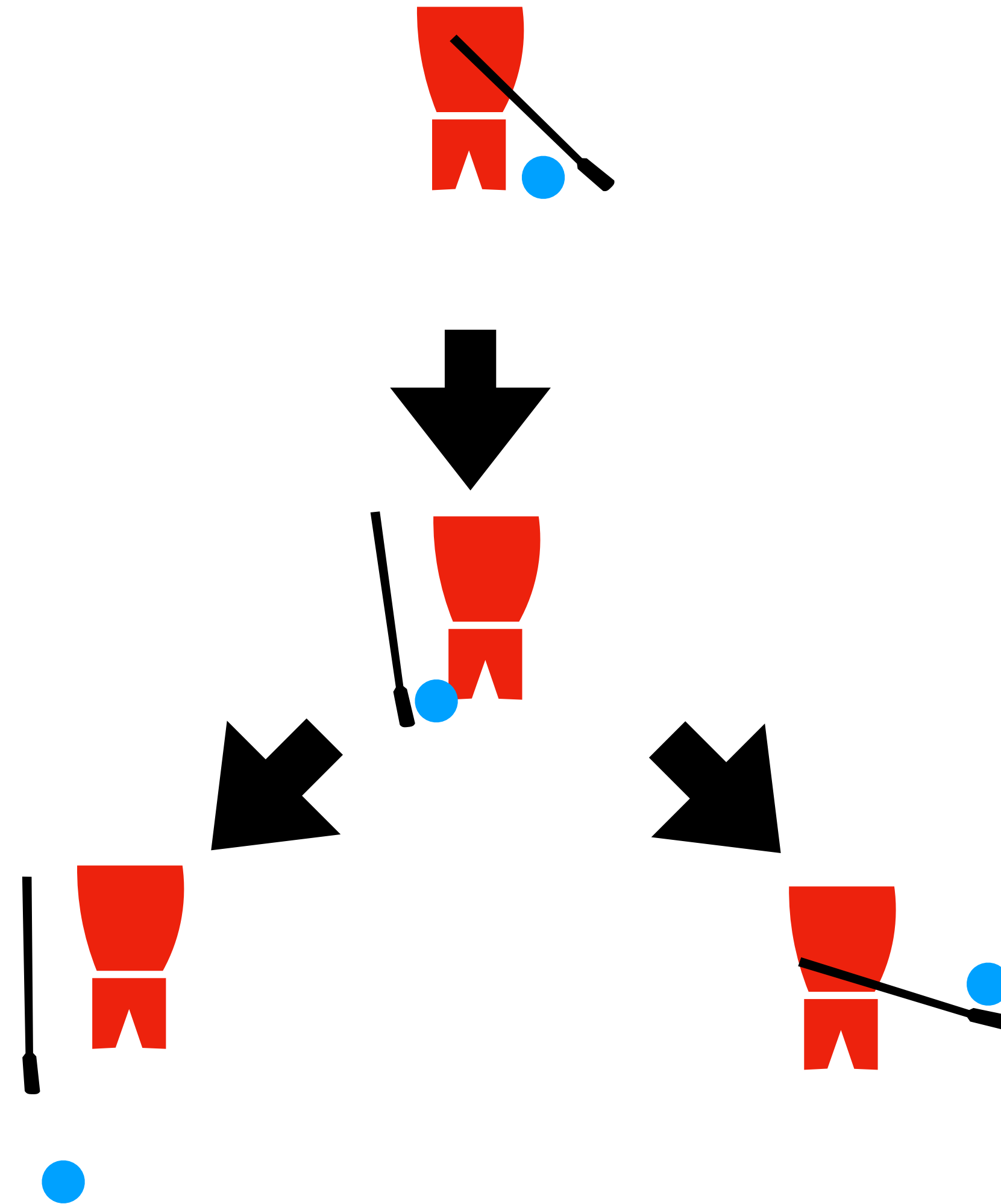
“Egg and Spoon” “Walk the Dog”

- Effective after a one handed scoop
- Hold hand at or near top of stick to keep ball as far in front of you as possible
- Free hand can be used to “pump” for a more natural running motion or to fend off opponents
- If ball is dropped, kick and run onto it



Left-Right Deke

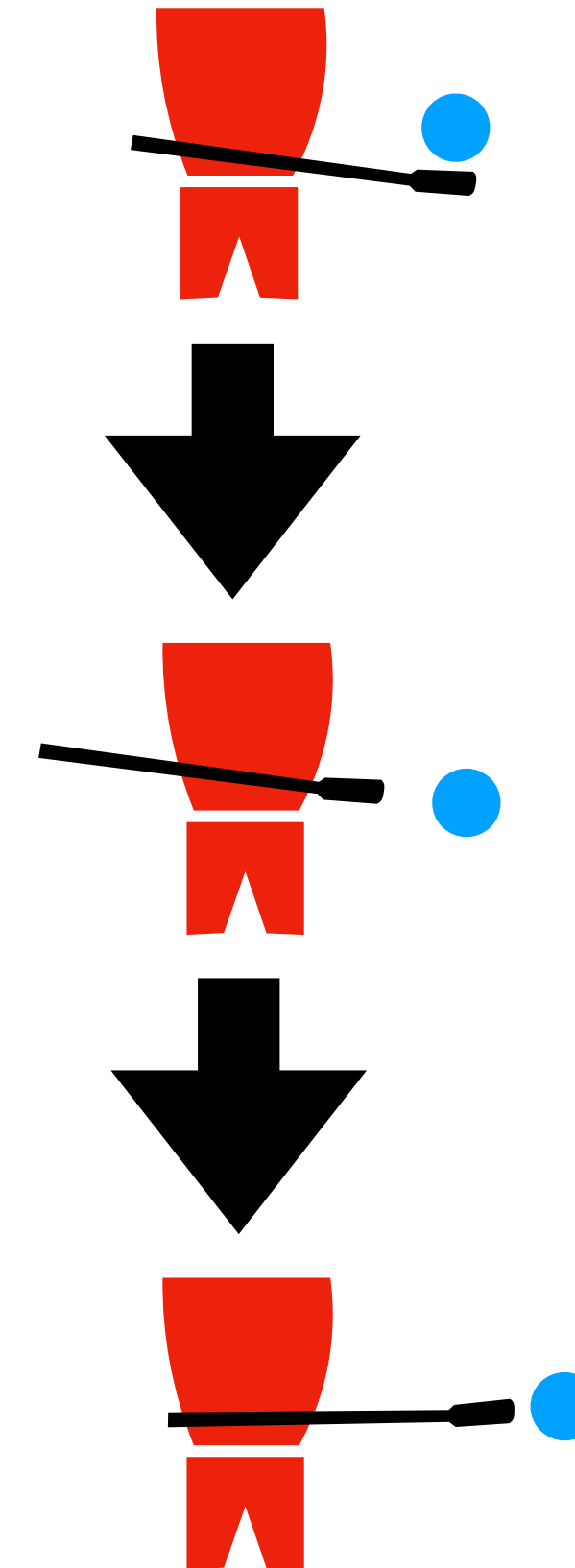
- Player pushes ball on the ground from forehand side to backhand side
- Player then has two choices:
 - Use backhand to lift ball and cut back
 - Kick and run onto ball onto it
- Versatile move that can be used very frequently in the match



Poke Pass

“Pool Shot” “Thrust Pass” “Spear”

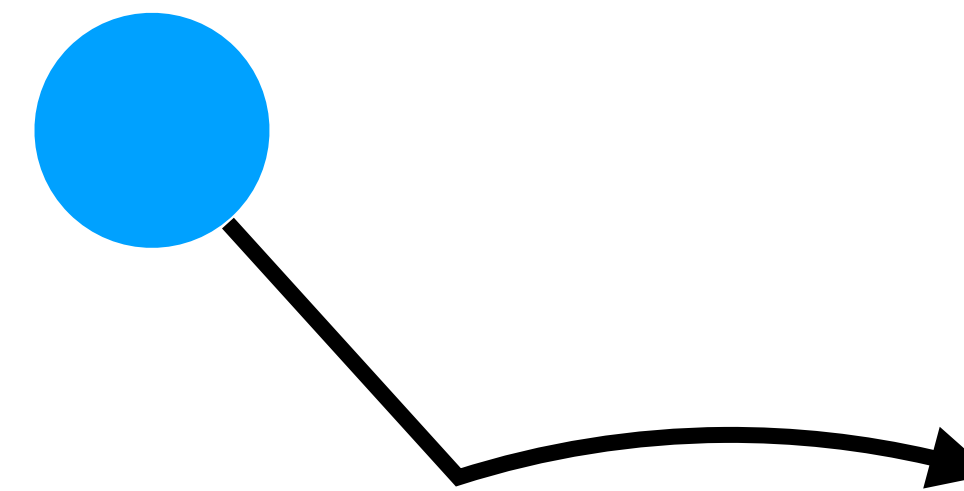
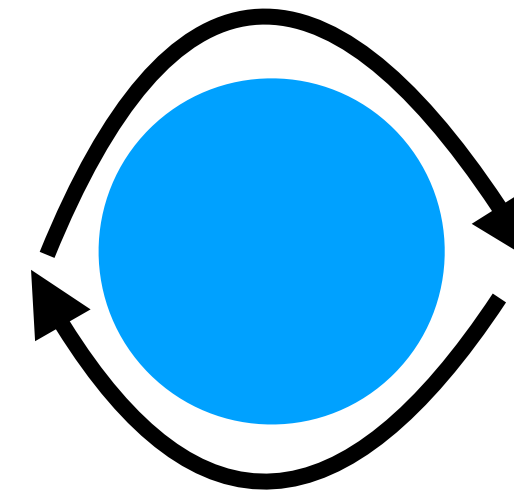
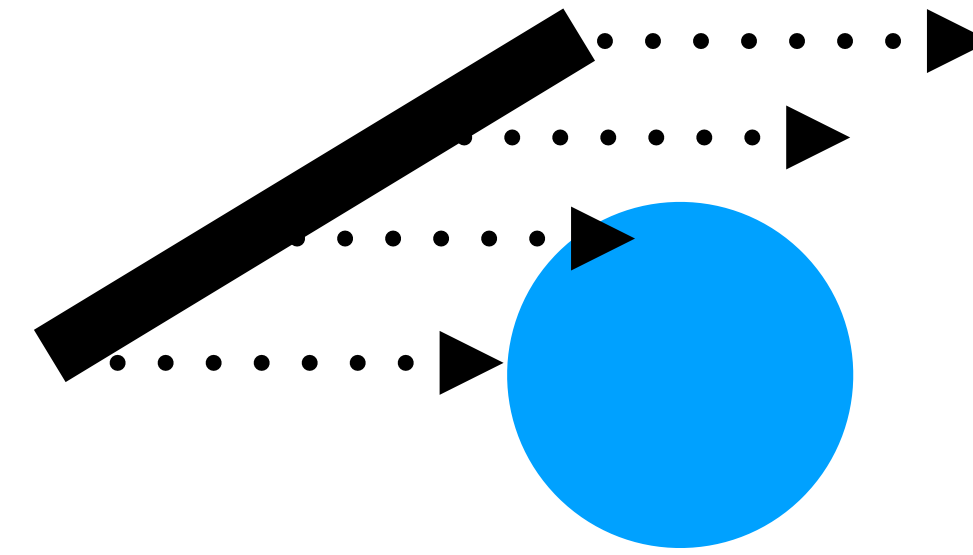
- Quick, spinless air pass
- Thrust stick into the ball
- Useful when there is not much space to play the ball
- Can surprise defenders
- Ball sometimes “knuckles” in the air without much spin



Topspin

“Roller” “Rug Burner” “Grubber”

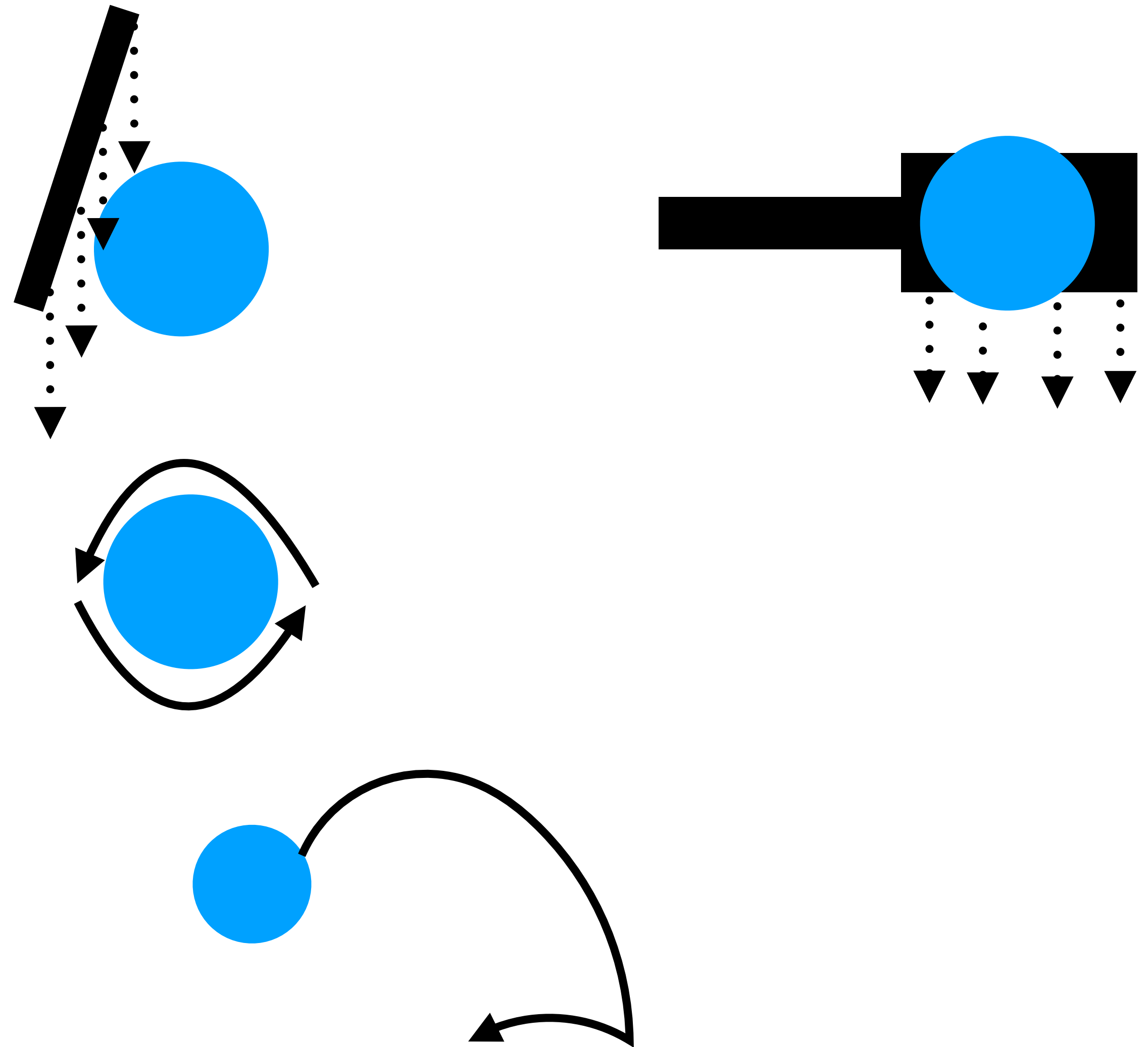
- Angle the stick “over the top” of the ball
- Will generally go straight and downwards, good for shooting
- With enough spin, can roll or even accelerate forwards when it hits the ground
- Can be useful as a pass or a shot, particularly if defenders expect the ball to stay in the air



Backspin

“Floater” “Skipper” “Chop”

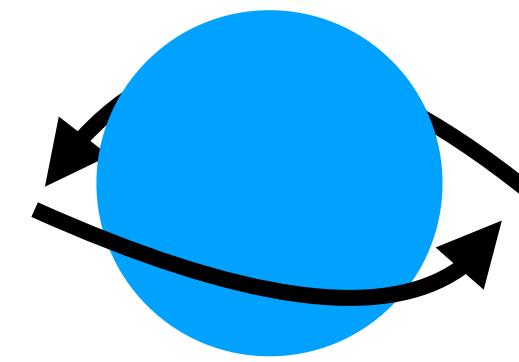
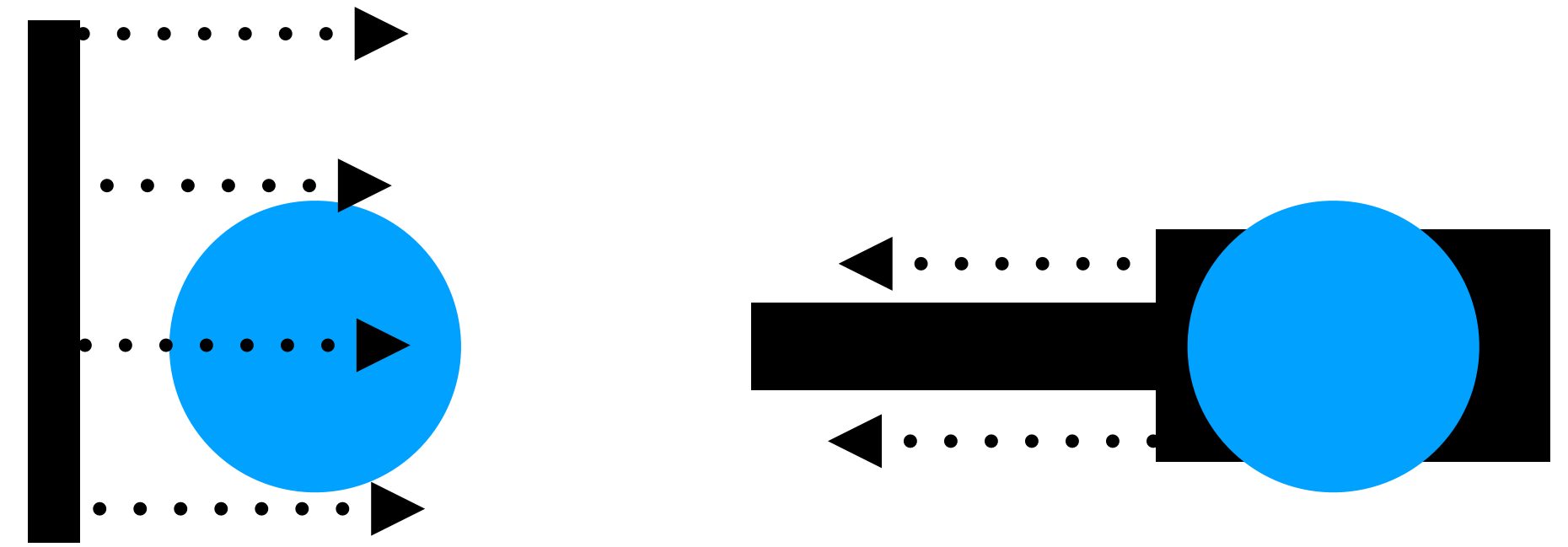
- Use a “chopping” downward motion
- Hangs in the air and tends to travel slowly
- With enough spin, can stop or even bounce backwards when it hits the ground
- Useful for passing or dumping the ball, generally not a useful shot



Sidespin

“Curler” “Bender” “Curveball”

- Use a full followthrough and a sidearm shooting technique
- “Pull” the stick towards you as you follow through and shoot to put more spin on the ball
- Curves through the air
- Bounces unpredictably when it strikes the ground, very difficult for defenders to stop when used as a shot



Foot Skills

Laced kick

- Used for maximum kicking power
- Applies little to no spin



Instep kick

- Most accurate method of kicking
- Puts inside spin on the ball



Outstep kick

- Puts outside spin on the ball



Toe kick

- Sends ball in surprise directions
- Quick release
- Not very powerful



Backheel kick

- Used for creative plays where the ball is



Stud Stop

- Very reliable way to stop the ball in place



Instep Stop

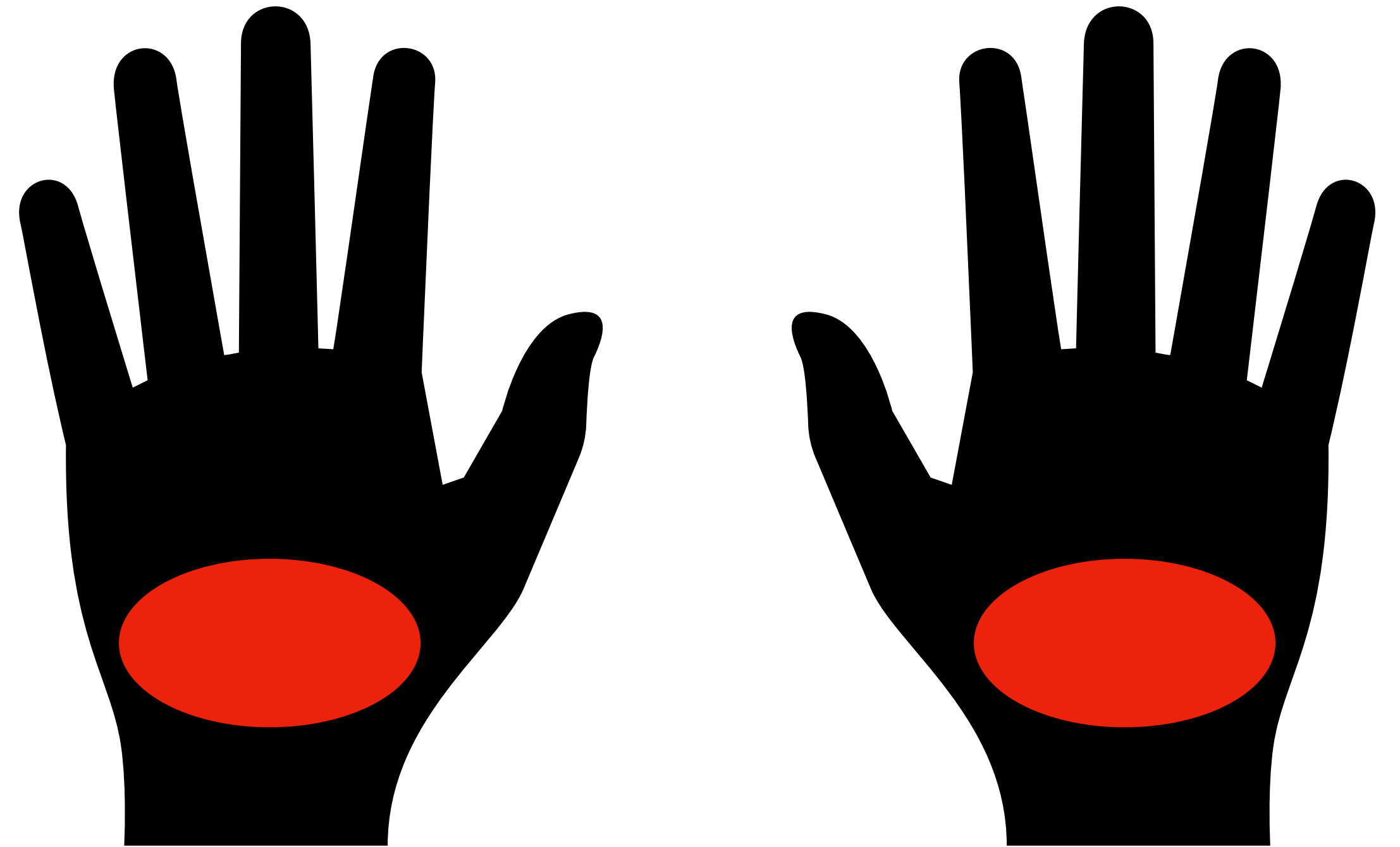
- Allows player to control ball into position to make a play with the stick



Hand and Body Skills

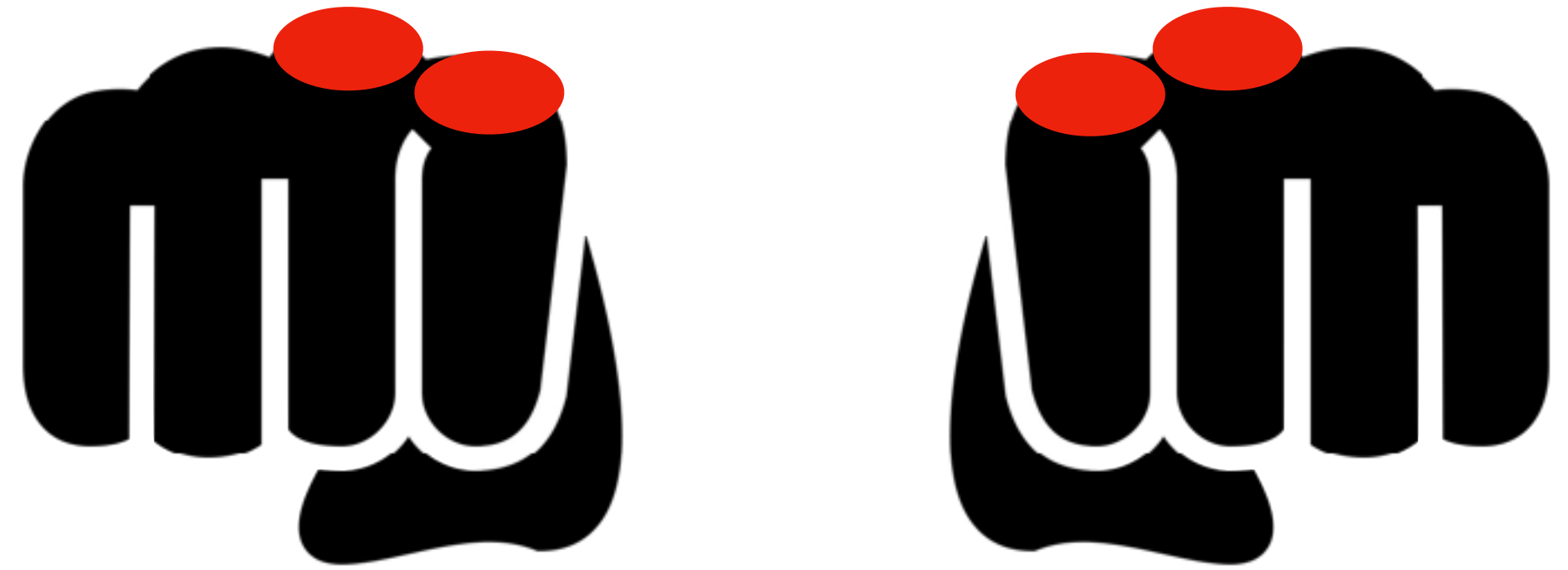
Parry

- Strike ball with heel of the palm of the hand
- Useful for quickly directing the ball away from the goal on defense



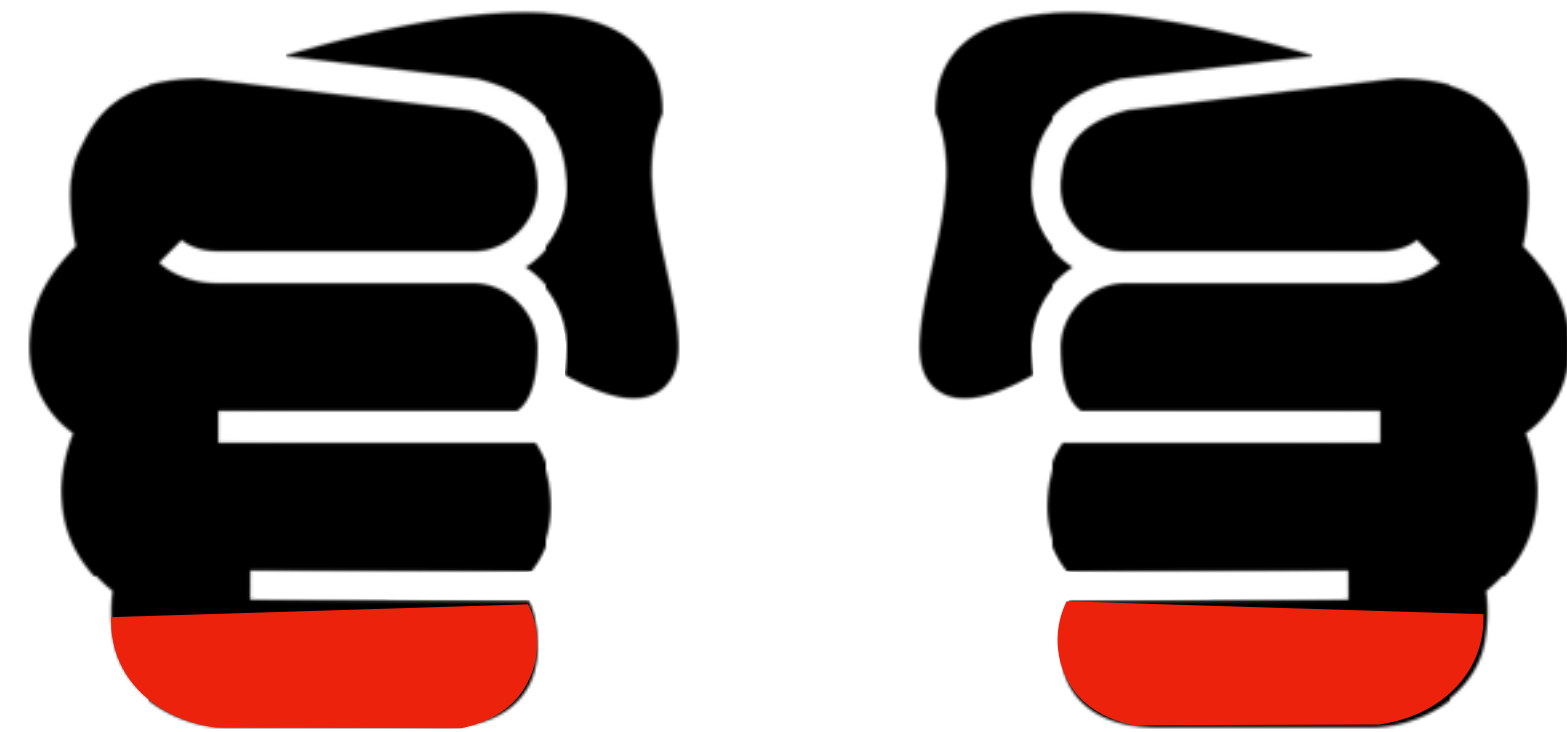
Fist

- Strike ball with first two knuckles
- Punch through ball instead of to it
- Puts lots of speed on the ball for short distances



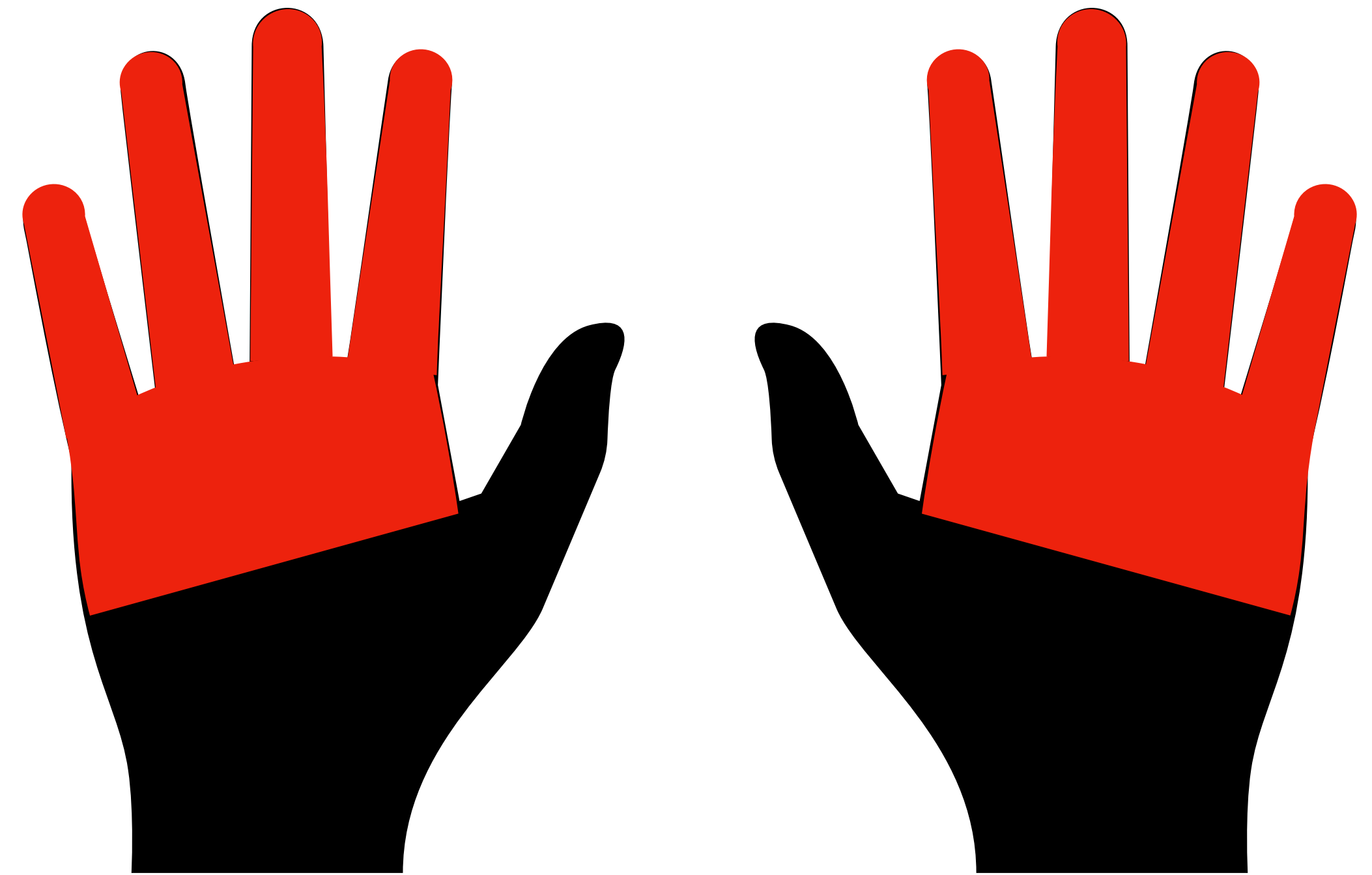
Hammer Fist

- Strike ball with pinky of clenched fist
- Punch through ball instead of to it
- Good for spiking the ball into the ground or bouncing it to a teammate



Slap

- Strike ball with fingers and/or palm of open hand
- Useful for directing very accurate passes or deflecting shots
- Good reach



Header

- Strike ball with forehead, not top of head
- Propel ball with neck
- Training headers is dangerous
 - Train with light foam balls or air-filled balloons to correct technique before ever using a ball
 - Train no more than 20 headed strikes with standard oarball per week without headgear, 100 per week if the player wears soft-sided helmet. This includes both designed heading drills and times the player uses their head in any drill
 - Players suspected of head injury should wait an additional 2 weeks after being cleared to play before training headers
 - Players should train to strengthen their neck muscles and trapezius



Elbow Header

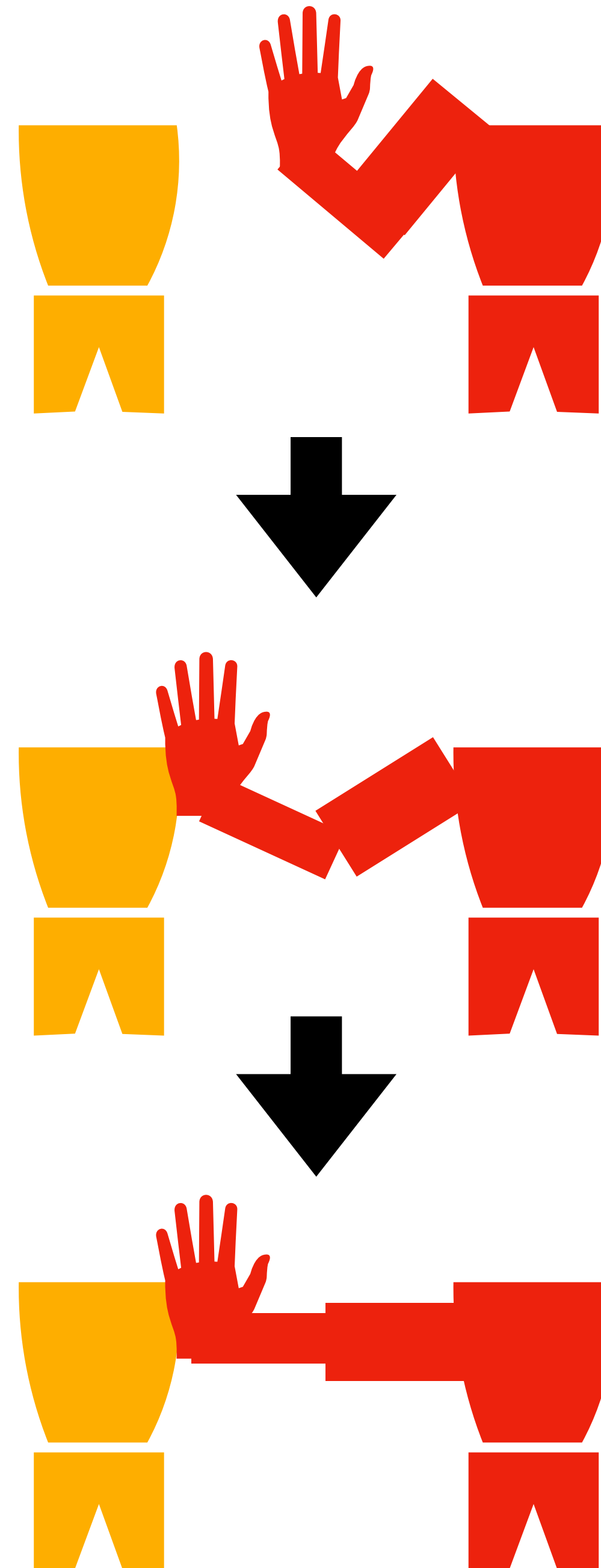
- Way to “Head” the ball, but using elbow instead of forehead
- Useful if ball is coming in too fast to safely and comfortably head the ball or the ball is coming in at an angle which is difficult to head
- Grasp back of neck with hand
- Try to play ball with front or side of arm
- Allows player to send ball sideways or forwards



Contact Skills

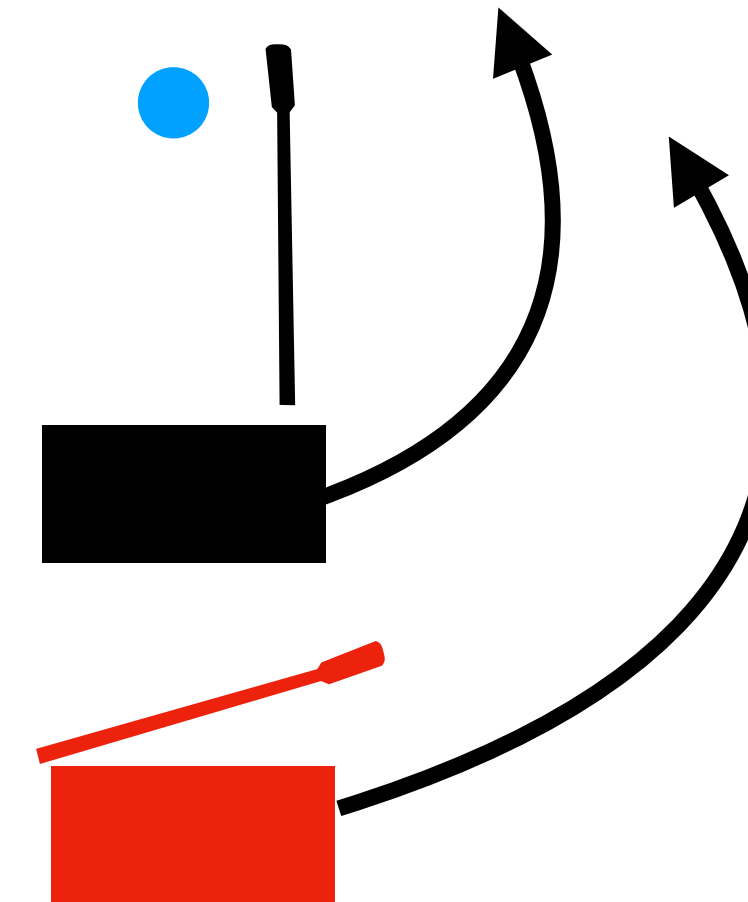
Stiff-arm

- With one hand on the stick, drive the free hand into the opponent
- Look for a position of leverage, like the center of the chest or the ribs
- Remember that there must be no hard impact! Contact must be soft. Apply maximum force AFTER your hand touches the opponent
- Extend hand, then lock elbow to maximize distance generated
- Useful in many situations
 - Create separation from defenders
 - Win ball from attackers
 - Clear crease or harass at running speed



Shield

- Stand with a deep, wide, powerful base, facing the ball
- Rotate self around the ball to stand between ball and opponent
- Use stick to keep ball out of range of opponent's stick
- Use hips to push away opponents who try to get around you to get to the ball
- Useful in a wide variety of situations
 - Protecting against forechecking pressure



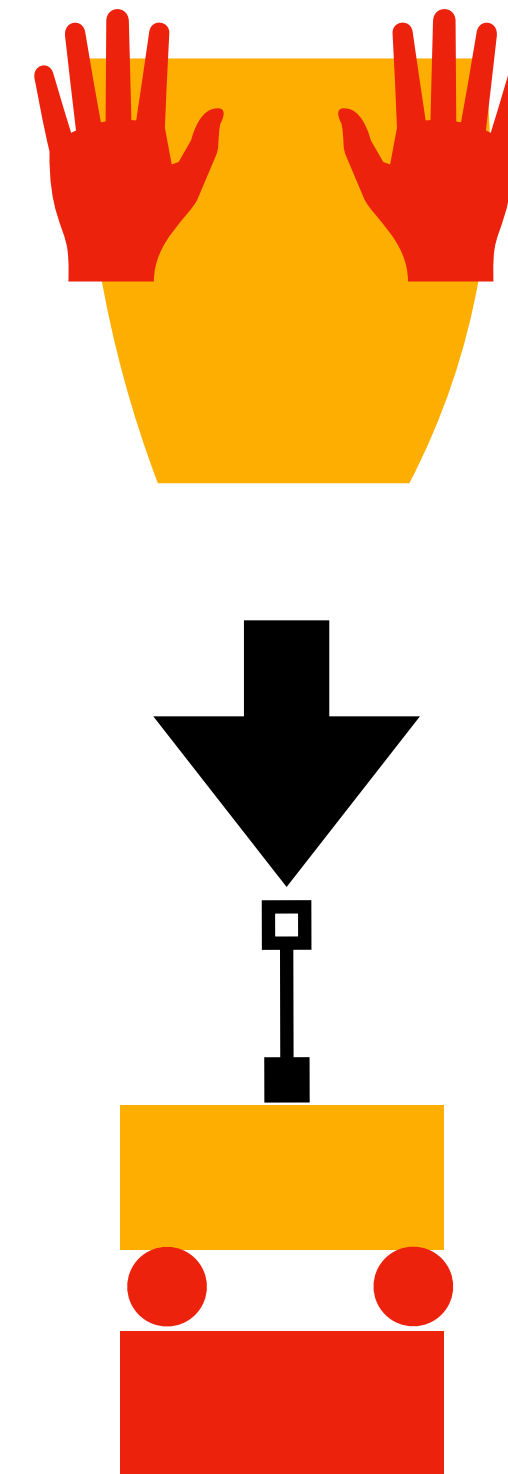
Tabletop Check

- Two players work together to take out ball carrier
- Defender A initiates contact to bring ball carrier down to walking speed
- Defender B double teams
- Defender A bends down for a hip check, and Defender B gives a 2-handed hand check to push the opponent over their teammate's back



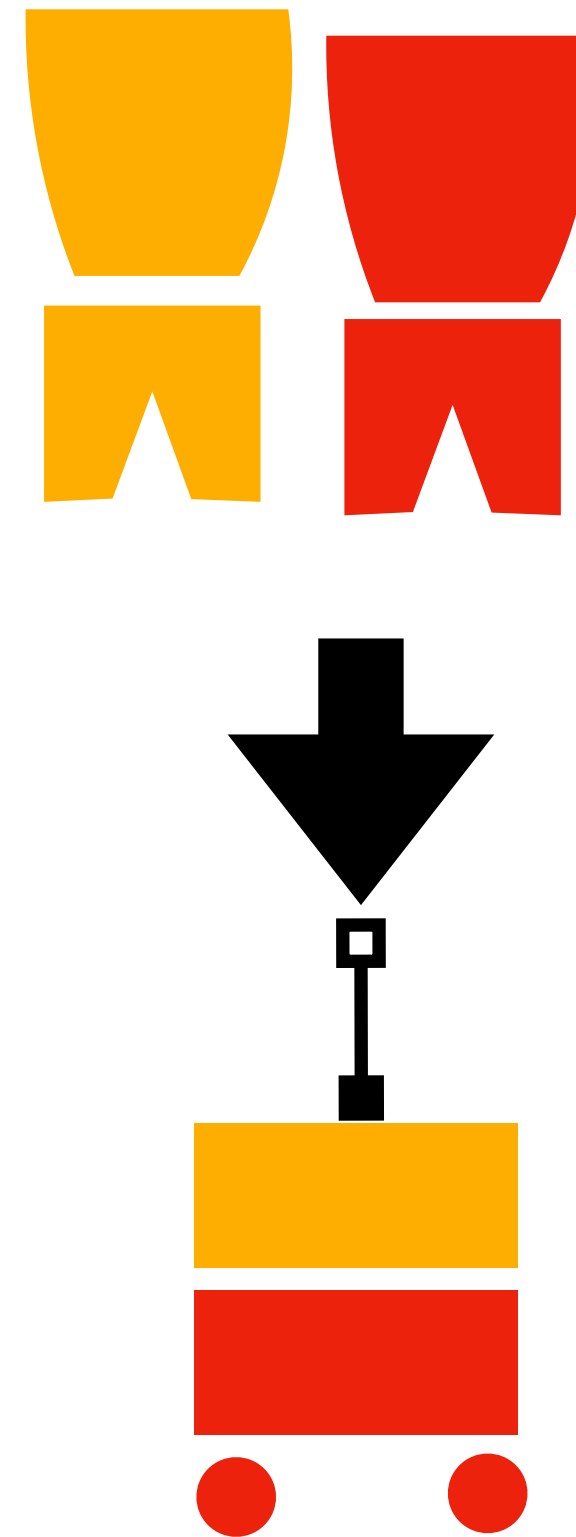
Bull Move

- Approach opponent and initiate two handed contact
- Drive opponent backwards with legs
- Able to generate lots of power from both arms and legs
- Be careful not to touch opponent with stick



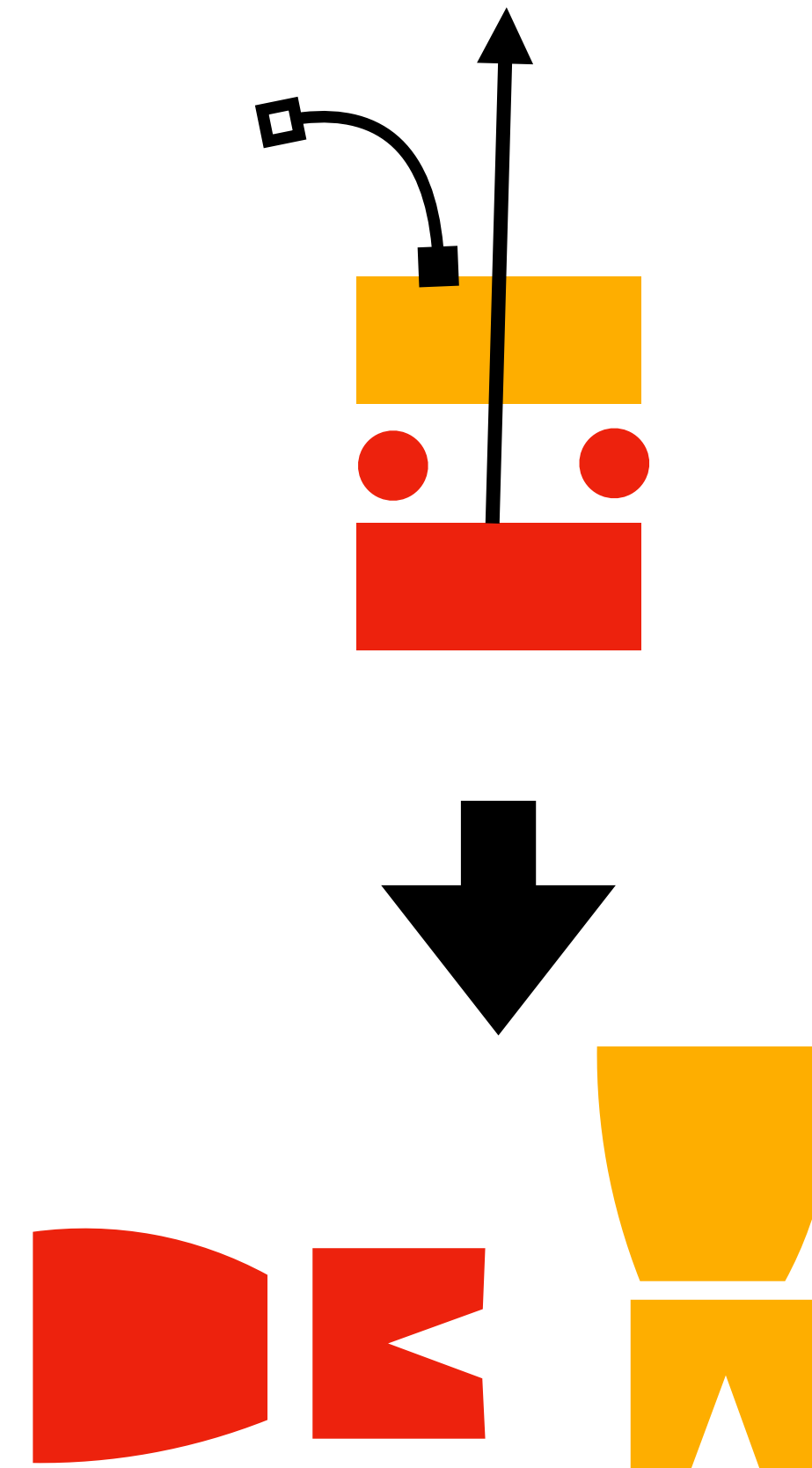
Booty Move

- Approach opponent and initiate contact with your back
- Drive opponent back with your legs
- Frees up hands and stick to make plays on the ball



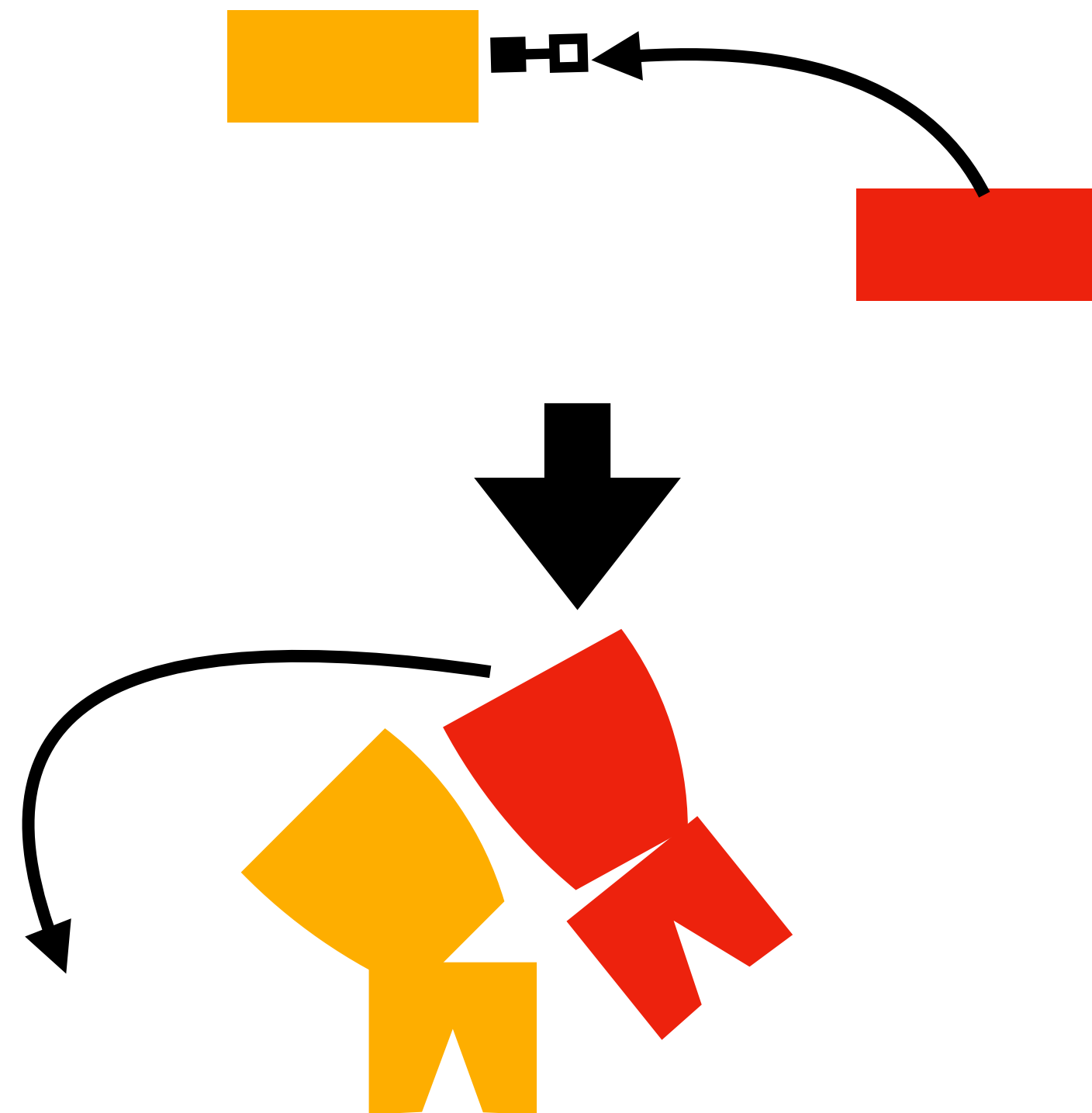
Pull Chair Move

- If an opponent is attempting to drive you back with a bull move or a booty move
- Can force opponents to fall over from their own force
- Skilled opponents may anticipate this and beat the player to their spot or push over the dodging player



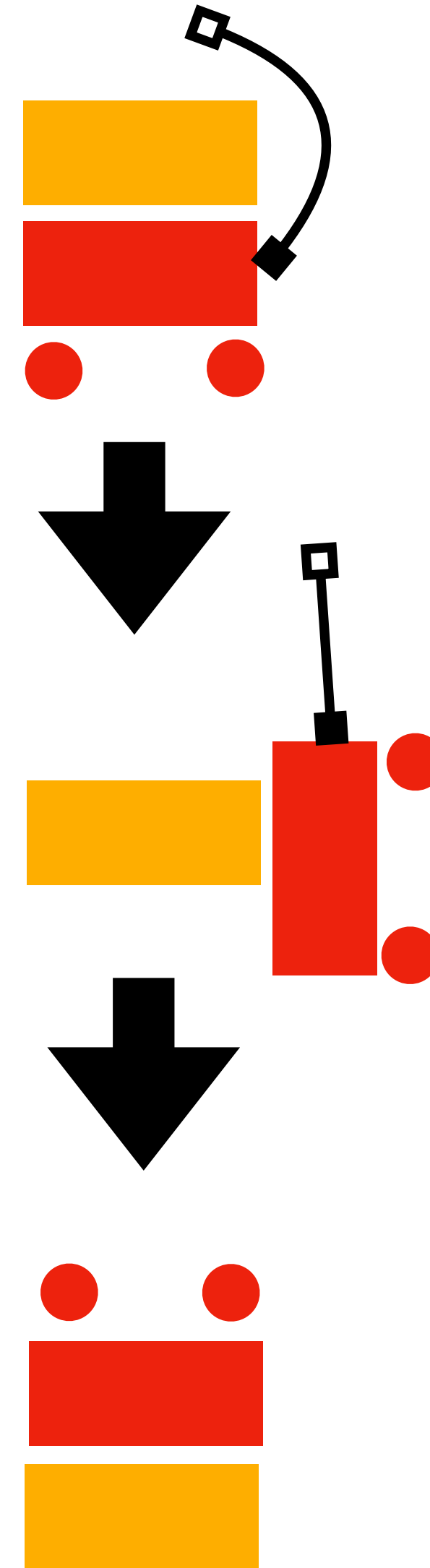
Duck Move

- If an opponent is trying to use a stiff arm or a running hip check on you
- Duck under the contact to make a momentum hip check
- Can knock over opponents
- Skilled opponents may slow down and push over an attempted duck move



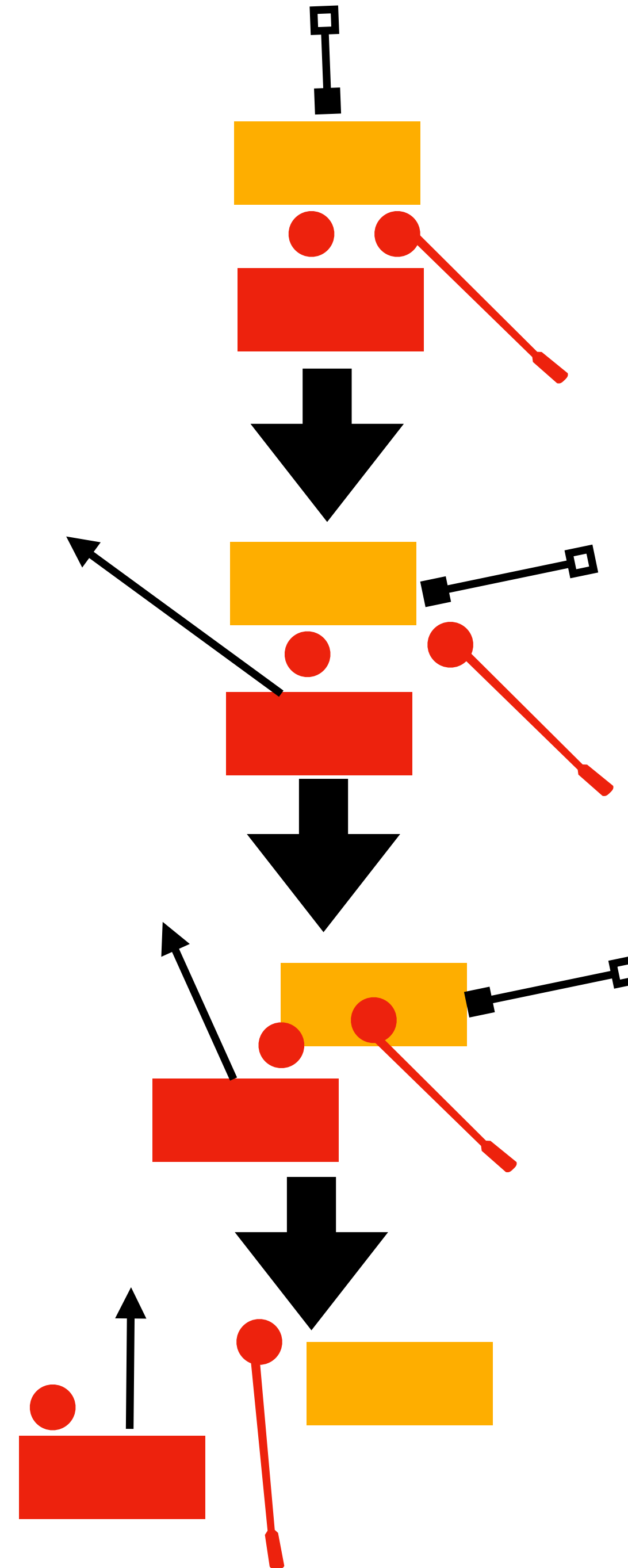
Roll Move

- From a booty move
- Wrap leg around opponent, then use it to spin around them



Swim Move

- From a bull move
- Push opponent to the side with one hand
- “Swim” the stick over opponent to avoid contact
- ALWAYS swim the stick hand. Attempting to push with the stick hand and swim with the free hand is likely to result in a foul



Stick Drop

- If in a contact situation where you don't expect to control your stick, just drop it on the ground
- Easier to let go of the stick than to keep it from touching anyone when falling down
- Not committing fouls is one of the most valuable skills a player can have!

