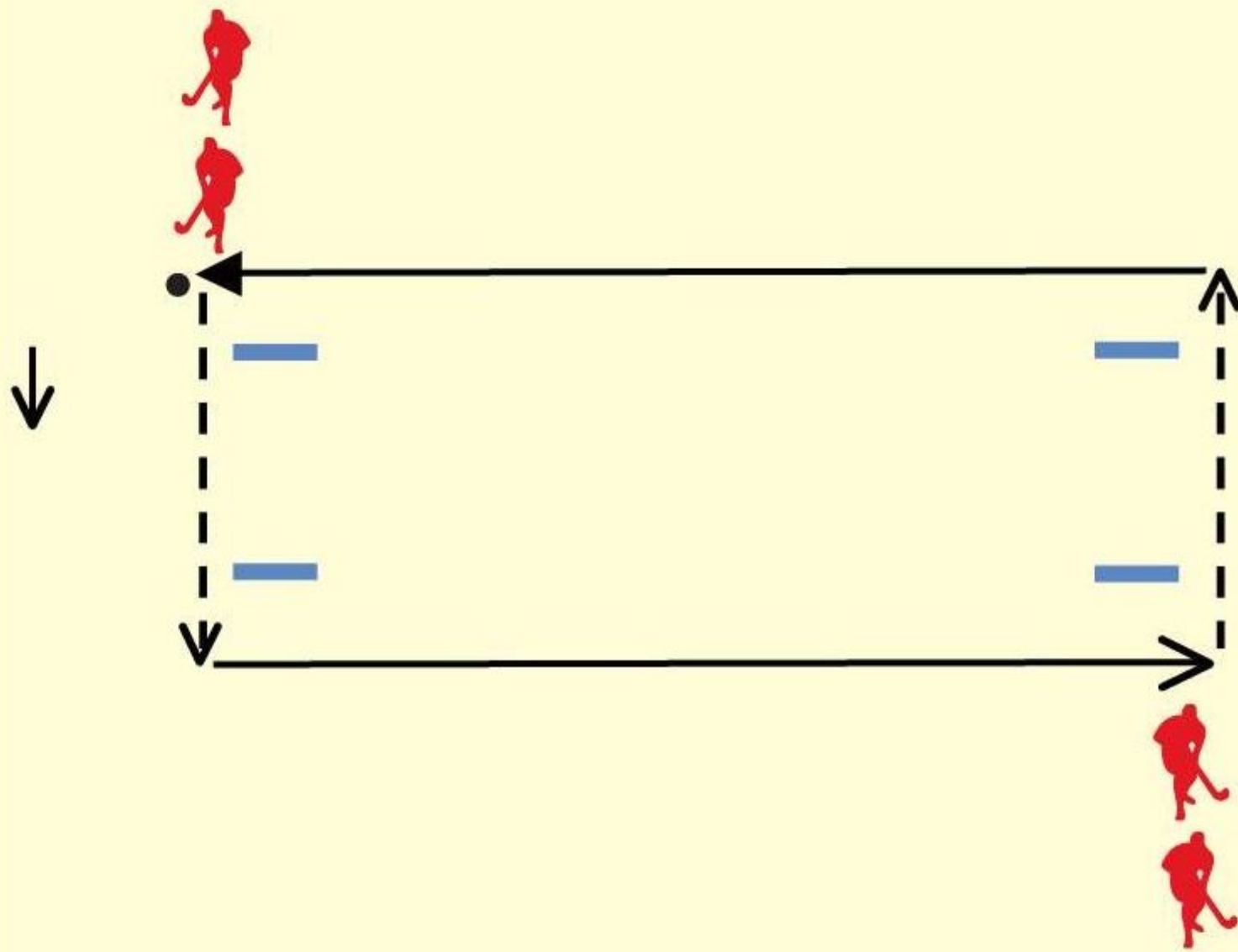


## 2. Practice (continued)

- Reverse the direction of the activity so the ball now travels in an anti-clockwise direction
- Refer to IHA Core Skills DVD, Passing, Hitting, Upright Reverse



- Reverse stick crossing can also be practised in a clockwise direction

### TECHNICAL FOCUS:

#### Upright reverse hitting

- ⌞ Turn body so right shoulder is facing target
- ⌞ Grip is still left hand at the top but 'V' should be down the reverse side edge of the stick
- ⌞ Swing with wrists not body
- ⌞ Keep eyes on ball and right shoulder facing the target

#### Flat reverse hitting

- ⌞ Move ball away from body to left side
- ⌞ Turn body so right foot is forward
- ⌞ Hands move together on the back swing with the 'V' grip down the back of the stick
- ⌞ High to low swing (like throwing a Frisbee)
- ⌞ Strike ball using the inside edge of the stick

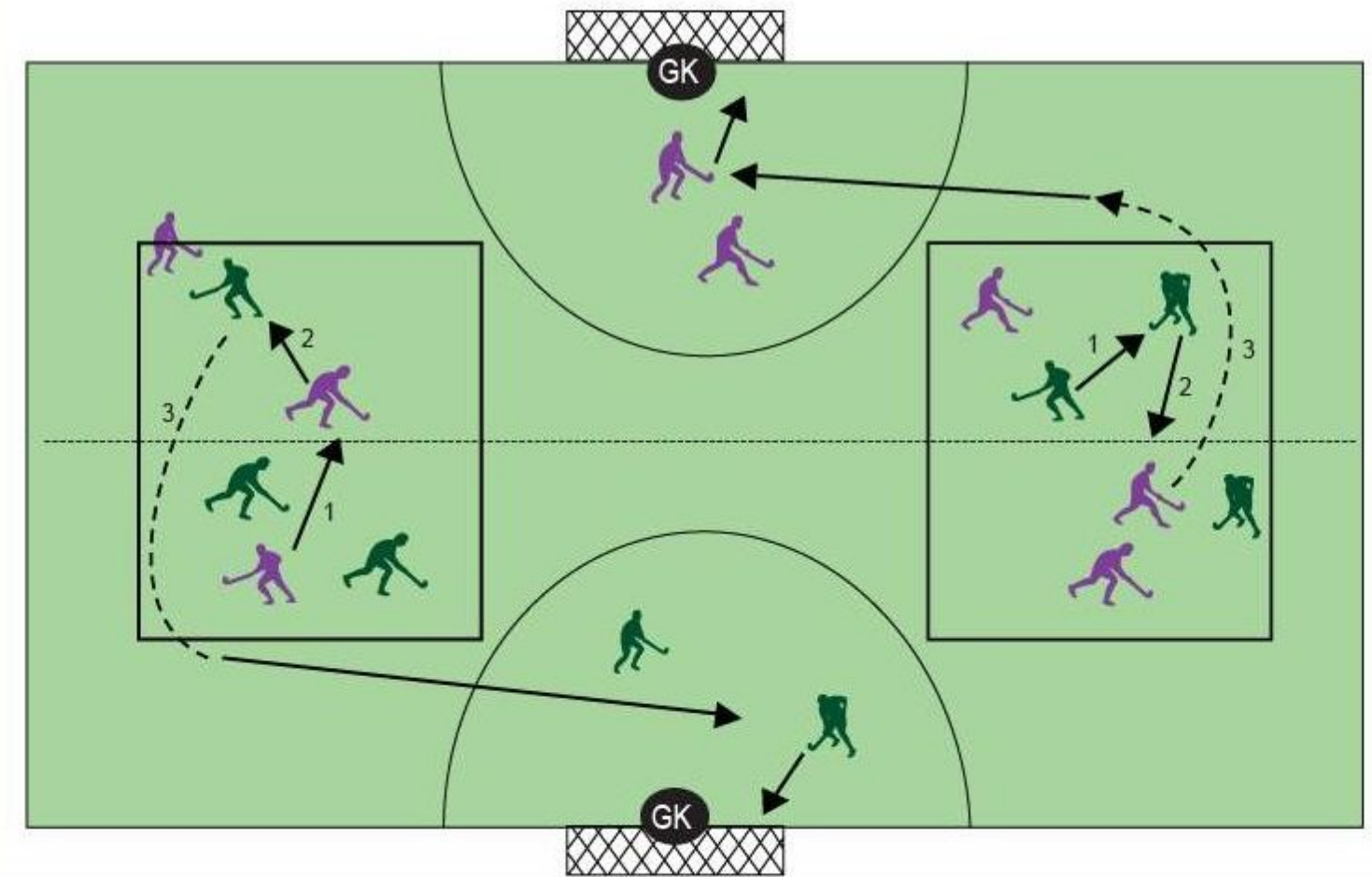
## 3. Play

20-25 mins

Use the same area as in the introductory game.

### TECHNICAL COMPONENTS TO EMPHASISE

- u Travel with minimal touches by gliding with the ball
- u Eyes up and look into the circle whilst carry the ball
- u Eyes must then watch the ball as it is centred into the circle
- u Add a defender for the crosser to beat
- u Add defenders into the circle to mark the attackers



### EXTENSION ACTIVITIES

- Allow only 2 touches coming out of the box before crossing the ball – this ensures gliding with vision
- Reverse the game so that crosses are made from the left side into the circle:
  - This can be achieved by a forehand cross (from 4 o'clock ball position)
  - Extend this to include reverse stick crossing
- Work on deflection skills with the players in the circle

## Warm down and stretch

5 mins



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