

CoRe Concept

Push Pass Skills

Body Position

- Athletic Stance
- The body position should be side on, toward the intended target

Hand and Stick Position

- Hands apart
- Hands and stick are away from the body and the toe of the stick should follow through low and towards the target

Stick Position

- Stick on ball - no back swing

Ball Position

- Ball position in line with back leg with right arm extended and left elbow bent

Skill Execution

- Stepping action with left foot
- Open left foot toward target
- Transfer of weight to front leg - Keep your feet moving through the pass AND have your weight moving at the target
- Follow through leading with left elbow
- Push the ball using the flat side of the stick

