

INDIVIDUAL DEFENSE

SAFETY IS #1, when performing this skill!

#1 RULE:

- ❑ No hacking or back swing allowed

Tackle Distance

- ❑ In freeze frame, the player should just be able to stretch forward and touch the ball with an outstretched “jab” tackle
- ❑ The players should jab and retreat at the ball with a ‘snake strike’ action

Mirroring, Channeling, or Guiding

- ❑ Pick up the correct Line: Attacker’s Right Shoulder - Defender’s Right Shoulder - Goal
- ❑ Always with one foot forward in a balanced and strong position - usually left foot forward. NEVER cross legs
- ❑ Create correct tackle distance and match opponent’s speed to maintain this tackle distance
- ❑ Once speed and vision are reduced, close down the space with quick and short foot-work patterns to reduce control and space
- ❑ Once vision, space and / or control have been lost - TACKLE

Flat Tackle

- ❑ ONLY FLAT TACKLE when the opponent HAS NO SPEED!
- ❑ This is when you put your entire stick on the ground while in a crouched position to block the ball from hitting your foot, or tackle an opponent who is coming towards you

The Jab

- ❑ “Snake strike” tackle, jab in and out, to reduce vision and speed of opponent
- ❑ Can use two hands, starting point: stick pointing towards belly button



Flat Tackle