

# Stopping, Trapping, Wide Based Receive

## 1 – Wide base receive (key points)

1. Step your right foot outside the line of the ball. Practice this without a stick to get the footwork correct.
2. Push left hand away from body to stop ball out in front of you
3. Cushion the ball to a stop using a soft grip of your right hand low down the stick.

### Why?

The wide base protects the ball from a player (pressure) engaging from behind – see video

## 2 – Post Up

The post up is not one fluid movement (it just looks that way with practice):

1. Accelerate towards the ball
2. Decelerate to stop
3. Secure the ball (received in wide base)
4. Accelerate off with the ball

### Why?

The post up is a key skill to offer the ball carrier a pass to you and allows you to protect the ball from the defender who is tracking you.



### **3 – Receive in flow**

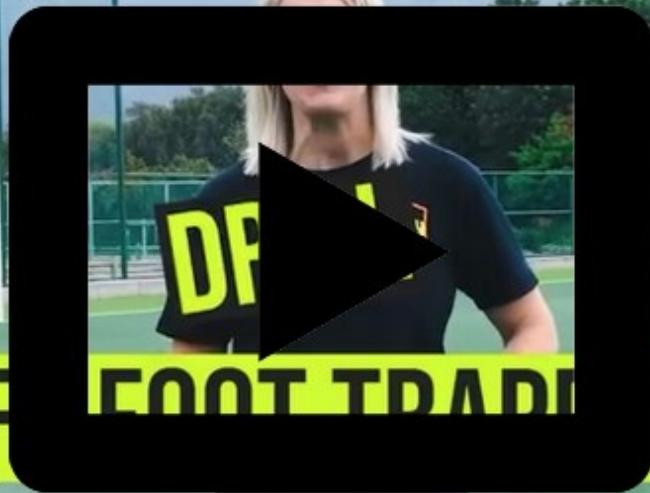
Your feet should be facing the intended direction of travel.

#### **Why?**

Not having to secure and then move the ball and turn your feet to carry the ball off makes for faster hockey and less time for the defender to engage you.

[Instagram Link](#)

**THE BALL ON OUR LEFT FOOT,**

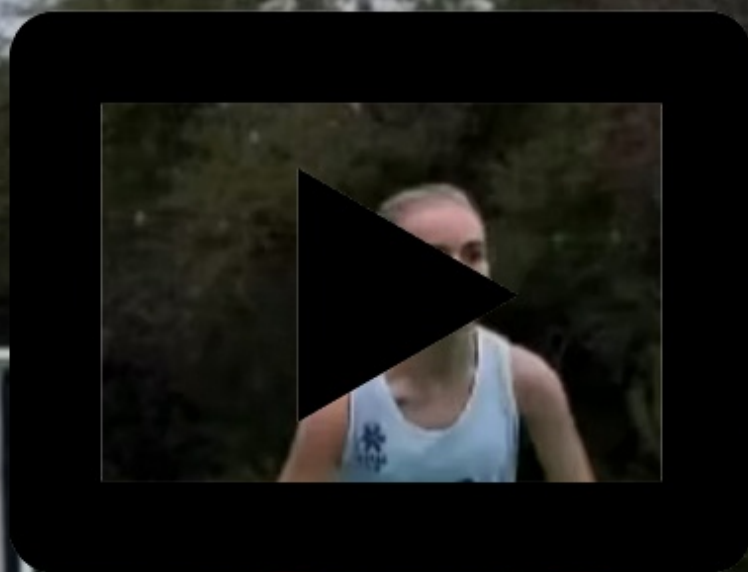


**LEFT FOOT TRAINING**



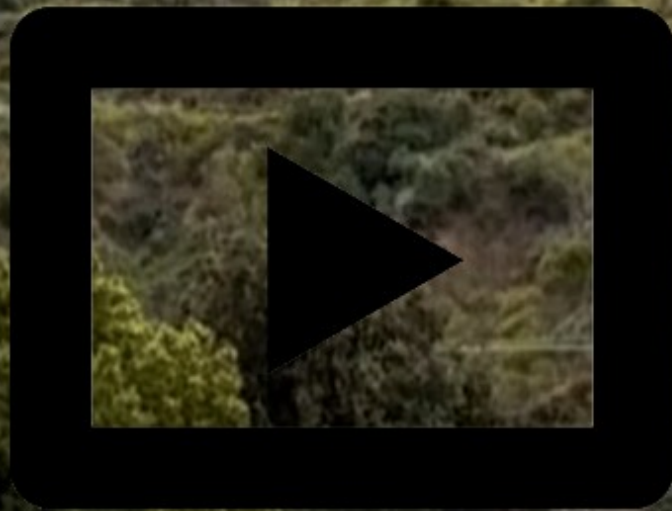
Instagram Link

# Before...



Instagram Link

# HOW TO TRAP THE BALL



Instagram Link



# HOW TO: RECEIVE WITH A DEFENDER BEHIND YOU



