



1. CH hits to CF leading back towards ball.
2. CF bunts ball back for CH to run forward to.
3. IL does hook lead out of inside channel, CH pushes ball straight for LW to lead towards & receive.
4. LW one touch/deflects ball through to circle where IL has lead to receive.
5. IL shoots at goal!

This drill is designed to make players think about manipulating the opposition-here the IL creates a channel for the ball to be put through for another striker.

Drag Flick

1. Short run up (start roughly 2m straight back from circle edge)
2. Run in slowly, cross over step into circle (preferred right in front of left, right behind left is ok, however, it slows momentum through ball)
3. Once right foot is planted past the ball, pick up ball at start of stick blade (pick up from behind your with stick facing forward on a 45 degree angle) making sure you are in a very low body position.
4. Step through with next foot pointing towards target. Remaining low, let ball roll up blade towards the grip by pulling hands towards the goal.
5. Rotate quickly through the hips & let arms follow remaining low the whole time. The ball should naturally roll down the stick & fly towards target.

- Note.
1. Very important to have a low body position
 2. Right foot should be past the ball and planted before the stick makes contact with the ball
 3. Make sure the ball rolls up the blade (about 1/3 of way up) and then down blade as you step through throwing arms at target.