

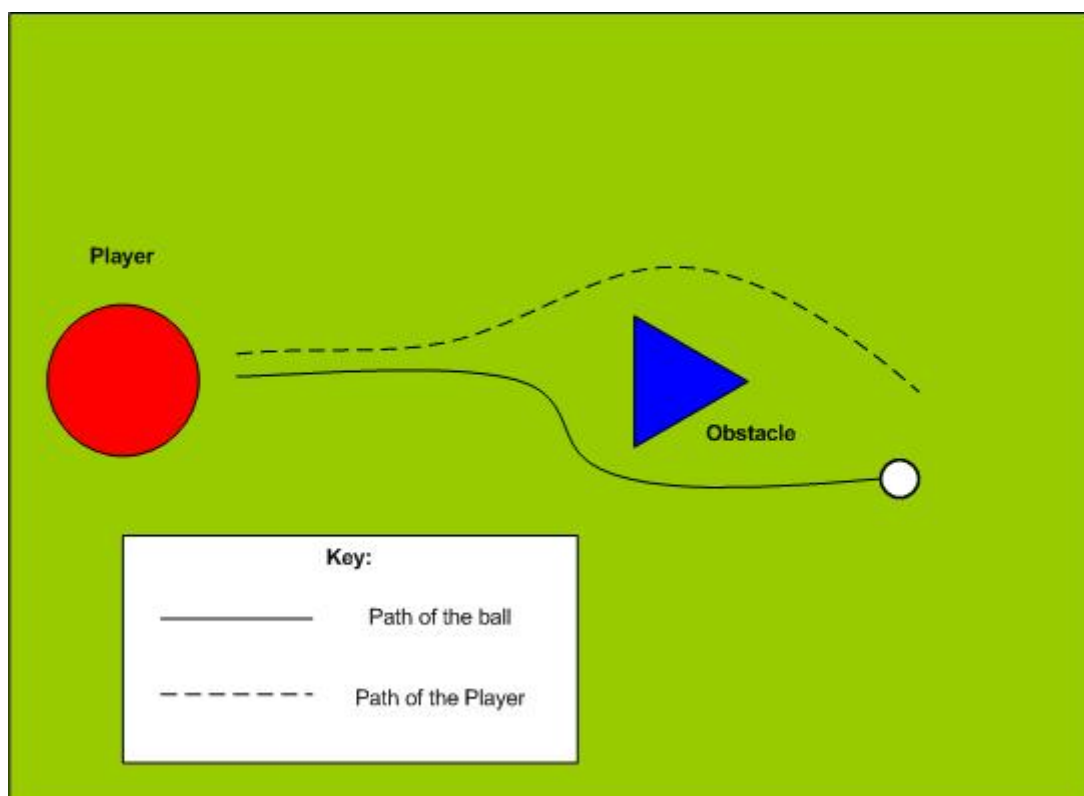
Title: Elimination Trick

Aim: Beat an opponent deceptively

Equipment Needed:

- Stick
- Ball
- An obstacle to represent a defender

Set Up:



Description:

- Dribble up to your obstacle then pass the ball to the right of it, while you run past it on the left. (See diagram)

Coaching Points:

- Keep low while dribbling
- Run slightly to the left of the obstacle, then angle your stick to push the ball to the right
- Once you have mastered this, try practicing against another player
- Be careful not to push the ball too far ahead of the obstacle or someone else will get it before you can catch up.

Variations:

- This can also be done on the reverse, putting the ball to the left and running right.