



Field Hockey BC
Penalty Corner Skills Instruction

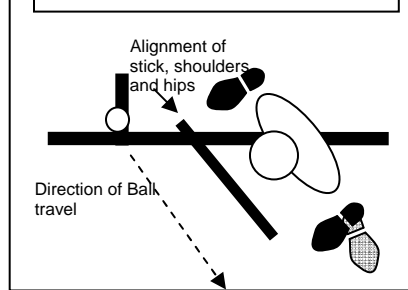
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PENALTY CORNERS – PULL-OUT

Hands:

- Left hand at the top, right hand 1/3 of the way down
- Left hand - with the “V’s” made between your thumb and forefingers going down the back face of the stick
- Right hand – same as above but with the option to extend the index finger down the back face of the stick.

Setup for Penalty Corner Pullout



Ball Position:

- Ball on the pull out mark
- Ball is about 6-24 inches away from right foot depending on comfort

Preparation:

- Wide stance with one foot behind the baseline
- Feet are usually set to point perpendicular to the path of the ball to the stick stopper (at the top of the D) – option to have the L foot point at the stopper
- Hips and shoulders are parallel to the line of the ball to the stopper
- Weight on the back/ right foot
- Hook of the stick is set immediately behind the ball and the line of the stick should be parallel to the path of ball travel

Execution:

- Once stance and stick are set, eyes should be on the target
- Ball is pulled out toward target as weight is transferred from back (right) to front (left) foot
- Target varies slightly with the preference of the stick stopper but is usually the stoppers left foot

Follow through:

Follow through toward the target and NOT around the body as you want the release point to be as consistent as possible

Technique demonstrated by Peter Short – National Team Member



PENALTY CORNERS – STICK-STOP

TECHNIQUE #1

Hands:

- Left hand 6-12 inches from the blade depending on comfort, right hand approx shoulder width apart from left hand
- The “V’s” made between your thumb and forefingers of both hands going down the back face of the stick – option to extend both thumbs along the back face of the stick for more feel
- Fingers wrap around the front face of the stick, pointing down– option to have fingers of left hand point up (as shown below)

Preparation:

- Stance is low and stable
- Feet are shoulder width apart
- weight on the balls of the feet to allow quick repositioning if the pullout is not on target
- feet, hips, and shoulders should be square to the ball
- Stick is out in front of the body and should be low and square to the ball

Execution:

- Once stance and stick is set, eyes should be on the ball
- Eyes stay on the ball at all times and ball is tracked right to the stick
- Stick is tracked slightly back in toward the body to provide cushioning effect as ball approaches
- Stick is angled slightly downward to squeeze the ball into the turf for a dead stop
- Stick, at the point of contact with the ball, should be perpendicular to the line of ball travel
- Ball is stopped outside left foot



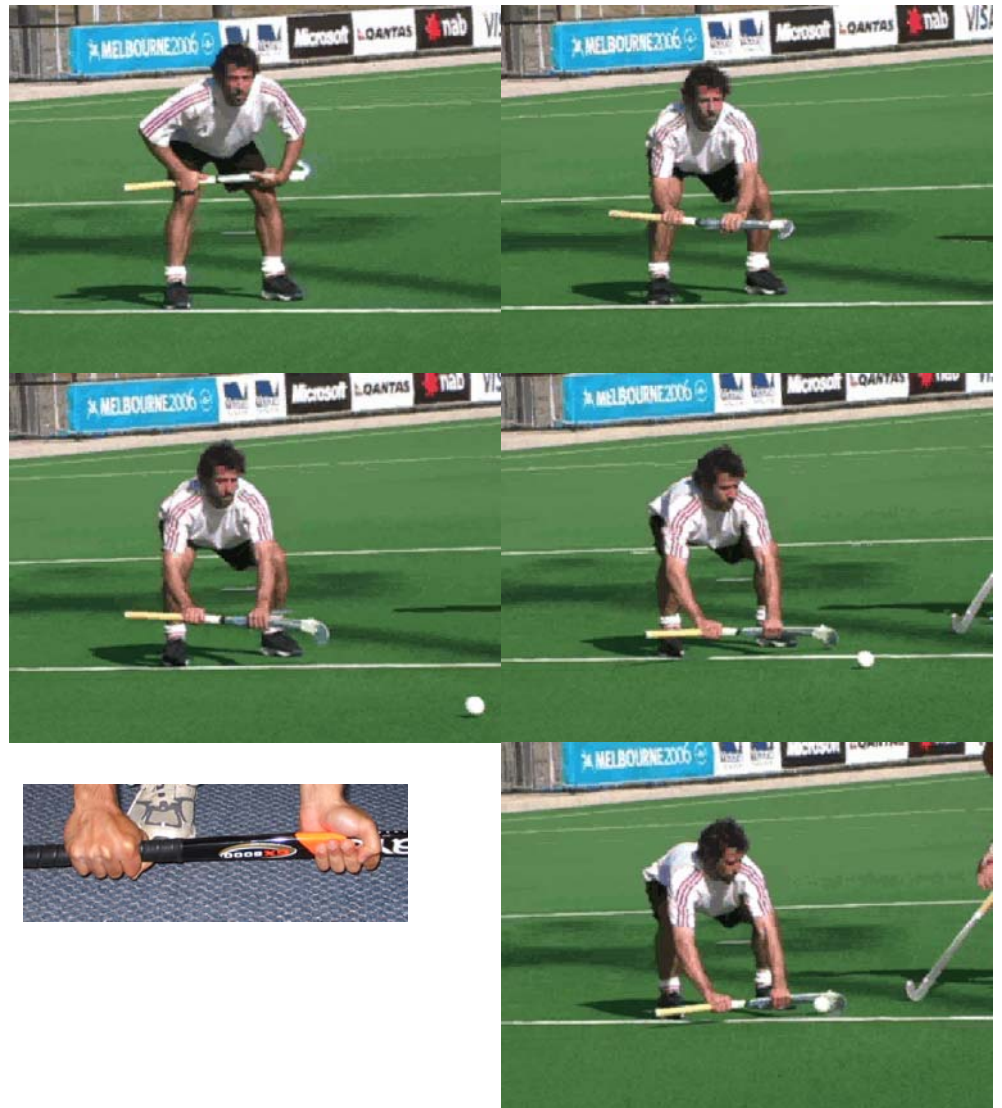
Zoom view

Rear view

Technique demonstrated by Scott Sandison – National Team Member

This is the preferred technique as it:

- Keeps hands away from the ball making it safer
- Allows the stopper to make the stop just outside the left foot keeping the path to the ball unobstructed for the hitter or drag flicker



TECHNIQUE #2

Hands:

- Left hand wrapped around the blade of the stick, right hand approx shoulder width apart from left hand
- The “V” made between your thumb and forefingers of the right hand should be down the back face of the stick with the fingers pointing down – option to extend the thumb for more comfort and control

Preparation:

- Stance is low and stable
- Feet are shoulder width apart
- weight on the balls of the feet to allow quick repositioning if the pullout is not on target
- feet, hips, and shoulders should be square to the ball
- Stick is out in front of the body and should be low and square to the ball

Execution:

- Once stance and stick is set, eyes should be on the ball
- Eyes stay on the ball at all times and ball is tracked right to the stick
- Stick is tracked slightly back in toward the body to provide cushioning effect as ball approaches
- Stick is angled slightly downward to squeeze the ball into the turf for a dead stop
- Stick, at the point of contact with the ball, should be perpendicular to the line of ball travel
- After the stop is made, make sure to get left foot out of the way if it is blocking the path to the ball for the hitter or drag flicker

Technique demonstrated by Wayne Fernandes – National Team Member

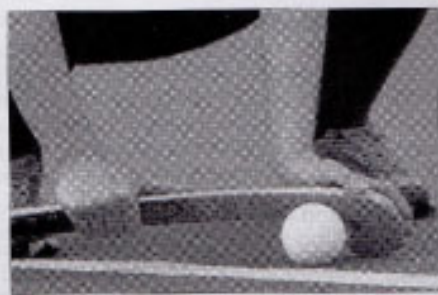


Figure 13.4 Thumb points towards the crook of your stick and your fingers are not wrapped around the top of the stick. Your left palm faces the direction from which the ball is travelling.



PENALTY CORNERS – HIT

The drive, even though currently not as popular as the drag flick, still remains an important skill in the penalty corner routine.

Grip:

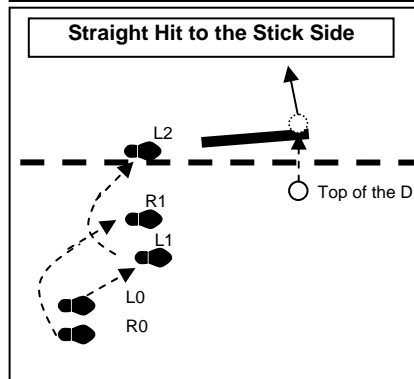
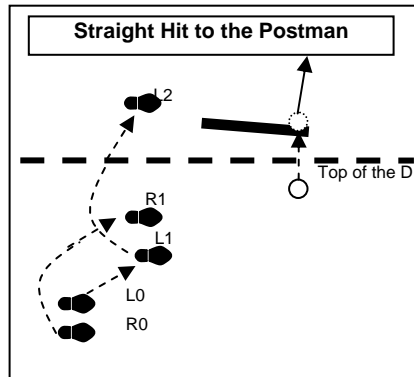
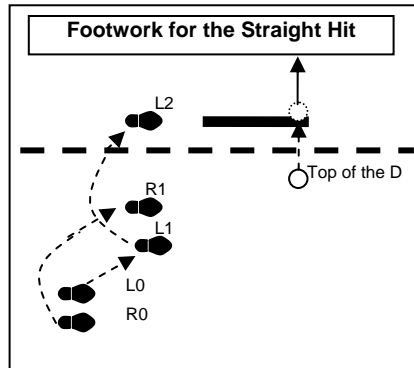
- together at the top, left hand above right, with the “V” made between your thumb and forefinger going down the front edge of the stick (toe of the stick pointed up).



Execution:

- Line up so that footwork sequence:
 - brings the left foot roughly in line with the ball at the point of contact
 - allows for a swing low and virtually parallel to the turf*
- Eyes on the ball
- Step forward with the L foot (L1)
- Right foot crosses over behind left foot (R1)
- Step toward the goal with the left foot as ball is rolled into the circle(L2)
- As ball is brought forward, body position lowers and the swing is executed low and around the body *
- Hitting to the postman’s side is accomplished by , at the point of contact, having the L foot (L2) slightly further in front of the ball (closer to the goal) or breaking the wrist
- Hitting to the goalies stick side can be accomplished by having the left foot (L2) slightly behind the ball at the point of contact

* **Note:** While it is recommended to simplify the footwork and swing low and around to increase power and deception it is most important that the hitter feel comfortable with the routine. If the hit can be executed with accuracy, power and deception then individual hitting styles might require some modifications to the setup and execution of this skill including different footwork and a more upright swing.



PENALTY CORNERS – DRAG FLICK

Note: the images show the 4 most important steps in the technique – extra steps can be added prior to step one with the right foot (R1) in order to generate more momentum.

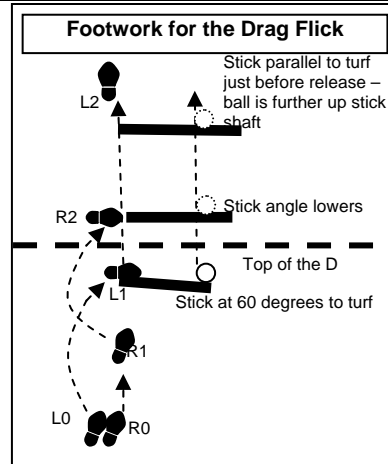
Power is generated by momentum, strength in the arms, rotation of the upper body, and weight transfer.

Grip:

- Left hand at the top with the V down the front flat face of the stick
- Right hand a third of the way down with the V down the front edge of the stick



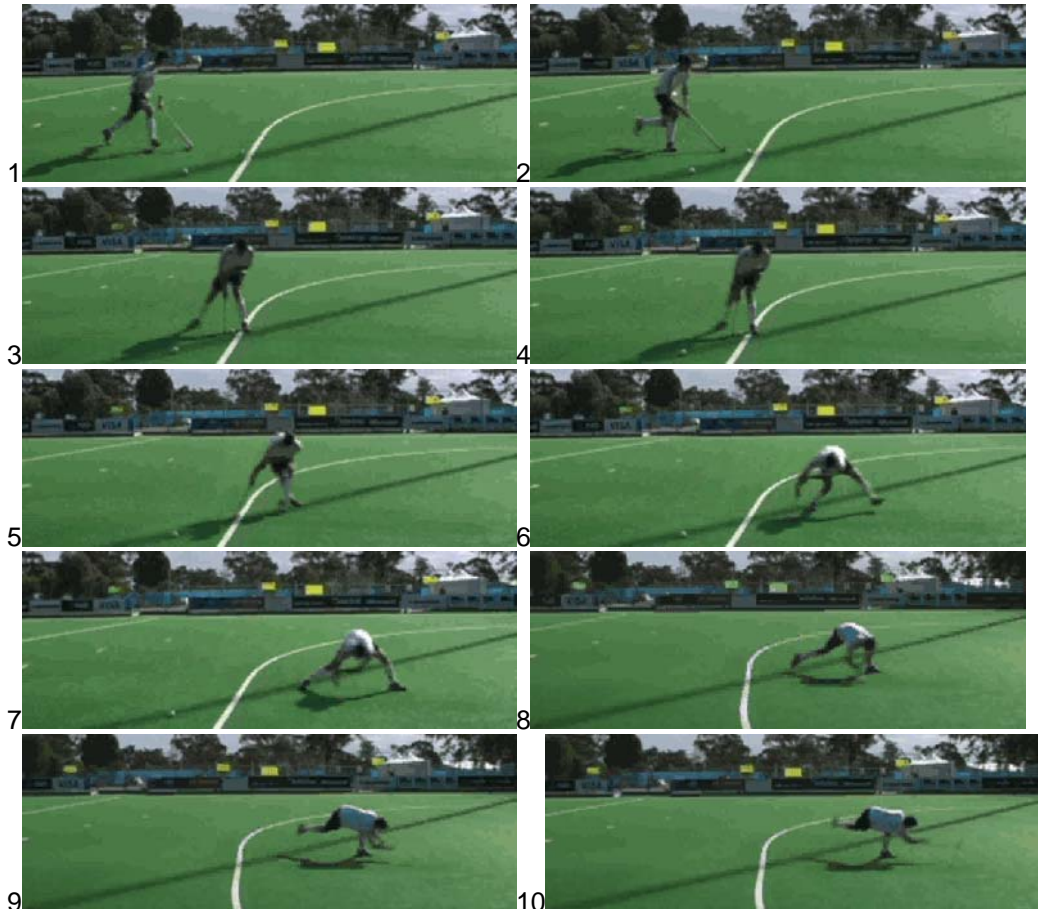
Zoom view



Execution:

- Line up behind the ball
- Eyes on the ball
- Step forward with the R foot (R1 – slide 1 and 2)
- Step even or just in front of the ball with the L foot (L1 – slide 3 and 4) – toes point to sideline
- Face of the stick addresses the ball with the stick at approximately 60 degrees
- Right foot crosses over behind left foot (R2 – slide 5 and 6)
- Left hand is forced to tuck into right elbow to keep the stick face relatively square to the ball
- Step 4 (L2 –slide 6-8) is executed as ball is brought forward straight into the circle for release – note that the left foot is pointed at the net to minimize torsional forces on the knee joint
- As ball is brought forward body position lowers and stick angle lowers to almost parallel to the turf – this results in the ball sliding up the shaft as the stick gets lower – ball direction does not change
- Body position is low – left knee is at 90 degrees at the point of release
- Ball is snapped toward target

Technique demonstrated by Connor Grimes – National Team Member



– traveling quickly back down the shaft of the stick - as body weight transfers completely onto left foot

Follow through:

- towards your target
- Step through with right foot

