

Clearing Using the Sub Box

Ball starts with D at GLE.
Place clearing defensemen
near the box with a middle
inside the box. *Figure 1*

Ball is thrown to goalie.
Defensemen near box
steps in while the middle
steps out and cuts across
for clearing pass. *Figure 2*

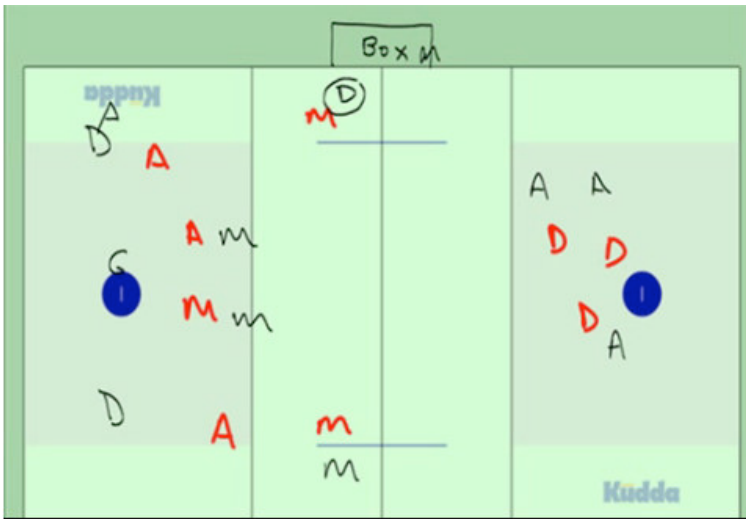


Figure 1

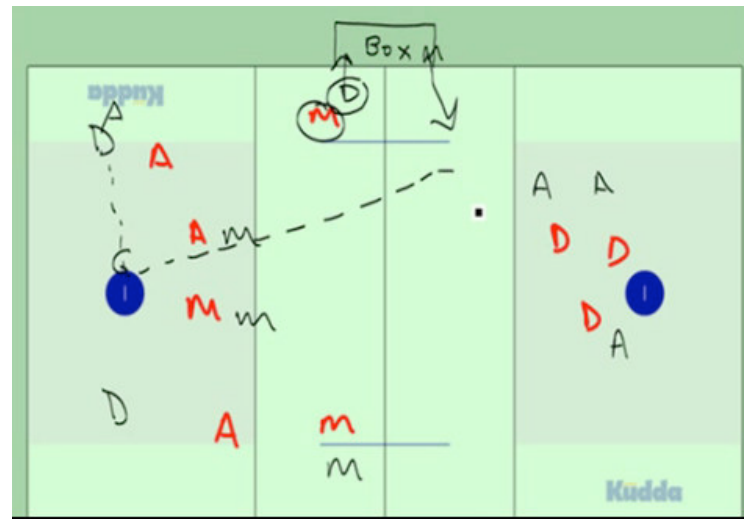


Figure 2

Hidden Ball

Ball starts with Middie top left who goes towards other middie and “exchange/flips” at center of goal. Player who starts should be the one who finishes. *Figure 3*

Key is that the middie without the ball has his back to goal when the ball is flipped in the air. That Middie proceeds with vigorous cradling as if he had the ball.

Figure 4

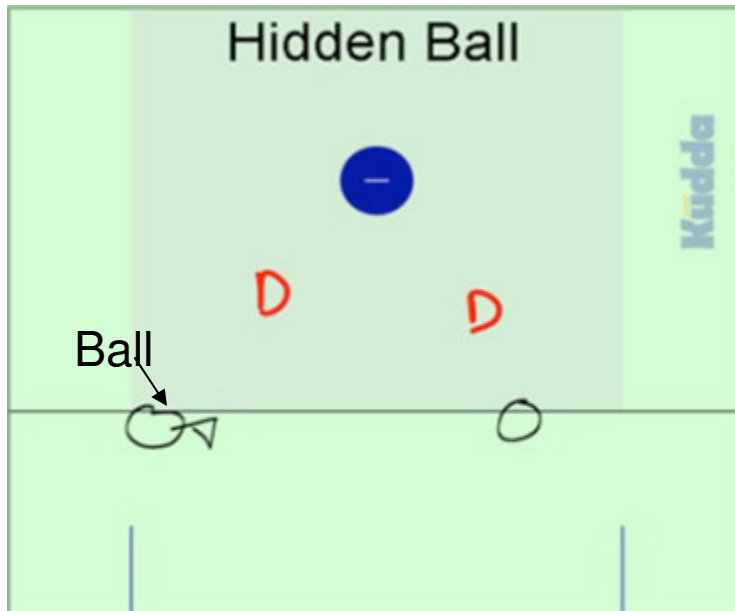


Figure 3

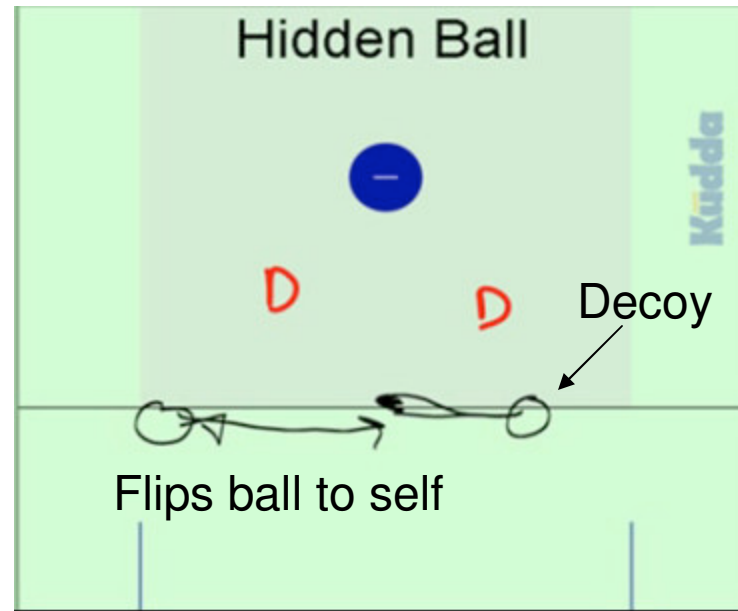


Figure 4

Hidden Ball_2

Middie with ball acts as if no ball in stick. Decoy needs to act as if ball is in his stick. Hopefully goalie watches decoy. *Figure 5*

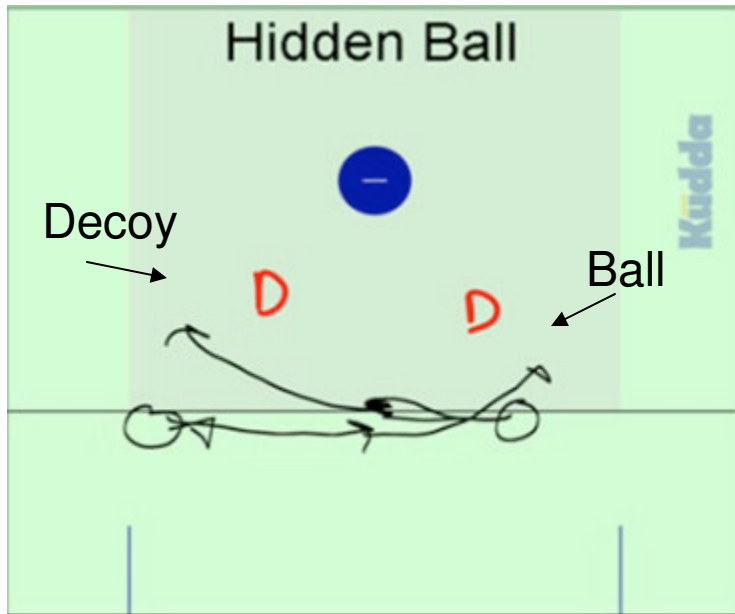


Figure 5

Areas to use the Hidden Ball trick are marked in purple with the “exchanges/flip occurring at the center of the goal.” *Figure 4*

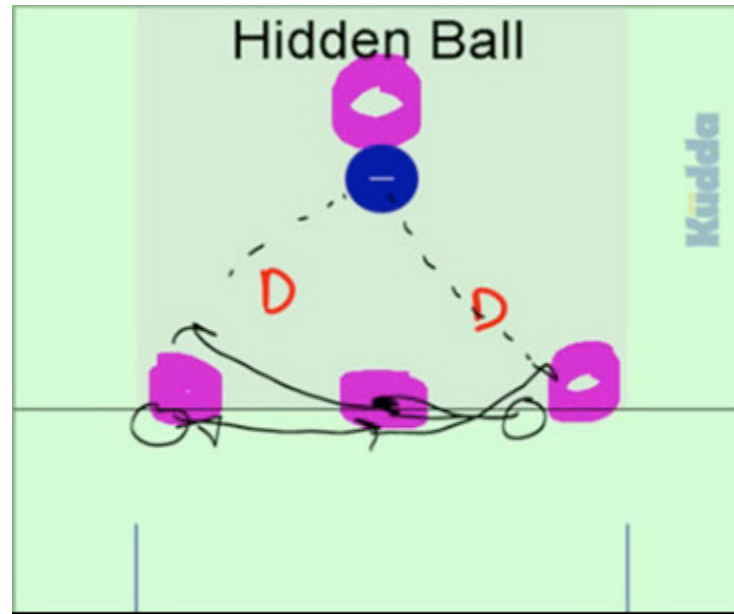


Figure 4