

## 3m Push/Receive Test: Y5,6,7,8 Youth

### **The Test:**

Players must push the ball onto a rebound board placed 3m away. The ball must travel the 3m distance each time and will rebound off the board back to the player, the player must stop (trap) the ball before each push. The total number of pushes in 60 seconds is recorded.

The most common faults are ...

### **Technique:**

Posture: Not enough knee bend, consequently the stick face and ball is too close to the feet of many players. Because of this incorrect posture, players are hampered at the receive point prior to the push. It is noticeable those with correct posture achieve more power through their leg muscles.

Wrist snap: Advanced players understand the principle of the "wrist snap" to assist with power, a few over accentuate this and therefore lack accuracy.

### **Concentration:**

A considerable number of players struggle to concentrate and therefore lack consistency in completing a repetitious skill test for a 60 second duration.

### **Footwork:**

In the main the footwork is reasonable. However players should be reminded that taking a step ensures a weight exchange and importantly assists in keeping the shoulders inline at the release point, this will benefit the players accuracy.

### **3m Push Test Coaching points ...**

Grip – left hand at top – right hand further down for control (accuracy).

Stick starts against lower half of ball, No backward swing (as with slap -push)

**Low posture (knees bent, ball away from feet)** - follow through to target but release ball before it travels past the front (left) foot.

Transfer weight from right foot to left quickly to keep shoulders in-line with target (take the step).

Wrist break/wrist snap accentuated by right hand to assist with power.

**END.**