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| SKILL | EXPLANATION |
| 1. 50 pull left and hit
 | Hit into a goal cage or fence. |
| 1. 50 pull right and hit
 | Hit into a goal cage or fence. |
| 1. 50 V-pulls
 | Pull back on an angle, move forward on a different angle. |
| 1. Stick and ball A-B-C’s
 | Keep the ball in front of you and draw the alphabet. Keep the ball on your stick the entire time. |
| 1. 50 V-pulls with 3D skill
 | Pull back on an angle, do a little lift, move forward on a different angle. |
| 1. 50 pull right and 3D skill forward
 | Pull right and do a little lift to move the ball forward. |
| 1. 50 pull left and 3D skill forward
 | Pull left and do a little lift to move the ball forward. |
| 1. 50 double pull right and sweep
 | Pull right two times in a row and sweep into goal cage or fence. |
| 1. 50 double pull left and sweep
 | Pull left two times in a row and sweep into goal cage or fence. |
| 1. 50 pull right and flick / aerial
 | Pull right and lift. Focus on practicing both lifts for power (shots) and lifts for height/distance. |
| 1. 50 pull left and flick/ aerial
 | Pull left and lift. Focus on practicing both lifts for power (shots) and lifts for height/distance. |
| 1. 50 pull right, seal off defender and accelerate forward 5 yards
 | Pull right, immediately after you pull right, step with your left foot to seal off defender and carry on an angle / accelerate for 5 yards to seal off.  |
| 1. 50 pull left, seal off defender and accelerate forward 5 yards
 | Pull left, immediately after you pull left, step with your right foot to seal off defender and carry on an angle / accelerate for 5 yards to seal off. |
| 1. 50 Small pull right, big pull left, seal off defender and accelerate forward 5 yards
 | Do a small pull right, immediately do a big pull left, step with your right foot to seal off defender and carry on an angle / accelerate for 5 yards to seal off. |
| 1. 50 Small pull right, big pull left, seal off defender and accelerate forward 5 yards
 | Do a small pull left, immediately do a big pull right, step with your left foot to seal off defender and carry on an angle / accelerate for 5 yards to seal off. |