



Moving with the ball: The dribbling skills

Introduction

The ability to move with the ball with confidence and strength is a critical part of the game. It is tempting to carry the ball for too long and overlook passes, so a balance between the passing and dribbling skills is required. Each dribbling technique serves a purpose, and the player must develop each of these to give themselves a greater number of options when the player has the ball according to the space they have available to them.

The transition from trapping to moving with the ball and ultimately making a pass is important, so make sure that players receive the ball in the optimal carrying position, and carry the ball in the best passing position as players move with it according to their surroundings. The player should always try to carry the ball in a strong passing position; it just so happens that this position (with the ball in front of the body and in front of the right foot) is also the position in which players carry the ball to move quickly with maximum vision.

Alyson Annan, considered by many to be the best female player ever to play the game, is an outstanding dribbler. Luciana Aymar, a midfielder for Argentina, is another very strong dribbler. One of their strengths is that they can accelerate with the ball almost as quickly as they can without the ball. In sports, dribbling refers to the maneuvering of a ball under the control of a single player in a given direction, while avoiding defenders' attempts to prevent this occurring.

The Dribbling skills

The average player spends only ten percent of playing time in contact with the ball and less time actually moving with the ball. However, the success with which they can dribble the ball has a great influence on their effectiveness and their enjoyment of the game. A player's performance is commonly gauged by the success of dribbling skill.

Depending upon the proximity of opponents and the flow of play there will constantly be changing emphasis upon the amount of speed, control and deception required while dribbling. A very good player will master a complete repertoire of dribbling skills in order to meet these changing demands.

- Most dribbling should be on the open face or fore stick whenever possible.
- The ball is kept ahead of the right shoulder.
- The left hand grips the stick firmly near the top of the stick whilst the right hand is lower on the stick.

Dribble in the Hockey Field

Dribbling is the act of maneuvering the ball around defenders by using short, skillful taps with the stick. There are several different styles of dribbling, but the main idea is to keep control of the ball until the player make a move toward the goal. Dribbling will help player dodge opponents, advance the ball, and open space for passing opportunities.

One of the most important things to remember when dribbling is to always be looking up and scanning the field for passing or shooting opportunities; otherwise the player will end up dribbling in circles.

The following are the different styles of dribble in the hockey field.

Straight (closed)Dribble

This is the most common dribble and the best for controlling the ball. The ball will never leave the stick during dribbling. Using the straight dribble will also make it easy to pass or shoot, as the player hands have already been in the basic grip position.

Procedure

1. To set up for a straight dribble, use the basic grip.
2. Hold the stick in front and slightly to the right of your body.
3. Keep the stick in contact with the ball during the dribble — this will allow for easy passing.
4. Run forward with the ball on your stick.
5. Keep your head up and look for passing options

Loose Dribble

This type of dribbling is similar to the straight dribble, but its main advantage is speed rather than control. Instead of keeping the ball tight to the stick, the player continually taps the ball in front of the body to be able to run at near full speed. It is best used for fast-pace advancement up the field or on breakaways.

Procedure

1. Position your hands in the basic grip.
2. Hold the stick in front and slightly to the right of your body.
3. For fast travel, send the ball a few feet in front of you to increase your speed on the dribble.
4. If you are marked, use small taps close to your body to increase your control over the ball.
5. Sprint or run at a fast pace with this dribble.
6. Keep your head up and look for passing or shooting options.

Indian Dribble

The Indian dribble is a field hockey technique, first appearing at the 1956 Summer Olympics. It consists of pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey sticks. Players should first learn to perform the Indian dribble in front of the body moving the ball back and forth

across the width of the body by alternatively playing the ball with the fore-stick and reverse stick. The left hand constantly rolls the stick back and forth over the ball. The right hand allows the stick to rotate freely and combines with the left to apply the trapping action to change the direction of the ball.

The constant ball movement of the Indian dribble makes it one of the hardest to defend. Use this dribble to navigate through opposing players by dodging their sticks. Indian dribbling is very popular on turf surfaces.

Procedure

1. Place your hands in the basic hand grip.
2. Your left hand should turn to the right and rotate the stick 180 degrees.
3. Your right hand does not turn; it stays loosely in place to keep control of the stick.
4. Keep both the ball and stick in front of your body.
5. Push the ball flat across your body and to the left.
6. Turn the stick over and reverse push the ball to the right.
7. Repeat continually throughout the dribble.
8. Scan the field for passing or shooting options.

Dribbling Pull-back

Protecting the ball through various pullbacks will help you advance it up the field and shield it from defenders. The dribbling pull back is good for steady movement up the field, coupled with control and possession.

Procedure

1. Place your hands in basic grip.
2. Dribble the ball slightly to your right.
3. As you straight dribble, rotate the stick over the top of the ball to the front.
4. Pull the ball back a few inches and continue forward.
5. Keep the stick in contact with the ball at all times.
6. Repeat as many times as desired — best used for control over the ball when you are marked by an opposing player.
7. Keep your head up and scan for possible passes.

Zig- Zag dribble

This kind of dribble is very beneficial in the modern hockey. In this type of dribble the player keeps the ball in his control and can execute different passes or shot.

Procedure

1. Position your hands in the basic grip.
2. Hold the stick in front and slightly to the right of your body; blade of the stick facing towards left.
3. Roll the ball diagonally towards the left side and simultaneously bring the stick over the moving ball by reversing the stick by the wrist of left hand and loose grip of the right hand.

4. Roll the ball diagonally towards the right side and simultaneously bring the stick over the moving ball to the fore stick and vice versa. Repetition is needed for mastering the skill.

Zig- zag by tapping can be done in the same way.

Snake dribble

This kind of dribble is quite different with the other dribble. Its main advantages are lifting the ball over the opponent stick and can execute speedy passes such as flick or scoop.

Procedure

1. Basic grip with stick at the right side, position of the ball at the right side.
2. Roll the ball towards left by the middle portion of the blade and the simultaneously rotate the stick clockwise by the wrist of the left hand and loose grip of right hand.
3. Simultaneously roll the ball towards right by the reverse side of the stick and vice versa.
4. Repetition is needed for mastering the skill.

Lift dribble

Reverse stick

1. Position of the ball at the right side, stick at the right side with basic grip.
2. Dribble the ball at the right side by fore stick and reverse stick movement.
3. Tapped the ball at the left side and the ball diagonally by reverse stick.
4. Left hand rotated the stick and loose grip of the right hand.
5. Repetition is needed for mastering the skill.

Same can be done as in the snake dribble.

Developing a player's dribbling skills

Coaches should gradually extend and integrate a player's repertoire of dribbling skills ensuring that each step is mastered in logical sequence starting with the loose Dribble and close Dribble.

1. Dribbling on fore stick only
2. Scanning while dribbling
3. Varying speed while dribbling
4. Changing direction as suddenly as possible
5. Dribbling to beat an opponent
6. Dribbling on reverse stick

The coach will encourage the player to be creative and individual in stick and body feinting methods. This sequence should then be extended to include integrated Indian dribbling;

1. Indian dribble in front of the body
2. Scanning whilst dribbling Indian style
3. Varying speed whilst dribbling Indian style
4. Changing direction suddenly while dribbling Indian style
5. Beating an opponent using the Indian Dribble
6. Maintaining ball on right hand side of body while dribbling Indian style
7. Maintaining ball on left

8. Transferring the ball from the extreme right side of the body to the left side of the body and vice versa

The smoothest surface available should be utilized when first introducing a player to a new skill in the sequence and the skill should then be mastered on less perfect surfaces. When teaching players to integrate Indian Dribbling techniques, the coach will encourage them to develop individual styles of deception.

Conclusion

Moving with the ball, also known as dribbling is how a player moves with the ball when they are in their possession using a hockey stick. Dribbling is a way of controlling the ball with the stick as the player run. It is one of the most basic skills in hockey. Remember, to keep the stick in contact with the ball at all times, the player can keep pushing forward and pulling back as long as he/she want to pass it off or even shoot for goal themself.