

Movement

When teaching movement techniques, there are a couple of basic movements that should be developed; however, it is important to allow the athlete to experiment and determine what movement techniques, or variations of, work best for them.

Forward Push/Pull

- Propel body forwards by pushing back with the hands while extending the feet/foot in front of body then aggressively pulling the feet/ foot in towards the body

Bicycle Kick

- With one leg slightly to the side of body (simulating a 'hurdler' stretch), drive the knee forward, plant the heel and aggressively pull the leg back to the starting position. Once the foot is beside the hip and buttocks, extend and push the foot behind body. Drive the knee forward and repeat. This will create a circular pattern of motion around the hip.

Backward Pull/ Push

- Propel body backward by reaching back with the hands (behind body) and then pulling them back towards body. At the same time, flex the leg in front of the body, plant the foot and then aggressively extend leg and push away from the body. This is where the majority of the propulsion will come from.

Crab Walk

- With both hands and feet on the ground, lift the buttocks off the ground and walk backwards, pushing with the hands and feet. This is a quick way to cover long distances but ensure to put buttocks back on ground before playing the ball.

Lateral Side Kick

- Rotate body so that one hip is in contact with the ground. Extend the top leg (not in contact with the ground) away from the body and then pull leg back into body before repeating.

Side Pull/Push

- Rotate body so that one hip is in contact with the ground. With both hands, reach out to the direction of travel and pull them towards body while extending top leg away from body in a pushing motion.