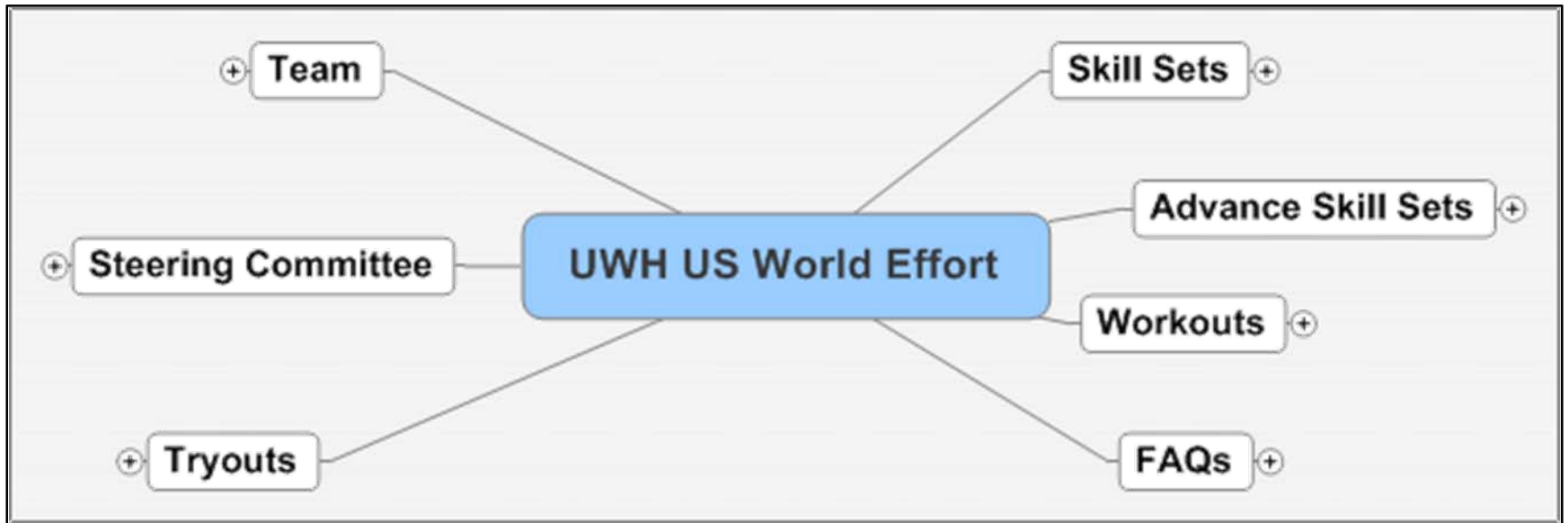


UWH US World Effort



New game mindset

- Static versus Dynamic
 - Fast moving game
 - Never stationary (sitting duck)
- Anticipation versus Reactive
 - Read sequence of plays
 - Not just focus on the next move
- Chaotic versus Organized
 - Random and unpredictable versus structured

Navigation

Goal

- Navigate through traffic confronting one or two opposing players

How

- Keep the puck on the outside part of the stick at all times. Flex wrist inwards to the left and move elbow outwards while moving from right-to-left and rotate stick 90 degrees sideways when moving the puck from left-to- right while moving forward at variant speeds determined by how the opponents are approaching

Practice

- Swim with the puck by yourself and flex you wrist to the right and follow the same direction with your head move and then with your entire body as you swim to the right, then do the same to the left. Make sure you keep your head high as if you are a cobra ready to strike. After you feel comfortable and can do the moves without looking at the puck, then ask your teammates to play opposite you
- You can practice moving form right-to-left going the full range of motion of your arm under your body and practice different range of motion from left-to- right before going back the other direction

Kick-off Curl

Goal

- Execute a complete curl without stopping at the end of the curl

How

- As you execute a left curl with the puck on the outside of the stick, as you finish the turn, kick off into open space. It will help if you can lift your right shoulder as you begin the turn. This will give you better puck control, allow you to defend the puck better and give more angles as you come off your curl

Practice

- Perform each curl without stopping from one curl to the next with some distance swim in between curls
- The opposite direction will apply for left handed players

Left Curl

Goal

- Execute a left curl with the puck on the outside of the stick

How

- Take a puck and keep it on the outside of the stick at all times. As you curl to the left do not look at the puck and make sure you flex your wrist to the left inwards. Keep your elbow outside as you make the turn

Practice

- Swim forward and then with the puck on the outside perform a curl and come out swimming in the opposite direction where you can perform another turn and going back to the original direction
- For left handed players the curl will be to the right

Right Curl

Goal

- Execute a right curl with the puck on the outside of the stick

How

- Curl to the right with the puck on the outside of the stick and protect the turn with the shoulder
- As you bring your curl to the right flex your wrist to the right and bring forward your left shoulder. Keep the puck on the outside of the stick at all times

Practice

- At first without a puck, swim forward and every meter or so, work on a sharp flexing of the wrist to the right as you bring forward your left shoulder. After you feel comfortable with the motion, practice with a puck
- For left handed players, this would be the regular curl

Passing

Goal

- To pass as long as possible in a quick release manner controlling height and distance

How

- Control the snap release of the puck to determine the height of each launch

Practice

- Swim forward with the puck and launch a short, medium, long distance pass. Each time try to do it at different snap speeds of the wrist

Grab & Shoot

Goal

- Great for scoring during set plays

How

- Have someone (teammate) execute an advantage puck by passing 45 degrees forward (10 or 2 o'clock). Then, you need to be facing forward as you receive the puck and immediately shoot the puck to the goal. The idea here is NOT to control the puck or maneuver it, but to shoot as soon as it lands in front of your stick. If there are three of you, then the middle person shoots the puck forward (10 or 2 o'clock), in the same manner as if shooting to the goal but to the third person. the third player, then shoots it to the goal.
- This is a very effective and easy to execute play, as long as you release the puck as soon as it lands in front. We will use this technique extensively on our set plays during World's

Trigger Ready Curl

Goal

- Allows quick-release pass anywhere during the course of executing a curl. In addition, combined with kicking-off your curls, you will be able to cut-in or cut-out under heavy traffic
- Best with regular curl, but it will also work with a reverse curl

How

- As you begin to execute a regular curl, keep your stick behind the puck all the way during your curl. At first, it will appear that the puck is more exposed than the regular curl with the puck on the inside, but you will learn to counter anyone trying to pick you by off-setting your wrist and using your forearm and elbow. As you finish your curl, you will be able to continue swimming with the puck ready to be fired
- If you are doing a reverse curl or stealing a puck from a shoulder pinch on the wall, drop shoulder and kick-off curl with the puck on the outside ready for a pass or maneuver cutting-in or out of traffic
- This type of trigger-ready maneuvers will become very essential in how we develop our team strategy, including a rapid-fire type of offense with quick-release passes. If at first you find it awkward to switch from the most common and comfortable curl with the puck on the inside (picks work well against the inside anyway), please persevere and switch-over to this new way of handling the puck and over time you will begin to see the benefits

Advance Skill Sets

Shoulder Trap

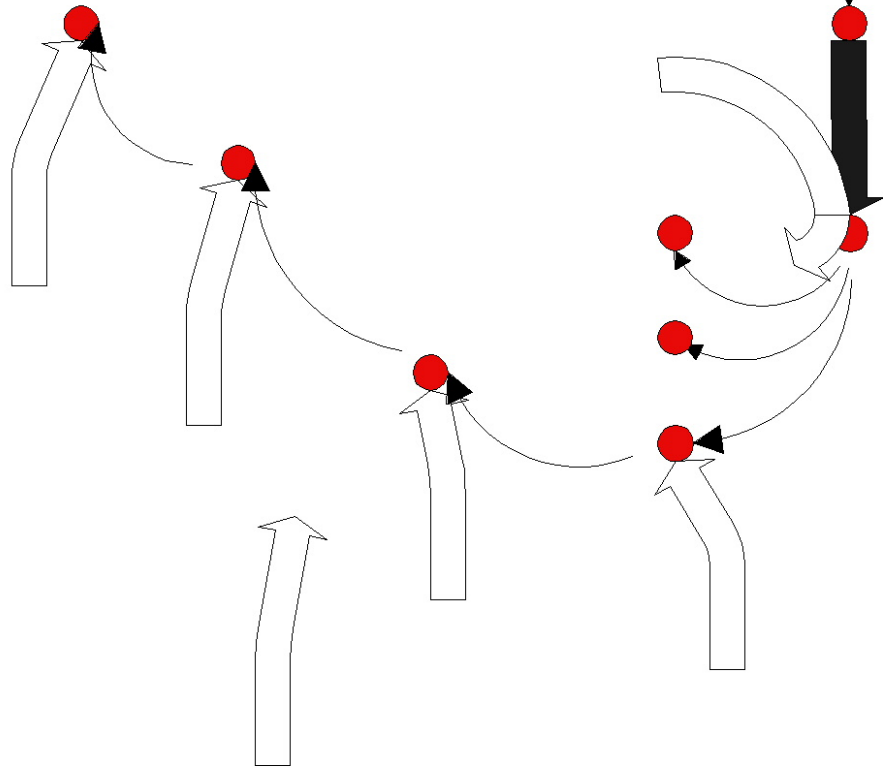
Goal





- To steal the puck from an opponent when she is in the wall

How

- As the opposing player is swimming on the right or left wall facing you. Let the player swim until you are perpendicular with her but at the level of where she has the puck. Insert your stick between hers and the puck and do a right or left curl depending on which side of the wall and drop your shoulder in front of her as you move the puck into the curl
- The best way to execute the steal, giving the right handed player on the left wall, is to shove the stick from the back of the puck and vertical. That is, you rotate the stick (wrist) 90 degrees up. As you shove between the other player's stick and the puck, you rotate back to a flat position and execute your reverse curl with the puck on the shooting side of the stick.
- You will realize that with the stick in vertical position, allows you to move your arm anywhere from the right hand side of your body to the left, in front of you or by your waist. You can not do that with the stick flat, your range of motion only goes from the right to be just under your right shoulder. You can not go under your body and all the way to the left (the same applies to left handed players)
- Technically, if you shove your shoulder and pin the other player against the wall and you keep your stick vertical, they may push you along the wall all they want, but they will not be able to get to the puck (You are protecting the puck with your stick and your body has them in check from getting in front of you). When you execute the curl with the puck on the outside, make sure you kick hard against the wall as you reverse direction, rotate your stick¹¹ back to a flat position and keep the puck on the outside of your stick, trigger-ready for a pass

Goal



-  Puck
-  Puck's trajectory (options)
-  US player
-  Opponent

Goal

Inside Pass

Left Motion - Goal

- To perform a pass from right to left for an inside pass to a teammate

How

- Rotate puck to the inside of the stick and as you extend your arm out. Grab the puck on the inside of the stick and swing from left to right lifting the puck and passing to your left

Rotating Stick - Goal

- To perform a pass from right to left for an inside pass to a teammate

How

- Rotate stick downwards while moving you thumb to the top surface of the stick. Grab the puck on the inside of the stick and swing from left to right lifting the puck and passing to your left

Quick Release

Goal

- To pass in a quick release manner controlling height and distance

How

- What is important with this pass is to engage an opponent to commit to the play and as she is about to hit the puck, you release the puck. In essence the opposing player has no chance to recover and stop the puck. This is an important pass in 2 on 1 situations where you want the opposing player to commit to you allowing your teammate an opening as soon as you perform the quick release

Quick Release (2)

Practice

- Initially, grab a puck and as you swim forward make quick snap releases of the puck without concern for distance. After your snap is quick, then ask a teammate to oppose you and gauge how close she gets to you before releasing the puck

Deeke

Goal

- To engage an opponent in motion and draw her to hit the puck as you flex your wrist and move past her

How

- In full motion drop your playing arm to your flank at the chest level as you continue your forward motion. The opponent will focus to hit the puck at your chest level. Drop your opposite shoulder or arm pretending to start a right curl and as she is ready to hit the puck, then you flex your wrist to the left and bring your arm forward with the puck and continue your forward motion having beaten your opponent

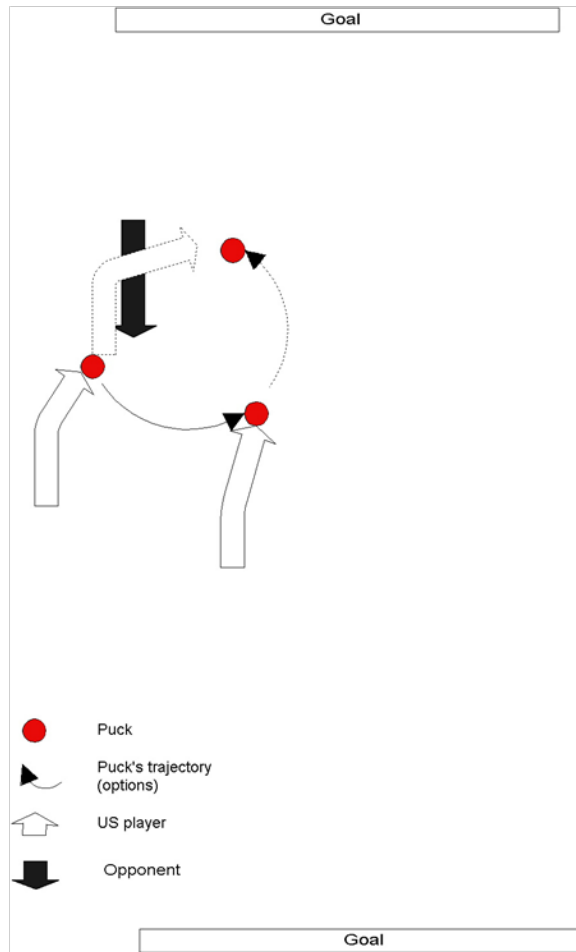
Touch & Go

Goal

- In combination with a Quick Release, you can get pass an opponent with the help of a teammate and continue in the play to receive the pack back from your teammate

How

- Engage an opponent to commit to you as she is about to hit you, release the pack to your teammate (it works best if your teammate is 45 degrees back to the side). As the opponent adjusts and charges against your teammate, go over her back and drop in front of your teammate for a pass back to you



V-Fake

Goal

- Effective fake moving forward with the puck. In addition, you can effectively change direction from right to left (right-handed players, opposite for lefties) as you adjust your angle of attack. The reverse "V" is more difficult

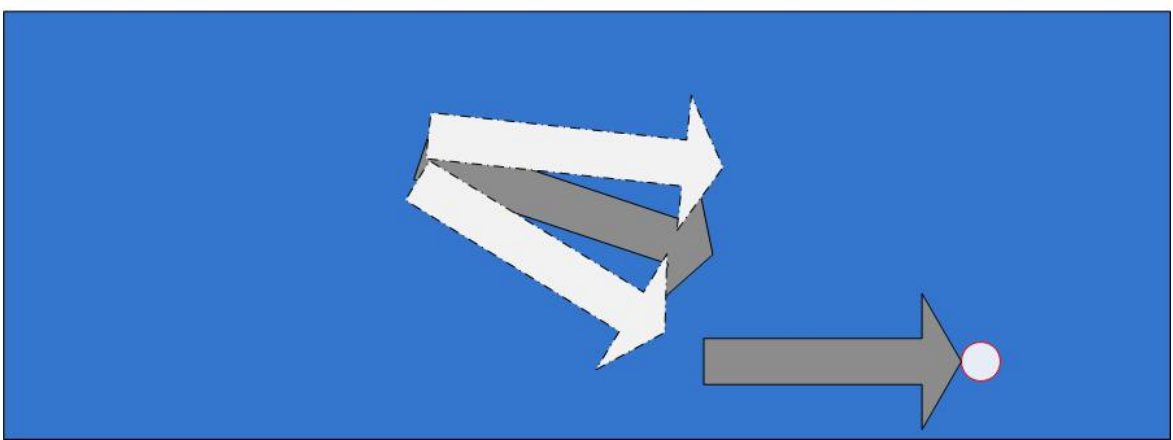
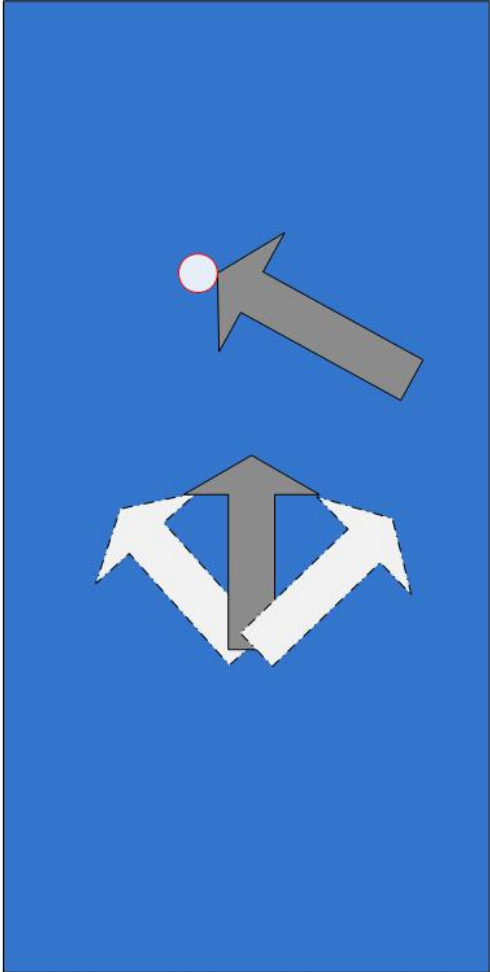
How

- As you are swimming with the puck forward on the outside of your stick with arm not fully-extended, raise your head a bit, put the puck on the inside of the stick and bring it towards your waist, halfway, bring your stick behind the puck and go forward at a different angle. In other words, make a "V" cut and kick fast the other way. The "V" motion is effective if you bring it down to your waist, but the V angle may not have to be very wide. the closer you bring the puck to your waist, the better chance to keep possession, but the longer it takes to change direction. You will have to gauge it as you play and decide how much you bring the puck in

Mid-Water

Goal

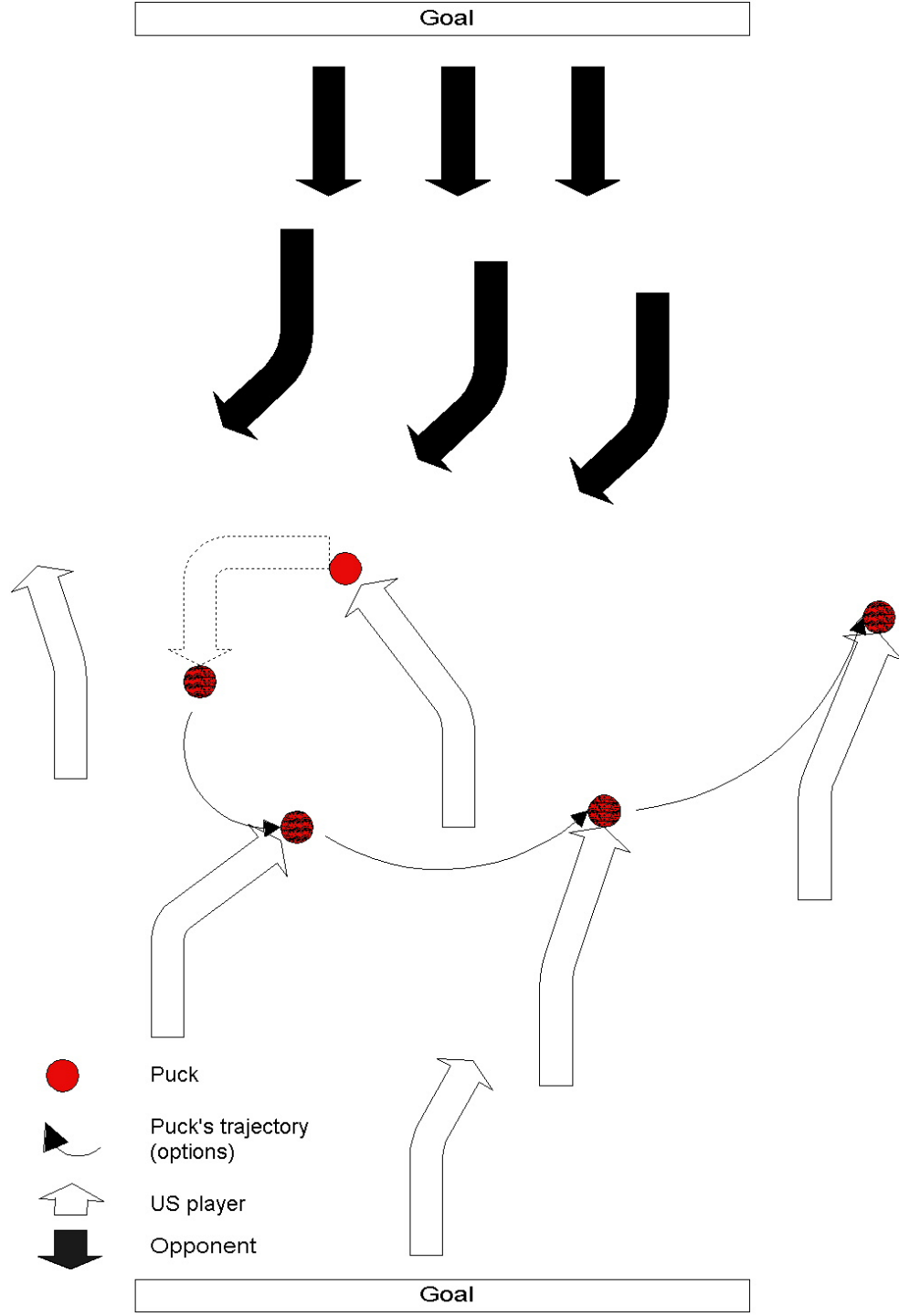
- This is mainly an attacking drill as a supporting player getting ready for a teammates pass. It can also be used to better intercept and attack an opponent.
- In a supporting role, a mid-water dive can present multiple options as to the angle of and the final direction of the dive. First you need to hover mid-water and as the play develops, then make the adjustment as you dive. The idea is to have the puck land in front of you as you reach the bottom.
- In a defending role, as the other team develops a play, the mid-water will help you adjust your angle, timing and direction of the interception.



45 degree Pass

Goal

- This is mainly an attacking drill as a supporting player aligns herself at a 45 degree back from the teammate with the puck getting ready for a teammates pass. The general idea is to avoid making parallel passes to a teammate with a defender in front of both. Parallel passes will generally be intercepted and a 2 on 1 attacking advantage turns into an opposing player stealing the puck and beating both players at once. Back 45 degree passes forces the defender to make a choice to committing an attack to the player with the puck and freeing up the receiving player with room to maneuver after the pass is made. If the defender chooses to cover the receiving player, then the passer can move into the space left by the defender. In combination with mid-water dive, it can present multiple options as to the angle of and the final direction of the dive while receiving the puck in a 45 degree back. The first figure is a parallel pass that will be most likely intercepted. The second figure the defender has to make a choice.



Fitness

2nd Effort - Goal

- Every delivery should be followed up

How

- Every time a pass is made continue forward motion and swimming until delivery is guaranteed

Practice

- Swim with a puck and as you launch it continue your momentum and grab the puck again and repeat the pass with a follow up

Repeats - Goal

- One breath repeat

How

- As the puck is delivered, surface diagonally in the direction of the play. As you reach the surface blow your air and as soon as you surface take a breath and come down again

Practice

- Without a puck swim underwater for some short distance and surface diagonally in the direction that you would imagine the play would go. About a foot before reaching the surface blow your air to clear the snorkel. As you surface grasp a breath of air and drop down again. Repeat this process a number of times and then surface to recover while you are swimming on the surface

Fitness (2)

Rhythm - Goal

- It is critical to maintain consistent rhythm while swimming and recovering on the surface

How

- The basic element of maintaining and controlling your rhythm is to manage your breathing on even deep inhales and exhales as you swim on the surface. It is also critical that your surface stroke is controlled, long in range and resting outside the water

Practice

- During your regular swim practice you may want to count your number of strokes in a 25 yard lap. The first time you count will become your base line. As you practice everyday try to lower your stroke count. You can achieve this by having longer strokes, longer range as your arm is in the water and slow motion of your other arm outside the water (resting as you reach forward)