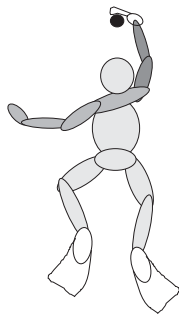


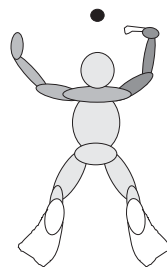
Curl Turn

The curl turn is one of the most frequently used skills in UWH. It's generally used to retain possession of the puck, take initial possession and control of the puck or evade a tackle. It is often used as part of a tackle. It's a strong move in which the puck is shielded by the body. To curl effectively, a player must stay flat on the bottom throughout the skill.

While continuing first movement of the puck, roll onto your side by dropping your playing shoulder and bringing your free arm up and away from the bottom. Start kicking as if pedalling backwards

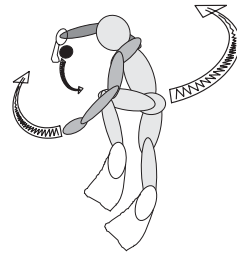


Using inside edge of stick, pull the puck towards your left knee, keeping your playing arm straight

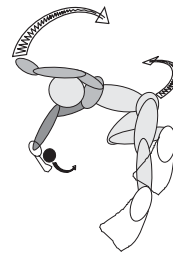


From a stationary position, start with the puck in front of you and just within reach

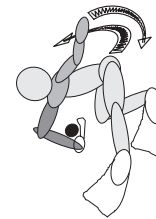
Bend your hips, keep pulling the puck towards your fins while back-peddalling. Swing your free arm round your head to help you rotate round a point between the puck and your belly



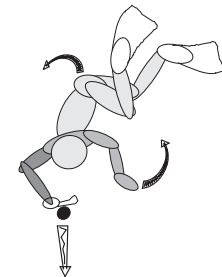
Keep kicking, bringing your free arm round to help your rotation. Push your bum away from the puck to create space and a view past your feet. From this position you can keep turning indefinitely by back-peddalling and swinging your free arm



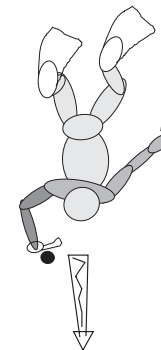
To exit your turn, control and stop the puck with your inside edge when facing your desired direction. Keep kicking to bring your body behind the puck.



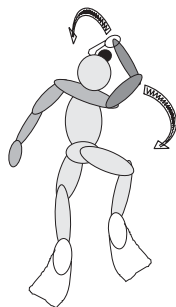
Lift your playing shoulder to give your playing arm room to move. Bring your stick behind the puck



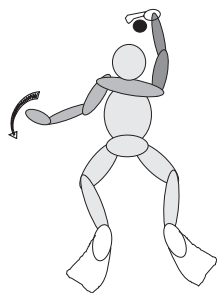
Kicking normally now, bring your shoulders level as you roll back onto your front and your free arm completes its swing



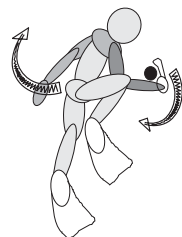
Accelerate out of your turn, pulling down with your free arm to add speed. Score a goal



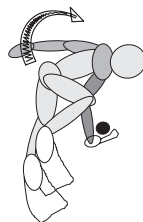
Drop your free shoulder, raise your playing shoulder to give your playing arm room and pull the puck down towards your playing knee. Let your body follow your shoulders and roll.



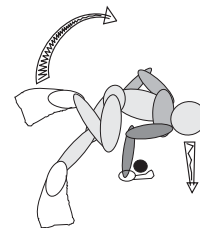
Place your stick over the puck. With the puck on your inside edge, point your stick towards your free shoulder. Pull your free arm down to your side, pushing your free shoulder forwards and to the free side of the puck.



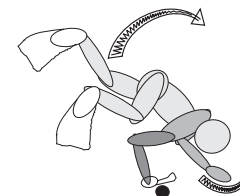
Kick to force your bum around the puck and back-pedal to keep yourself turning



You are now in a very well protected position. Kick your fins around behind you as you look beyond your feet



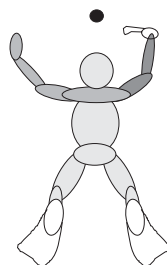
Control and stop the puck. Lead with your shoulders and head in the direction you want to go



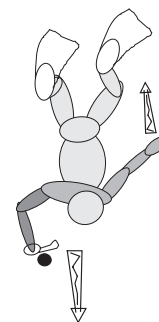
Bring your stick behind the puck, squeezing your free arm underneath your body and leveling your shoulders while swimming out of your turn



Let your legs straighten behind your body as you swim away. You can accelerate by using your free arm. You are quite vulnerable coming out of your turn as you have been stationary for a short period



From a stationary position, start with the puck in front of you and just within reach



GO! The faster you swim out of your turn, the harder you are to tackle. Score a goal

Reverse Curl Turn

The reverse curl is a versatile skill and like the curl it forms the basis of many skill combinations. It is slightly weaker than the curl but has the advantage of sheltering the puck with the playing arm. It's used to turn to the playing side of the body and often in chasing tackles. Rolling the body and especially the free shoulder down onto the tiles is important to successfully execute this turn.

Uppercut Curl

Controlling the puck with the underside of your stick, pull your free arm up and round. Twist your shoulders while looking under your free shoulder

Rotate your shoulders and hips to face puck as you push it beneath you body on the front edge of your inverted stick

Bring your free arm back and push puck out and away from your body

Straighten your body behind the puck as you move it in your chosen direction and kick to add acceleration

Kick to force your bum around the puck and back-pedal to keep yourself turning

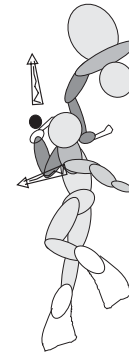
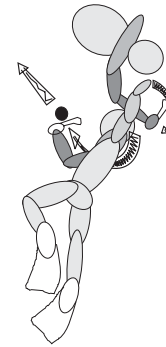
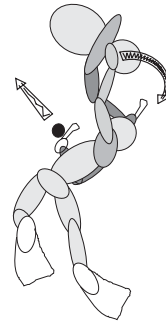
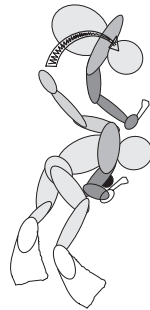
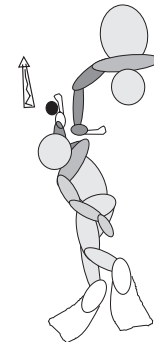
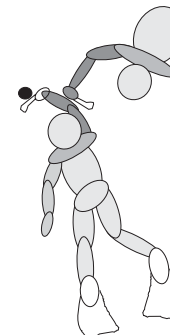
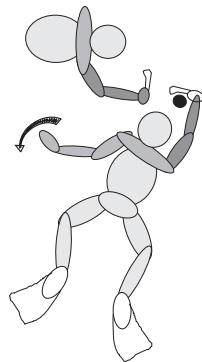
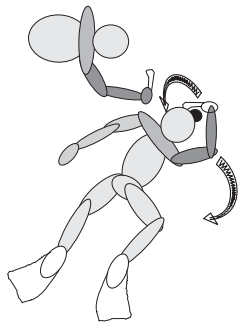
The uppercut curl is a combination of the reverse curl and an underbody punching action . It can be used to change direction while swimming, to avoid a tackle or can end in an underbody pass to a team-mate or past a tackler. Controlling the puck is made easier by keeping the puck in the joint of stick and fore-finger while moving the puck beneath the body.

Drop your free shoulder, raise your playing shoulder to give your playing arm room and pull the puck down towards your playing knee. Let your body follow your shoulders and roll

With the puck on your inside edge, point your stick towards your free shoulder. Push your free shoulder forwards and to the free side of the puck

Move the puck back to your front edge and you are back in your starting position facing a new direction

Drop your free shoulder to level your shoulders and torso as you swim away



Inverse Curl

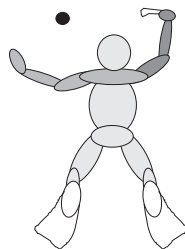
The inverse curl is basically the exact opposite of the reverse curl with an inverted stick . It can be used as a pick-up or a fast turn.

It's a strong move as the players fins clear a wide space and the turn can be exited quickly with the puck on the front edge from an early stage.

Roll onto your playing side while pulling the puck towards your feet with the hook or front edge of your inverted stick

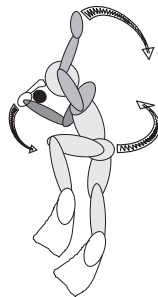


Drop your playing shoulder to give you a long reach. Slide your stick round the puck and invert your hand so the back of your glove is flat on the tiles and the puck is in the hook of your up-side down stick.

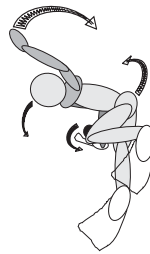


Start from a balanced, comfortable position with the puck on your free side

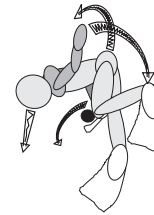
Kick feet turning body around puck. Swing free arm up and around head. Take a good look past your feet as your fins clear a space behind your turn



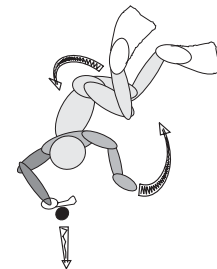
Keep kicking, bring free arm round to help your rotation. Push your bum out to cover and protect the puck beneath your hips as you rotate round the puck



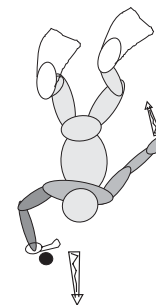
Control puck and pull it up under your chest as you begin to straighten out to exit your turn



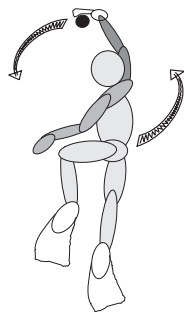
Level your shoulders as you swim out of the turn, fins kicking. Exit the turn with balanced shoulders and the puck on your front edge



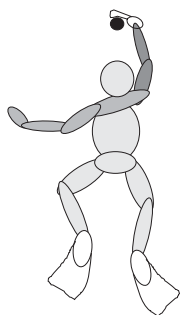
Move forward using your free arm to accelerate. Let your legs straighten up behind you as you move



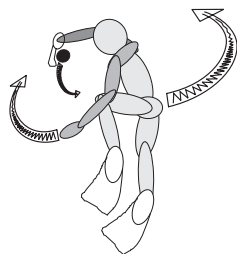
Remember to swim out of your turn as fast as you can and use the opportunity to have a good look at the court around you



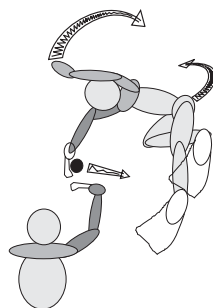
While continuing first movement of the puck, roll onto your side by dropping your playing shoulder and bringing your free arm up and away from the bottom. Start kicking as if pedalling backwards



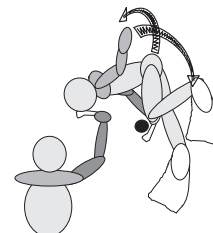
Using inside edge of stick, pull the puck towards your left knee, keeping your playing arm straight



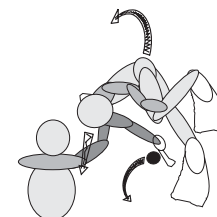
Bend your hips, keep pulling the puck towards your fins while back-peddalling. Swing your free arm round your head to help you rotate round a point between the puck and your belly



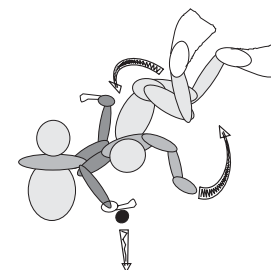
Keep kicking, bringing your free arm round to help your rotation. Slide the puck towards your knees with your inside edge and around the tacklers reach



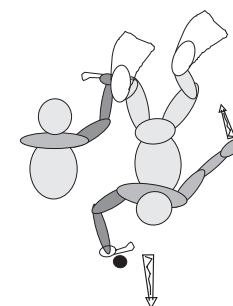
Reach across and catch the puck beneath your legs with the hook of your inverted stick.



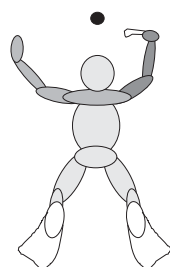
Level your shoulders as you swim out of the turn, fins kicking. Exit the turn with balanced shoulders and the puck on your front edge



Move forward using your free arm to accelerate. Let your legs straighten up behind you as you move



Remember to swim out of your turn as fast as you can and use the opportunity to have a good look at the court around you



From a stationary position, start with the puck in front of you and just within reach

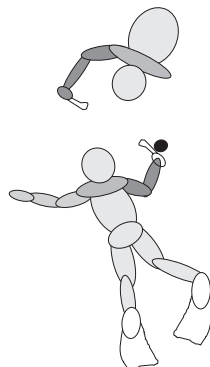
Curl and Catch

This move is basically a curl turn into an opposition player. It's used to side-step a close tackle by using the free space underneath your legs.

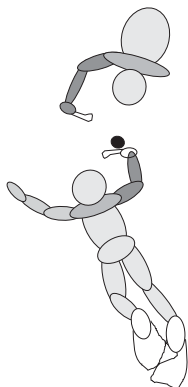
The puck is slid past the tackler half-way through the turn. The key to this skill is catching the puck after evading the tackle.

Fade

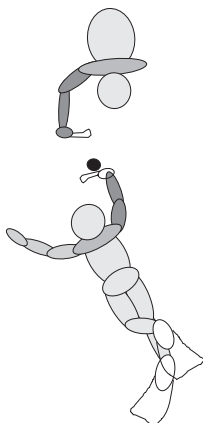
The key to a good fade is setting up your opponent as you approach them until they are off-balance. If they are set to tackle you one way, they are vulnerable to a different approach. Getting the timing right takes a bit of practice.



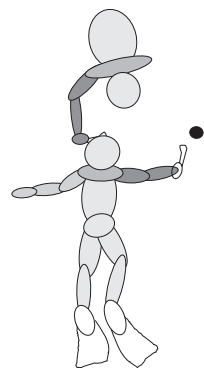
As you swim into your opponents range, let your arm bend behind the puck. Keep swimming past your stick and the puck



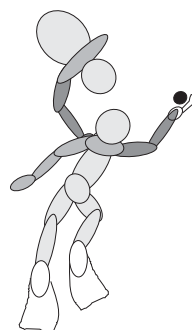
Still staying just out of reach, angle your body as if to dummy or swim to your free-arm side. Swim into range of the tackle



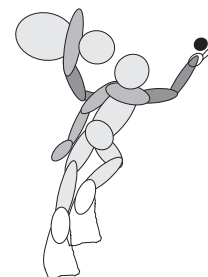
When confronted by a head-on tackle while swimming forwards, swim until just out of reach of tackle



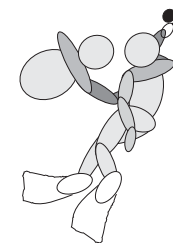
As your opponent reaches to tackle, slide puck off the end of your stick sideways and away from the tackle. Keep swimming after the puck



Catch the puck with the inside edge of your stick, while swimming past your opponent on your playing arm side.



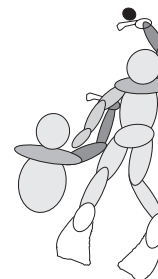
You have an advantage in speed while your opponent turns to follow you. Use it to swim over their tackle



As your opponent kicks out of their turn, they can push you off the puck. Drop your playing shoulder to the tiles in front of them to prevent this as you swim



Look around. While you are focused on the player chasing you, you are vulnerable to another tackle



Score a goal. Or don't push your luck, and pass it.

Curl to Fade

As you curl, begin to drop the shoulder of your free arm onto the tiles. This frees your playing shoulder to continue the curl, and gives your head a better view of where your curl is going

Still curling away from the tackle, move your shoulders between the puck and your opponent, and keep your free shoulder down. This effectively blocks your opponents tackle

Kick and accelerate round your opponent, while still blocking with your shoulder

Kick hard. Your acceleration round the tackler must beat the speed of his/her turn. If you can get your free shoulder in front of your opponents, you'll be out of reach

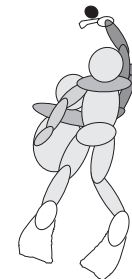
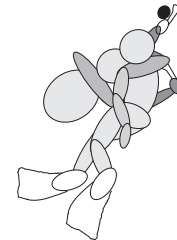
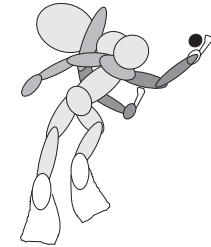
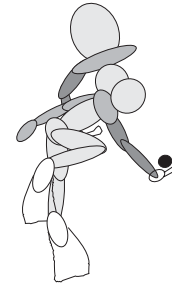
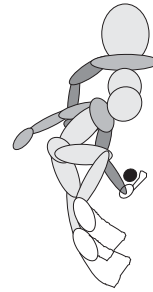
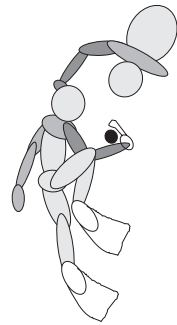
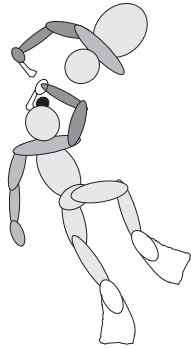
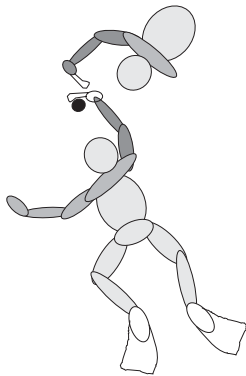
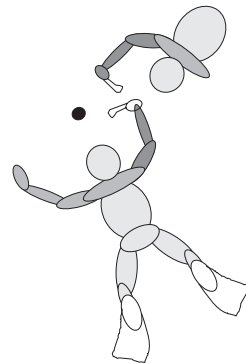
If you can get your shoulder in front of your opponents, drop it in his/her face. If you're lucky, you can get a free and legal ride as they push you down the pool. Take time to look around- enjoy the view

Swim! There are ten other players in the pool...

When confronted by a tackler from in front or on the playing arm side of you, commit the player to tackling you from the playing side

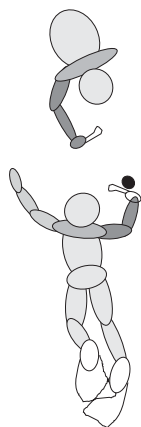
Coming just within the tackle range, pull the puck back towards you in a curl. Don't drop your shoulder as you would in a curl turn, keep it off the tiles to leave yourself room to curl the puck under your playing shoulder

Pull the puck back and away from the tackle as it follows you. Curl the puck with your inside edge, out round your opponent and underneath your playing shoulder





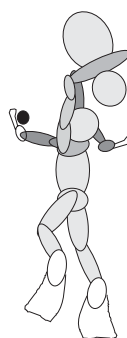
As soon as your opponent goes for the tackle, move the puck on the front of your stick towards your free shoulder. Do this explosively, while not losing control of the puck



Slow and bend your arm, keep your torso and legs set to swim to your free side, while faking to swim the other way with your upper body. Keep an eye on your opponents stick arm



Keep your shoulders high leading into and throughout the dummy, to leave yourself room to move and twist your arm beneath you as you move the puck. Accelerate!



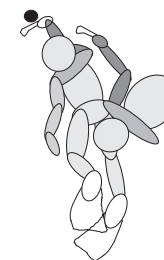
Catch and control the puck with the upper face of your stick as soon as the puck has cleared the attempted tackle. Letting the puck slide too far changes your direction and slows you down swimming out of the dummy



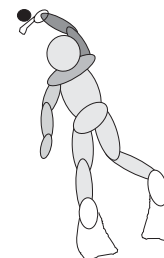
Keep your head up, look around as you accelerate out of the tackle. Some players with long reach or a fast turn can make a second attempt if you don't swim away fast enough



Kick hard



Kick hard



Swim! There are ten other players in the pool...

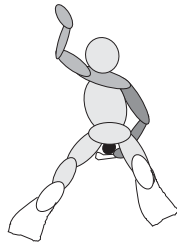


A straight frontal tackle is a good opportunity to use the dummy. Draw your tackler to your playing side by angling your shoulders to swim that way

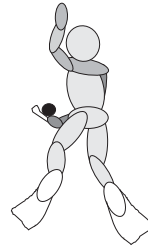
Dummy

A dummy is very effective as an instinctual reaction to an unexpected tackle. If you plan to dummy an opponent, swim or position yourself as if you were about to fade, slow and draw your opponent until he/she is fully committed to the tackle, then dummy and accelerate as fast as possible. The change of pace, as well as the change of angle, is a crucial aspect of the dummy.

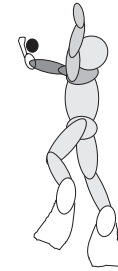
Inverse Hook Pickup



While still moving the puck in an arc under your body, look up on your free side to check out where you're taking the puck



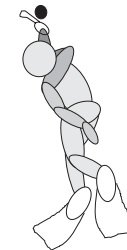
Now start to bring the puck up in front of you, looking forwards as you do



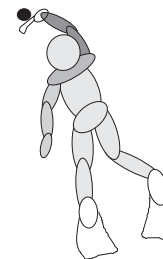
Start to pull your free arm down and kick, and accelerate out of the pickup



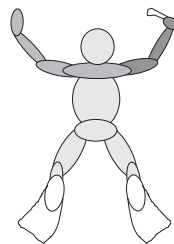
The puck will already be on the front of your stick as you pull it in front of you. Kick hard



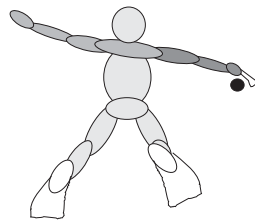
Kick hard



Swim! There are eleven other players in the pool...

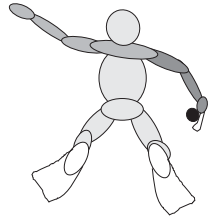


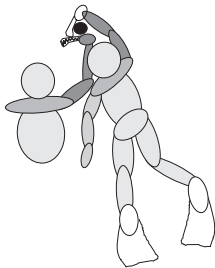
Start with the puck slightly behind you on your playing side



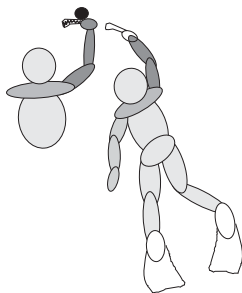
Reach back for the puck with the inverted hook of your stick

Pull the puck round and under your body. You can use either the inverted hook of your stick or the upper face of your stick, which gives more control but is not as fast

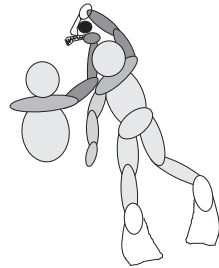




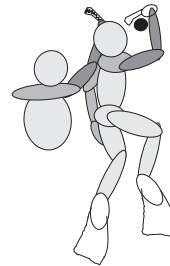
Drop your free shoulder onto the tiles just behind the elbow of your opponents arm and spike the end of your stick onto your opponents stick, grabbing the puck with the hook of your stick. This should put your stick in contact with the puck and at the same time push your opponents stick back and off the puck.



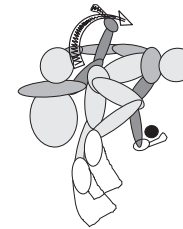
Swimming flat on the bottom, try to get your head in front of your opponents and swim in close before tackling.



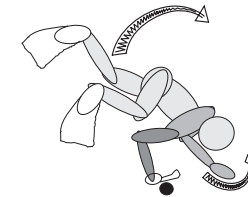
Important note- At this point your opponent may hit at the puck to disrupt your tackle. Keep swimming and hooking until you have the puck safely in your hook, then continue with the tackle. It may take 4-5 tries to get the puck flat in your hook as it bounces around. KEEP SWIMMING and KEEP TACKLING until you have the puck.



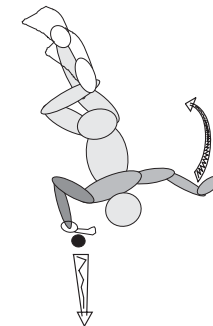
Drive your shoulder into the elbow of your opponent as you rip the puck around their glove. Your opponent cannot reach the puck as your shoulder is blocking their elbow. Turn sharply and give them a bit of burn as you kick through. As before, it may take more than one rip to get rid of your opponent, especially if they are strong.



Control and stop the puck. Lead with your shoulders and head in the direction you want to go. Come out of the reverse curl as you would normally.



Bring your stick behind the puck, squeezing your free arm underneath your body and leveling your shoulders while swimming out of your turn



Let your legs straighten behind your body as you swim away. You can accelerate by using your free arm. You are quite vulnerable coming out of your turn as you have been stationary for a short period

Chasing Curl Tackle

This tackle is a very important skill which can be applied in many different situations by all positions. It's a very strong tackle and when executed correctly can take the puck very cleanly first time. Dropping the free shoulder onto the tiles is very important to properly effect this tackle. Tackling an opponent like this into a barrier or wall can really rough them up as it is a very physical tackle when done with enthusiasm. To keep the tackle completely legal, make sure you contact the puck before you contact the player.