

Technique

Bent leg slide



Safety considerations

Coaches must address the safety considerations and be clear about the correct execution of the bent leg slide:

- › Players should wear long pants and practise in bare feet or socks until mastering the technique
- › A wet grassed area is preferred for beginners
- › WALK through the sequence first
- › Practise this way until players feel comfortable
- › Encourage players to stay relaxed to reduce the chance of injury

Body position

- › Depending on the ground conditions, players should start the slide about one and a half body lengths from the base



Sliding leg

- › Ask the players to sit down from a standing position
- › The leg they tuck under is their natural sliding leg
- › Emphasise that sliding is a natural motion and to stay relaxed

Body position

- › The sliding leg is bent at about 90 degrees and tucked under the other leg
- › Weight is well back and on the side of the sliding leg
- › Chin is tucked into the chest
- › Hands and arms are raised to prevent the head hitting the ground
- › Beginners may want to start with the arms folded on their chest to prevent them hitting their head
- › The extended leg is slightly bent and the foot is kept off the ground (approx 10-15cm) with toe pointed up
- › The base is contacted with the extended leg

Finish position

- › As the base is contacted with the extended leg, the upper body lays back
- › Players should stay alert for the outcome of play

