

Developing a Routine for Sliding

A beginner needs to develop a routine to carry out slides. It is a variation of the stroking routine

The principles are

- a stroker's ball touching the right of a target ball moves to the right
- a stroker's ball touching the left of a target ball moves to the left
- a stroker's ball touching the absolute centre of a target ball stops dead

A routine for sliding

This requires a specific focus on certain steps of a stroking routine

Stalk-choosing the target point carefully and stalking that point and not the centre of the ball to be touched is crucial. A player needs to learn to select a target point to the left or right of the ball to be touched.

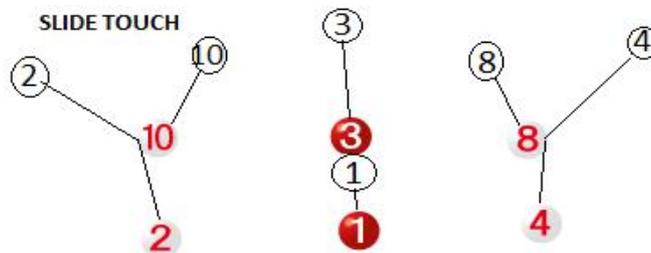
A ball has a diameter of 7.5cm and hence a radius of 3.75cm. Aiming at a target point 3.5 cm from the side of the ball to be touched will produce quite a fine slide. It is useful to be able to estimate that distance so that the feet are pointed in the direction of the stroke to the side of the ball being touched. Techniques that may be useful can include:

A. The clock face

envisage a ball as a clock face. Identify the positions of 12, 3, 6 and 9 o'clock

- for a left slide aim for 9 o'clock
- for a straight touch aim for 6
- for a right slide aim for 3 o'clock

This technique is a useful analogy but, if the target point is the physical side of the ball, the slides will be quite square. To develop the usefulness of this approach, a player needs to move the target point to the right or left of the edge of the ball. For example, a first step could be to ask for a target to be sighted at a distance of 1cm, then 2cm and then 3cm.



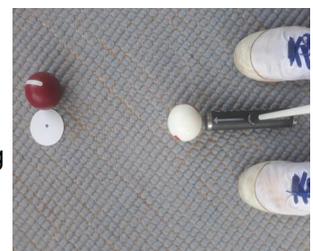
B. The phantom ball

- visualise a ball to the left or right of the player's ball or initially use a circular piece of plastic with a radius of 3.75 cm. Place a dot in the centre. It can be slipped under the ball to be slide touched
- for a fine slide the target will be up to half a ball's width from the other ball
- for a squarer slide the target will be close to the other ball's edge

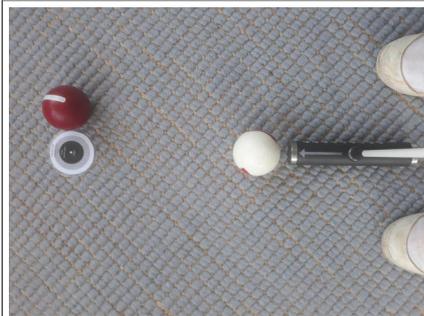
Using an aid can be useful in developing an understanding but, ultimately, a player will need to select a blade of grass or speck of dirt on the court as a target at an appropriate estimated distance. This transition needs to be coached as well.

Lining up for a fine slide, feet and stick all pointing at the target in the middle of the "ghost ball." The centre of the ghost ball is about 3.5cm from the edge of the red ball

Stance – if the stalking is carried out correctly the feet should be pointing towards the phantom ball to be touched and not the target ball. Any discrepancy is very obvious when a slide is to be made off a close ball. A common error for those trying to master their sliding is still to have their feet pointed at the ball to be touched rather than the target point for the slide



Swing. Having stalked the target and adopted a stance a player should focus on the point their stick will strike at the back of the ball. All too often players are distracted by the target ball and twist their stick towards it. Another common error is to stab at the ball and not swing.



A really long, fine slide will result when the target at the centre of the ghost ball is about 3 cm from the side of the red ball



A squarer slide will result when the target is about 1.5 -2 cm from the side of the red ball



A short squarer slide will result when the target is about 1cm from the side of the red ball

