



## **Skills**

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### **The Ready Position**

#### **How To**

1. Bottom hand is at the butt of the stick and the top or strong hand is placed anywhere from the butt to the throat, depending on how the stick is being used (i.e. hand position will be different for catching, cradling, throwing, reaching and checking).
2. The head of the stick is held at about shoulder height with the top hand near the throat and the bottom hand at the butt of the stick.

#### **Common Errors**

- The natural way to hold the stick is to let the arms hang. If this position becomes a habit, players find it very difficult maintaining the ready position while on the floor and end up missing many opportunities to maintain or gain possession of the ball.

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### **Scooping**

#### **How To**

1. Position the instep of the right foot beside the ball (left for left-handers).
2. Bend the knees to get the butt of the stick as low as possible keeping head down and eyes on the ball.
3. Push off the back foot to accelerate through the ball.
4. Return to the Ready Position.

#### **Common Errors**

- Not bending the knees.
- The handle of the stick being more vertical than it is parallel to the ground.
- Not accelerating the stick head through the ball by pushing off of the back leg.

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### **Cradling**

#### **How To**

1. Keep the bottom hand loose in order to allow the shaft to rotate.
2. Place the top hand near the throat.
3. Place both thumbs along the shaft, not around it.
4. When the arm moves back, extend the wrist. When the arm moves forward, flex the wrist, thereby creating a cradling or rocking movement.
5. The arms should be held close to the body.

#### **Common Errors**

- Moving the arm back and forth and not flexing the wrist.
- Tension in the wrist.
- Lack of coordination.



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## **Passing/Catching**

### **Passing: How To**

1. Turn so that the shoulder is facing the target.
2. Extend the arms straight back with the elbow pointing at the target.
3. Start the passing action by rotating the hips and shoulders while stepping onto the right foot.
4. Follow through in the direction of the target.

### **Passing: Common Errors**

- Lining up with the chest facing the target.
- Pushing with the top hand.
- Using the arms and not the body to generate the force.
- Not transferring the weight from back to front.
- Throwing off of the wrong foot.

### **Catching: How To**

1. Start in the Ready Position and slide the top hand to the throat of the stick.
2. Present a target by extending the stick head up and in the direction of the passer.
3. Move the head like a glove into the path of the ball and watch the ball fall into the stick.
4. Cushion the incoming ball by bringing the stick back to the Ready Position as the ball enters the stick.

### **Catching: Common Errors**

- Hitting at the ball instead of letting the ball fall into the pocket.
- Twirling your stick, instead of cushioning the ball.

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## **Shooting**

### **How To**

1. Turn so that the shoulder is facing the target.
2. Extend the arms straight back with the elbow pointing at the target.
3. Start the shooting action by rotating the hips and shoulders while stepping onto the right foot.
4. Follow through in the direction of the target.
5. To exert the force required for shooting use the muscles of the legs and trunk.
6. For added speed, snap the hips around to face the target.
7. For added accuracy, keep the hands soft and try to relax.

### **Common Errors**

- Lining up with the chest facing the target.
- Pushing with the top hand.
- Using the arms and not the body to generate the force.
- Not transferring the weight from back to front.
- Throwing off of the wrong foot.