



## ***Glossary***

### ***Falling Starts***

1. Stand with feet hip-width apart and arms at sides.
2. Without bending at the waist, lean forward as far as possible without tipping over.
3. Explode into a sprint by stepping forward with one foot.

### ***Proper Face-Off Stances***

#### **Rake**

1. Stick is placed on the ground with the back of the stick head to the ball.
2. Face of the stick is perpendicular to the ground.
3. Placement of hands is the same as catching a ball, except stick is horizontal on the ground.
4. Weight is on the balls of the feet, not hands.
5. Stick is pulled along the line in a raking motion.
6. Body is used to protect the ball while scooping.

#### **Clamp**

1. Stick is placed on the ground with the back of the stick head to the ball.
2. Face of the stick is perpendicular to the ground.
3. Placement of hands is the same as catching a ball, except stick is horizontal on the ground.
4. Weight is on the balls of the feet, not hands.
5. Roll wrists forward to “clamp” the ball in the back of the stick head.
6. Bottom hand is pushed forward, followed by the body to protect the ball.
7. Athlete stands and scoops the ball.