

TRAPPING / RECEIVING

STICK ANGLED DOWN
CREATE A TRAP FOR THE BALL
WATCH THE BALL IN AND "GIVE" WITH THE BALL



CREATE A TRAP FOR THE BALL



DRAW THE STICK BACK WITH THE BALL



stick angled up can lead
to the ball traveling up
the stick and hitting you
in the face



Try and keep soft hands when you receive the ball. Also, rather than stopping the ball dead, try and work with its momentum to move it to where you want it to be next.