



GRIP AND STANCE

- ❑ Firm left hand grip at the top of the stick
- ❑ Turn Stick like opening a door
- ❑ Right hand well down the stick
- ❑ Forefinger and thumb form a "V"
- ❑ Relaxed right hand acts as a guide
- ❑ Used to dribble, trap the ball, and push passing



ONLY USE FLAT SIDE OF YOUR STICK
LEFT HAND ON TOP RIGHT HAND UNDERNEATH
- AROUND 30CM (NOT TOO FAR DOWN TO CLOSE
OFF VISION BY BRINGING HEAD DOWN)

STICK MUST STAY BELOW WAIST



Athletic Stance

- ❑ Wide Base - Feet shoulder width apart
- ❑ Knees slightly bent, slight squat
- ❑ Elbows comfortably away from your body
- ❑ Head on a 'swivel', not looking down!

